

Put me in, Coach!

The Psychology of Increasing Individual Engagement



Best Practices for Employee Health and Productivity: An in-depth web seminar series

Getting your employees engaged, involved and healthy!

May 19, 2009 ☀ 2pm ET/11am PT

Register now for this upcoming web seminar on "The Psychology of Increasing Individual Engagement" and you will learn about effective approaches to health coaching and how to engage your employees in their personal health plans. This web seminar will explain how to develop supportive and encouraging partnership programs that will lead to improved health behaviors, which will enhance the overall health, productivity and quality of life of your employees.

See the results and see the success. Specific examples will be presented, illustrating how tools, such as the health risk assessment, support individuals as they customize action plans to reduce health risk factors and create lasting change in their lives.

★ **Win a Wii Fit™**

Session attendees will be entered into drawing

Speaker:

Jodi Prohovsky, Ph.D., L.M.F.T.,

Senior Vice President of Health Solutions Operations, CIGNA

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