

Sample Health Coach Letter to Clinician

Hello, [insert clinician name],

I'm writing to offer my services as a health coach.

I know that diet, lifestyle, and behavior change are fundamental aspects of your approach as a Functional Medicine practitioner. I also know that, for patients, making these changes is not always easy.

For example, according to the CDC, only 6 percent of Americans follow the top five health behaviors (not smoking, not drinking excessively, maintaining a healthy weight, getting enough exercise, and getting enough sleep). And statistics suggest that 95 percent of people who try to lose weight eventually gain it back.

As a health coach, I can help your patients to:

- Implement the treatment plan that you prescribe
- Make lasting diet, behavior, and lifestyle changes that support your treatment goals
- Overcome ambivalence and other obstacles to change

This will lead to more successful treatment outcomes, happier patients, more word-of-mouth referrals, and less work for you! Please see the enclosed "Health Coaching 101" document for more information and research about health coaching.

As an ADAPT- and NBHWC-certified functional health coach, I'm trained in several disciplines that support your patients in making lasting change, including:

- Positive psychology, which leverages patients' strengths (rather than focusing on their weaknesses)
- Motivational interviewing, which helps patients to link behavior changes to their deepest needs and goals
- Habit formation and reversal, which supports patients in creating new, positive habits or breaking negative ones



I also have extensive training from the Kresser Institute in Functional Health—using an ancestral approach to diet, physical activity, sleep, and stress management. For more information about my background and qualifications, please see the enclosed résumé and my website [insert link here].

I'd love to meet with you to discuss the possibility of working together. Feel free to contact me via email or phone at the number below, and I will also call your clinic in a few days to follow up.

Warm regards,

[insert your name]

[insert your email address, phone #, website]