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
  o Economic Stability
  o Neighborhood and Physical Environment
  o Education
  o Food
  o Community and Social Context
  o Health Care System
• Prevention Programs