

Wellness

Reworked in 2021, this program is designed to be a light-touch program that is flexible enough to augment existing Wellness or Pre-Diabetes programs, kick-off new Wellness initiatives, or engage broad populations. This highly-customizable tool can adapt to both your organization's needs as well as most program participant's needs.

Program Features

This modular program includes five content modules and the ability to trigger alerts to support coaching.



Diet



Exercise



Encouragement + Mindfulness Tips



Smoking Cessation



Weight



Optional Alerts for Health Coaching

Sample Messages

Exercise Module

In the past week, how many days were you able to exercise 30 minutes or more? Reply with a number between 1-7.

Diet Module

In the past week, how often did you follow your eating plan?

- A = 25%
- B = 50%
- C = 75%
- D = 100%
- E = never

Smoking Cessation Module

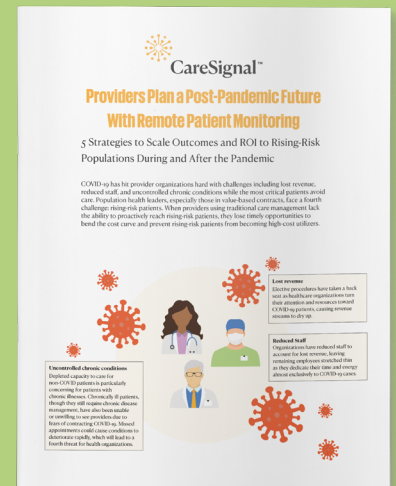
In the past week, how many cigarettes did you smoke each day?

- A = 0
- B = 1-10
- C = 11-20
- D = More than 20

Encouraging and Mindfulness Tips Module

Positivity is the key to starting your day right. Compliment yourself in the mirror when you wake up tomorrow.

Featured White Paper



Learn 5 Strategies to Scale Outcomes and ROI to Rising-Risk Populations During and After the Pandemic
[Read the White Paper](#)

Use Cases

- Amplify existing Wellness or Pre-Diabetes programs
- Engage large patient or member populations at scale
- Identify people who could benefit from condition-specific monitoring

Incentives

Align engagement in this program with your existing incentive structure (e.g. prizes, point systems, etc.) or work with CareSignal to discuss incentive structures that encourage enrollment and optimize long-term engagement.

Alerts

- **Optional Alert**
Participant would like to speak to a Health Coach



Learn more about how your organization can use this program.
Contact [Emily Srygley](#) to learn more!

