

TeamCare

Disease Management with a Health Coach



Client is an active partner with both coach & provider

Prevent complications

How medications work

Understanding what their numbers mean

Make positive behavior changes

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Weight Management with a Health Coach

6. Break down the larger overwhelming goals in to smaller achievable steps
7. Evaluate daily habits
8. Understand how habits affect health status & risk for chronic disease
9. Provide support, structure, and accountability
10. Advise: manage portions, eat whole foods, and daily physical activity



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Disease Management with a Health Coach



Client is an active partner with both coach & provider

Manage your lifestyle

Eat the right foods for diagnoses & goals

How physical activity positively impacts disease

Tracking data for review and results

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Weight Management with a TeamCare Health Coach

After 4-6 weeks:

Average weight loss of 2-4% of total body weight.



Engage in at least 2 new healthy behaviors on a consistent basis.

*Apply to clients who come in person for coaching sessions at least 2x/month

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Weight Management with a Health Coach



1. History & assessment of current state of health
2. Form plan of action using habit design
3. Data tracking: weight, BMI, body fat %, waist/hip ratio, BP
4. Determine areas for improvement and identify personal goals
5. Determine obstacles keeping the client from success


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Weight Management with a TeamCare Health Coach

After 12-16 weeks:

Average weight loss of 6-12% of total body weight.

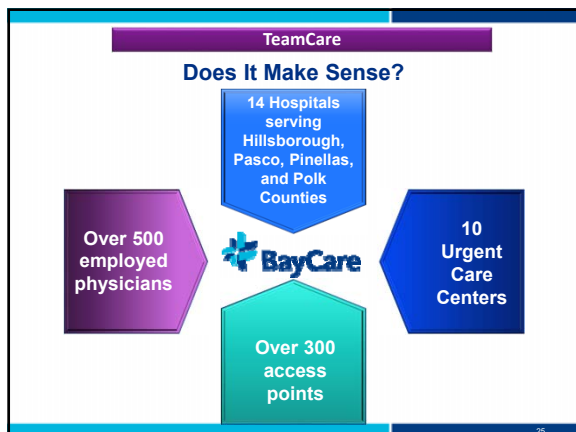


1 to 3 inches off waist and hips.

Engage in at least 4 new healthy behaviors consistently.

*Apply to clients who come in person for coaching sessions at least 2x/month

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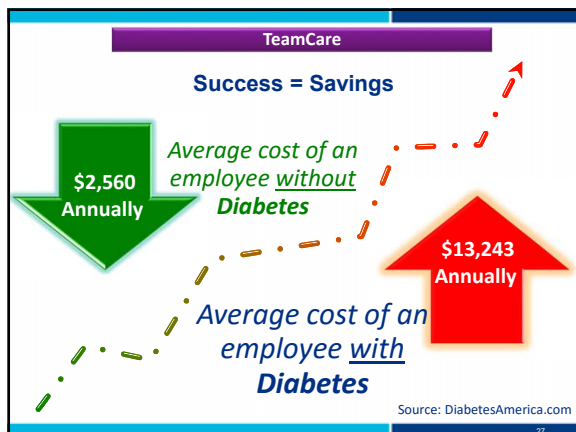
Success Story "Nick"

- Identification
- Goal Setting (90 pounds in 1 year)
- Accountability (weekly, bi-weekly, monthly)
- Goal achieved in 10 months!!

THANK YOU!

For questions or a wellness consultation contact:

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