

On-Goal

Health & Wellness Management Program

GemCare Wellness, a division of GEMCORE, provides members an individualized health and wellness plan through one-on-one telehealth coaching with our team of Licensed, Registered Dietitians (RDs).

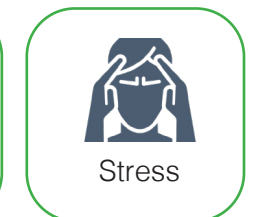
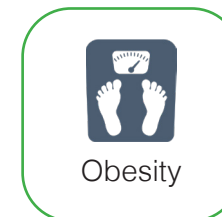
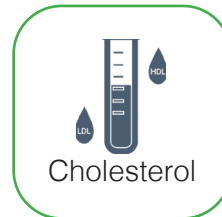
Our Registered Dietitians provide proven, scientific-based nutritional education and encourage member engagement to drive behavior and lifestyle change!



EMPLOYER BENEFITS

- Inexpensive to get started – only pay for employees who use the program
- Easy implementation and quick onboarding with turnkey program rollout
- Healthier employees and improved satisfaction
- Cost savings with reduction in medical spend
- Monthly reporting to measure your ROI - your return will grow as more employees enroll!

Our staff of Registered Dietitian's specialties include:



"My health coach helped me improve my diet, establish an exercise routine, track my blood pressure, and reduce my cholesterol ultimately improving my overall health."

- On-Goal Health Coaching Member



KEEPING YOUR MEMBERS ON-GOAL

We have developed an effective three-step process to ensure that members have the knowledge and tools needed to be successful in sustaining behavior, lifestyle changes and improvements.

01

ASSESSMENT

Review and identify S.M.A.R.T. goals and reasons for change.

02

ACTION

Establish a personalized plan to overcome barriers.

03

ACHIEVEMENT

Take action to help members achieve and maintain their goals.

S.M.A.R.T GOALS

Specific. Measurable. Achievable. Realistic. Timely.

Our Registered Dietitians work with each member to design a personal care path, including setting S.M.A.R.T. GOALS, to meet each member's health needs and desires. Our staff will review lab results, personal health details and answer questions regarding their health.

Once enrolled, members will receive a personalized health and wellness program!



Our team of Registered Dietitians focus on the specific needs of each member.



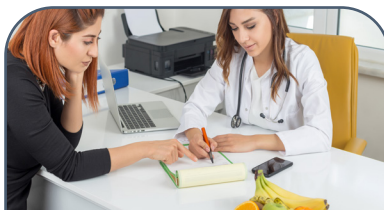
Members communicate with their coach through email, text and one-on-one digital sessions.



Convenient online access to manage coaching appointments, goals, and review progress.



Educational materials and resources supplied regarding member's condition(s).



Follow up on achievements, goals, and identification of potential obstacles.



Easily review and modify the program based on member's engagement and progress.



LEARN MORE
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