

Employee Loses 75 Pounds: Affirming the Value of Virtual Health Coaching

Tiffany Sevacko had been struggling to lose weight, so when her company, Positec, offered a \$25 gift card each session to participate in virtual health coaching, she jumped on the chance to earn some free cash and have a personal health coach help her achieve her health goals. She never realized that a year later she'd have lost 75 pounds and counting.

"I was not a person to go to the doctor regularly, except a minute clinic sometimes. I was not used to talking about my health overall. It was daunting," said Tiffany.

Tiffany had made a few health changes before starting virtual health coaching, but she didn't know what to expect going into the program. "I had met with a nurse at a weight loss clinic and I had started counting calories and making some dietary changes."

Excited to work with Miller Stephanides, the HEALTHWORKS health coach for Positec, Tiffany's motivation to reach her health goals were clear. "I knew I was struggling and I wanted to be able to keep up with my 7-year-old niece. I felt guilty that I couldn't play with her," she said.

She was also struggling with time management and eating healthier meals. When she hit a plateau losing weight, her health coach really made a difference. "Miller is really good at reframing the problem. She is able to suggest things in a different way for me," said Tiffany. "I wouldn't know what more I could change to get past the barriers and she would help me look at different options."



Then: 308 Pounds



Now: 232.4 Pounds

Tiffany Sevacko , 30 years old
Customer Account Specialist, Positec



HEALTHWORKS
By Carolinas HealthCare System

Tiffany has a tremendous support system. Her best friend is travelling on this journey with her. They share recipes and try new fitness routines together, but she really enjoys having the one-on-one support from someone who doesn't see her all the time and who can give her a more professional view of her health. "Miller pushes me forward. I now even have a primary care doctor because she motivated me to have that relationship and keep track of my medical record."



Tiffany (left) poses with her aunt (middle) and cousin as they celebrate booking a cruise.

Tiffany says that she really understands portion sizes and how food affects her body. "I really see the benefits of taking care of myself." Years before, Tiffany had exercised, but not changed her diet. She had spent a lot of time on the treadmill. She finally saw results when she did both – exercised and made healthy eating choices. She recently added strength training at the gym to her fitness routine.

Even her coworkers notice the changes, as they have commented on her physical appearance. "You walk away with a smile and it makes you feel good...to know 'I did that!'" Not only has Tiffany lost 75 pounds and feels better about her health, her health risks have lowered. Her cholesterol levels have dropped significantly from 239 to 163.

Tiffany says that she really enjoys the aspect of being able to access health coaching in her office. "I don't have to make an appointment or leave work. I'm even able to do this during work hours," she says. "I've benefitted greatly from this program and appreciate the effort by Positec. It feels good to know they care about us."

Tiffany is still working towards bettering her health, but says it's easier to keep up with her niece now. "It's definite progress."

