Position: Telephonic Health Coach
Job Type: Part-time (10-20 hours per week / work from home)

COMPANY DESCRIPTION:
Sparo is an award-winning, digital health startup in St. Louis committed to helping homebound seniors regain independence. We’re a small team based in downtown St. Louis at T-Rex, a co-working space and incubator right at the heart of the St. Louis startup community and home to 100+ companies.

Sparo offers a service called Lift Pulmonary Rehab. Lift is a digital, in-home fitness and wellness program specifically designed for people with chronic obstructive pulmonary disease (COPD). Many of our clients struggle to walk to the bathroom and back and take care of themselves when they start using Lift. Lift provides a variety of daily, guided video classes designed by a multidisciplinary team to help members reduce their shortness of breath, increase their endurance, and improve their quality of life. Lift is making a transformational impact on patients: an internal study showed 150% improvement in exercise duration, with an excellent net promoter score of 81.

JOB SUMMARY:
Sparo is looking for energetic and caring individuals to assist with client-scheduled consultation phone calls. During a consultation call, you will learn more about the client and their challenges and goals, help them understand how exercise can help them improve their life, answer questions, and set up their online fitness program. You will work directly with the Co-founder of Sparo, Abby Cohen. If you consider yourself a “people” person, a good communicator, and love to help people change their life then we are looking for you!

ROLE AND RESPONSIBILITIES:
- Perform 10-15 minute consultation calls with clients (can be done at home after training)
- Complete any action items from client consultation calls in a timely fashion
- Collect and enter accurate information about the phone consultation and any follow up activities in CRM
- Meet and exceed goals including, but not limited to efficiency and statistical performance
- Punctuality for scheduled phone calls

QUALIFICATIONS:
Required:
- Able to attend training at Sparo’s offices in downtown St. Louis (accessible via Metro)
- Access to a quiet space free from distractions with reliable internet connection
- Goal-oriented, reliable, and a problem-solver
- Ability to self-manage and comfortable working independently
- Excellent oral and written communication skills
- Solid organizational/time management skills
- Tech savvy or has worked with a CRM system before

Interested applicants should send their resume and a few sentences of why they are interested in the position to Abby Cohen at abby@sparohealth.com.