

## EVIDENCE-BASED HEALTH COACHING

### Transform the Conversation

- Engage the individual and family as partners in health and care
- Approach with positive coaching psychology
- Evoke individual needs, interests, values and capabilities
- Co-create rapport, empathy, support, confidence and relationship
- Partner in treatment plans and SMART goals
- Inspire confidence, self-efficacy and resilience
- Foster higher health literacy
- Promote self-care skills development

### Transform the Care Process

- Create and utilize proactive practice team
- Design care flow for full practice team engagement
- Stratify individuals by health risk and challenging behaviors
- Target for focused care and condition management
- Embrace evidence based consensus guidelines, planned visits, robust care coordination
- Drive prevention, wellness and health
- Broker neighborhood resources
- Execute a team approach to individual centric care

### Transform Individual and Population Outcomes

- Informed, activated, engaged individuals
- Adherence to clinically proven practice
- Positive healthstyle behaviors
- Improved clinical outcomes
- Higher health status
- Lower health risk
- Reduced and avoided cost
- Better quality of life
- Reclaimed responsibility for health
- Enhanced self-management skills
- Health behavior accountability