

Community Health Hub (CHH) Health Coaching Guidance



Program Requirements

- Assess what client has interest in or how you might connect as you begin to establish rapport and build trust with client.
- 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 in the Walk and Talk Tool Kit available on the DHHS CHH website.
- Health coaching role is to be a good listener and ask open ended questions.
- 3 health coaching sessions are **required** (either in person or by phone) within a 12 week timeframe. Opportunity to provide specific coaching for women enrolled in our program and from the population who meet our age parameters. Motivational interview training is **mandatory** for all health coaches.

Reimbursement Eligibility

- Every Woman Matters & WISEWOMAN (EWM/WW) clients on Health Coaching list who engage in health coaching (please note *soft coach approach* is preferred; we aren't trying to hard sell health coaching but focus on being a good listener and may involve working with client on where they are currently at and life issues).
- Women who meet population based screening requirements (**Females age 40-64**, DOB, height, weight, waist circumference, two blood pressures, **total cholesterol**, completion of Initial Encounter Assessment and medical questions) and are interested in connecting with a Health Coach.

Data Entry

Med-It (EWM/WW clients)

- Enter 3 [Health Coaching](#) entries following each HC session. A total of 3 entries are required in order to be reimbursed. Data entry needs to occur within 72 hrs. following each session.
- Post biometrics (weight and 2 BP's) at or following week 12 (pre-biometrics should already be entered from the clients initial doctor/clinic visit).
- Health Coach completes Follow-up Assessment with client during third HC session.

Encounter

- Input pre biometrics, initial assessment and medical questions for clients from population based venues following week 1. Health Coach must also complete the medical questions and post biometrics with each client following week 12 to reflect any behavior change (total cholesterol is not required for post biometrics).
- CHH's enter [Health Coaching as the HBSS](#) for each HC session.

Walk and Talk Toolkit

- A Walk and Talk Toolkit was developed by Public Health Solutions and includes promising practices and utilization of a Community Health Worker 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.