



Health & Wellness Coaching

We deliver proactive and personalized lifestyle modification coaching using evidence-based methodologies in behavior change science to reduce risk and improve population health and wellbeing.



Service Overview



Trusted Providers

- Allied Health professionals with extensive experience and training
- Mental Health First Aid Certified
- Ongoing Diversity Training



Lifestyle Modification

- Weight Management & Nutrition
- Physical Activity
- Sleep, stress and resiliency
- Tobacco Cessation & Substance Use



Health and Safety

- Injury Prevention
- Ergonomic Evaluation and Support
- AI-Driven Risk Mitigation

Why It's Important

- Improves employee satisfaction and health status
- Decreases employer medical expenditure
- Increases employee benefit utilization

Why Choose Ramp Health?

- 22 years of experience
- 86% participant Engagement
- 4x return on investment
- 90% client retention



SCAN ME

Learn more about Ramp Health



Health & Wellness Coaching

We have over 20 years experience working with large health systems, non-profits, and government entities, as well as private employers in construction, manufacturing, logistics, financial services, and more. As each work environment is unique, we provide customized coaching, safety, and engagement strategies.



We Drive Health Outcomes*



76%
Improved BMI



84%
Improved Blood Pressure



49%
Improved Exercise per Week



53%
Reduced Stress

* Source: Ramp Health Coaching Outcomes Report

Trusted Service Partner

- Strategic annual service plan
- Detailed engagement and outcomes reporting
- Interactive events, seminars, activities
- Virtual and on-site support
- Care coordination across the continuum
- Proprietary digital health platform

Contact



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