



Kimberly Area School District Health & Wellness Center

Health Coach FAQs

Q. What is health coaching?

A. Health coaching is a collaborative and personalized program that focuses on improving health and wellness. It builds an individual's capacity to achieve short and long-term health and fitness goals. Participants interact one-on-one with their coach during counseling sessions. Whether you're working toward general wellness or a more specific health related issue, a health coach will focus on helping you enhance your quality of life.

Q. Why should I participate?

A. Your health is your most important asset. Working with an experienced health coach gives you resources and support to help you be your healthiest. You may also want to work with a health coach if:

- You're running low on motivation. A health coach can help you build confidence, provide support and offer inspiration.
- You need someone on your side. Your health coach is like a knowledgeable friend who's there to listen, ask good questions, and keep you on track with your goals.
- You need help recognizing successes. A health coach can help you identify wins and celebrate your progress.
- You need extra support. Health coaching can enhance and support other wellness programs you participate in, such as diet programs or fitness classes.

Q. Do I have to have a serious health issue to benefit from a health coach?

A. No, the health coach will help you assess your current level of health and to work on any issues you feel are important in your life. The health coach focuses on overall wellness. If you are currently in a state of wellness, your health coach can help you maintain your optimal level of health.

Q. How much time will health coaching take?

A. The time you devote to health coaching is entirely up to you. Communication between you and your health coach will be as often as needed, and will be determined on an individual basis. Appointments can range from 15-30 minutes. The health coach may also offer group wellness classes based on schedule availability.

Q. How does a health coach fit into my medical care team?

A. A health coach is a member of your larger health care team. A health coach is not a doctor or nurse practitioner. Health coaches do not diagnose conditions, prescribe medications, or recommend lower or higher doses of your current medications. A health coach is a wellness expert helping clients with behavior adjustments, lifestyle modification, and education. He or she can give you the tools you need to achieve the goals set by you and your care provider.