Volunteer Health Coach Program

Become a volunteer Health Coach—join our FREE 12-week training program!

Gain marketable skills while learning about:
- Managing chronic illnesses including diabetes, COPD, heart disease and high blood pressure
- Motivational interviewing, active listening and communication skills
- Local community resources
- Serving as part of a healthcare team
- Empowering patients

Interested in becoming a Health Coach?
Training starts March 2020—APPLY NOW!

After completing the course, you may be eligible to serve as a volunteer Health Coach through Valley’s Highlands Primary Care Clinic. Our Health Coaches serve for eight months as part of the primary care team and work one-on-one with their assigned patient—encouraging and supporting the patient while they learn how to navigate the healthcare system, access community resources, and improve their self-management skills.

2 – 4 hour per week commitment

Coaches call patients at least once per week and meet in-person at least once per month. In-person visits may occur in the patient’s home, a coffee shop, at a clinic, or at community resources such as the YMCA, farmer’s market, or community center. After completing the 12-week course, coaches get together weekly for a team meeting.

For more information and TO APPLY, please contact Laurie King RN, Health Coach Program Manager at laurie_king@valleymed.org or 425.690.6667.

WHAT OUR HEALTH COACHES SAY

“This program is a great opportunity to learn and connect to our community. It’s taught me not only how to connect effectively to my patient, but also how to take care of myself better.”

Coach Maria

“My experience in the Health Coach Program has been, to say the very least, extraordinary. Learning how to meet the needs of my patient has taught me how to literally walk in someone else’s shoes. Looking at a patient as a whole and not just someone with a condition has been a life changing experience for me.”

Coach Colette

Roles of a Health Coach

<table>
<thead>
<tr>
<th>Self management support</th>
<th>Bridge between provider and patient</th>
<th>Navigation of healthcare system</th>
<th>Emotional support</th>
<th>Continuity</th>
</tr>
</thead>
<tbody>
<tr>
<td>■ Provide information</td>
<td>■ Serve as patient’s liaison</td>
<td>■ Connect the patient with resources</td>
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<tr>
<td>■ Promote behavior change</td>
<td>■ Ensures patient understands the care plan</td>
<td>■ Empower and support the patient</td>
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<tr>
<td>■ Encourage problem solving</td>
<td>■ Provide advocacy and support</td>
<td>■ Ensure the patient’s voice is heard</td>
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<tr>
<td>■ Encourage follow up &amp; participation in plan</td>
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We Are Valley

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