

## Health Coach (Non-Clinical)



*Health Coaching is the use of evidence-based skillful conversation, clinical strategies and interventions to actively and safely engage clients in health behavior change to better self-manage their health, health risk, and acute or chronic health conditions resulting in optimal wellness, improved health outcomes, lowered health risk and decreased healthcare costs.*

(National Society of Health Coaches, 2015)

<https://www.nshcoa.com/>

### Examples of Health Coaching Duties

- Create a 50/50 patient-provider partnership in health
- Recognizing and using patients own expertise about their life to personalize motivation for health behavior change
- Assist patients with health insurance enrollment
- Communicate with patients on the importance of having a primary care provider
- Address barriers patients face when engaging in health care
- Educate patients on basic health care needs
- Connect patients with other specialists to address barriers and health care needs.

### Health Coach Core Competencies

- Active Listening
- Oral and Written Communication Skills
- Cultural Competency
- Goal-Setting
- Knowledge of chronic conditions
- Good Judgement
- Patient Centered Care skills
- Warm-Hand offs
- Problem Solving
- Team Work
- Crisis Management
- Motivational Interviewing

### Knowledge and Experience

- Knowledge of geographic areas
- Persons with Substance Abuse disorders
- Homeless Persons
- Persons with disabilities
- Immigrant/Refugees
- Adults
- Seniors
- Persons at risk of or living with HIV/AIDS
- Pregnant women
- Adolescents
- Infants/children
- Migrant workers
- LGBTQ persons
- Domestic and Sexual Violence survivors
- Person with mental illness
- Previously incarcerated individuals
- Chronic Disease
- Social Determinants of Health
  - Economic Stability
  - Neighborhood and Physical Environment
  - Education
  - Food
  - Community and Social Context
  - Health Care System
- Prevention Programs