

Local Health Department (LHD) Health Coaching Guidance



Program Requirements

- Assess what your client has interest in or how you might connect as you begin to establish rapport and build trust.
- Initiate goal setting during first Health Coaching (HC) session if client is willing and able.
- Provide 1 to 1 education pertinent to the individual client's needs. Health Coach may utilize resources provided on our website under Evidence Based Interventions/ Healthy Behavior Support Services (HBSS).
- Health coaching role is to be a good listener and ask open ended questions.
- 3 health coaching sessions are **required** (either via email, in person, phone or text) ideally within a 12 week timeframe. Opportunity to provide specific coaching for women enrolled in our program and from the community who meet our age parameters. Motivational interviewing training video is **required** for all health coaches to view prior to health coaching.

Reimbursement Eligibility

- Every Woman Matters & WISEWOMAN (EWM/WW) clients on Health Coaching list who aren't interested in any other evidence based HBSS and engage in first HC session with Health Coach (\$100 per client).
- Women who meet population based screening requirements (Females age 40-64, DOB, height, weight, waist circumference (*optional*), two blood pressures, **total cholesterol**, completion of Community Health Coaching post assessment (add'l \$50 for completion of post assessment and biometrics).

Data Entry

Med-It (*EWM/WW clients*)

- Enter 3 **Health Coaching** entries following each HC session by selecting Health Coaching as the HBSS.. Data entry to occur within 72 hrs. following each session.
- Record post biometrics (weight and 2 BP's) at or following week 12 (total cholesterol is NOT required for post if client was below 240 mg/dl at the time of their provider visit).
- LHD health coach completes follow-up assessment and enter post biometrics of an EWM client during third HC session.

Data Entry

Med-It (*community clients who meet program parameters*)

- Complete Community Health Coaching pre-assessment with women who meet program parameters for health coaching
- Enter 3 health coaching sessions by selecting **Health Coaching** as the HBSS for each session
- Record post biometrics (weight, 2 BP's) at or following week 12 (total cholesterol is NOT required for post if client was below 240 mg/dl at the time of their initial screening)
- LHD health coach completes post health coaching assessment with client and enters post biometrics during third HC session

Walk and Talk Toolkit

- A Walk and Talk Toolkit was developed by Public Health Solutions and adapted by the Women's & Men's Health Program; toolkit includes promising practices and utilization of a Community Health Worker (CHW) to establish and implement walking groups while providing small group education. Health Coaches may opt to use this resource during the course of health coaching based on client needs.