

Beacon Health Coaching

Wellness Coaching provides support and encouragement to assist you in becoming your best self. You and your wellness coach work together to develop a program that fits your needs, values, vision and to overcome challenges that prevent you from reaching wellness goals.

Coaches may use inquiry or reflection to help you identify personal wellness goals and develop action plans to keep you focused on those goals. A coach holds you accountable by monitoring your progress. The wellness coach often acts as a human mirror by sharing unbiased perspectives. Coaches provide the tools to empower you to reach your best self.

You become responsible for your achievements and success. You take action and the coach assists you, but never leads or does more than you.

- 500 Virgin Pulse points

Sign Up

Weight Solutions Program

Beacon Health Weight Solutions is a comprehensive program designed to provide accountability, direction, and support to people looking to improve their health and well-being at a healthy weight. Best practices suggest we achieve improved outcomes with a group component, in addition to individual wellness coaching. We will look to achieve success by improving body composition, decreasing stress and increasing employee morale with the most up to date evidence-based research. This program meets mostly as a group, in addition to individual sessions during each quarter to conduct body measurements.

- Program is ten weeks
- Two individual, face to face wellness coaching sessions
- All meetings are 30 minutes
- A new topic every week all year long!
- New activity classes each quarter
- Earn 500 Virgin Pulse Points each quarter

Sign Up

National Diabetes Prevention Program

Our program supports people with prediabetes and allows them to participate in affordable, high-quality lifestyle change programs to reduce their risk of type 2 diabetes and improve their overall health.

What You Will Learn

- Eating healthy without giving up all the food you love
- add physical activity even if you don't think you have time
- Deal with Strees
- Cope with challenges that can derail your hard work
- get back on trac if you stray from the plan
- 500 Virgin Pulse points

Contact beaconwellness@emhs.org for more information.

Sign Up

Wellness Network

A Wellness Network just for EMHS Employee Health Plan members! If you're looking for a gym, fitness class, personal trainer, acupuncture, massage therapist, or more check out our Beacon Health Wellness Network first.

Our network covers all aspects of wellness - we're always looking for more partners across Maine to join too - try something new or sign up for a membership. Don't forget to let them know you're on the EMHS Employee Health Plan and you'll get a discount.

Be sure to checkout our list of Wellness Option at www.BeaconHealth.org