Opportunity for Growth

Through a collaborative process of discovery, goal setting and strategic action, you and your coach will create a plan for growth and change. You’ll set priorities, clarify values, talk through challenges, and establish your own vision for wellbeing.

Why Coaching

✓ Experienced, certified coaches
  NBHWC certified, URAC accredited
✓ 30-minute telephonic sessions
✓ Positive, nonjudgmental support
✓ Enhance mood
✓ Lower stress
✓ Confidential
✓ Proven results
✓ Convenient on-line scheduling

Coaching vs. Counseling.

Coaches guide by asking questions and structuring a process for individuals to achieve their physical and emotional well-being goals. Counselors focus on mental health and emotional healing for issues like anxiety and depression, which impair the ability to function well.

Getting started is simple

Visit employees.concernhealth.com and log in with your company code for easy access to coaching and other Concern services. For questions or immediate support call 800-344-4222.

Give it a try.
Topics include...

- Stress
- Burnout
- Sleep
- Work-Life Balance
- Healthy Eating
- Mental Fitness
- Weight Management
- Exercise
- Compassion Fatigue
- Chronic Pain
- And more!

For questions about Concern services, or for more information about Coaching, call 800-344-4222 to speak to a marketing specialist or email info@concernhealth.com