

# Benefits of Health Coaching

## Benefits to the Clinician

- Lightens clinician schedules by being available to meet with patients in between clinician visits.
- Added patient support for improved outcomes.
- Improved patient satisfaction and confidence.
- Assist patients who are overwhelmed by complicated treatment plans by breaking down clinician treatment plans into more manageable pieces.
- Improves clinician efficiency by providing patients with an extra layer of support. This may include fielding and answering patient questions appropriate for coaches.
- Supports clinicians by providing guidance on nutrition, lifestyle and behavior modification, freeing up valuable time and energy for the clinician.
- Assists patient with goal setting and strategies for improved success on their health journey.
- Generates additional revenue for the practice without adding to clinician hours.

## Benefits to the Patient

- Guides clients through the behavior change process.
- Decreases overwhelm by breaking the treatment plan down into bite-sized actionable steps.
- Helps clients to resolve ambivalence and discover their own motivation for change.
- Boosts client confidence.
- Acts as a partner to the client by working with them every step of the way.
- Provides accountability.
- Provides encouragement for client during times of difficulty.
- Aids clients in adjusting habits to help them achieve their goals.
- Increases client access to resources that can help them with their health care journey.
- Identifies client's own resources and support systems for optimal success.
- Provides direction for clients if they feel stuck.