

Health Champion FAQs

What is the Health Champion Initiative?

The Health Champion Initiative is a collaborative and personalized program that focuses on improving health and wellness. It builds an individual's capacity to achieve short- and long-term health and fitness goals. Participants interact one-on-one with their champion by phone and online.

Because all issues are so variable, the participant will be the one who will orient the Counseling. Whether the individual is working toward general wellness, weight loss, or a more specific health-related issue, our focus is on addressing the particular daily life concerns that stand in our way. Our champions guide, motivate, provide customized resources, and help clients to set achievable goals. They do not diagnose or prescribe, but use their expertise to provide clients with tools for success.

For example, the champion's role won't be just to ask if clients have done their crunches for the day (although the champion will if you want him/her to); the champion's role is to help clients identify and achieve whatever goals they set for improved vitality and to coordinate the many resources available to them through this and other programs.

Do I have to have a serious health issue to benefit from a health champion?

No. There is no one-size-fits-all answer, and the same individual health status may vary from day to day. Health champions help clients assess their level of health and well-being and work on the issues at hand, providing the human touch to motivate them toward setting and achieving goals through a personalized plan of action. That said, clients that need to modify their lifestyle to address specific health issues will be working with our highly trained staff of degreed experts.

Who are the champions?

Our champions are high-level, seasoned professionals, experienced in behavioral change and in serving moderate-risk and sedentary, high-risk and high-stress

populations. They hold four year degrees in health and fitness-related fields, with Master's level education.

I am concerned about keeping my health information private.

Our program is run, independently, by Mediterranean Wellness. We will never share personal health data of any kind in any way. Period. It is not only our solemn commitment to our clients and the trust we engender with them, but a legal requirement as well.

How do I decide whether the health champion initiative is right for me?

Your unique skills and talents are necessary for optimal performance to Work, Live, and Thrive. If you are not functioning at your best, neither is your personal or professional life. Simply put, whether it's to achieve personal health or lifestyle goals, you will benefit from your relationship with your champion.

How much time will counseling take?

The time you devote to counseling is entirely at your discretion.

Communication between colleagues and their personal health champion will be as often as needed and will be determined on an individual basis. The counselor will stay with them each week, with communication that can range from every day to once per week or less whether it is by email, weekly phone calls, or a combination of both.

If employees prefer to spend more time learning about their challenges and solutions, they will have access to a comprehensive library of lifestyle education and resource materials, hand-selected by their champion specifically for them.