



**Elevate***U*

WELLNESS COACHING & ACADEMY



# WELLNESS COACHING PROVIDER PACKET



*Evidence-Based Patient Support for  
Healthcare Providers*

*Empowering Sustainable Behavior Change*

[www.ElevateUWellnessCoaching.com](http://www.ElevateUWellnessCoaching.com)



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## Evidence-Based Wellness Coaching for Provider-Referred Clients

*Supporting Patient Activation, Behavior Change & Self-Management*

### Who We Are

ElevateU Wellness-Coaching & Academy partners with physicians and interdisciplinary healthcare professionals to support patients in translating clinical recommendations into sustainable behavior change—*between visits and beyond the exam.*

*Our work focuses on the human and behavioral factors that influence outcomes, while respecting clinical scope and medical decision-making.*

### Credentialed, Evidence-Based Coaching



#### Patient Activation & Engagement

Improved confidence, readiness, and participation in self-care and care plans.



#### Care Plan Follow-Through

Structured support to improve adherence and implementation of provider recommendations



#### Chronic Condition Self-Management

Sustainable behaviors address diabetes, hypertension, cardiovascular, and metabolic



#### Stress & Quality of Life

Reductions in perceived stress and improved overall well-being that support long-term engagement.

### How Coaching Fits Into Clinical Care

- ✓ Clarify priorities and values
- ✓ Set realistic, patient-centered goals
- ✓ Identify obstacles to adherence

Communication and progress occur only with patient authorization.

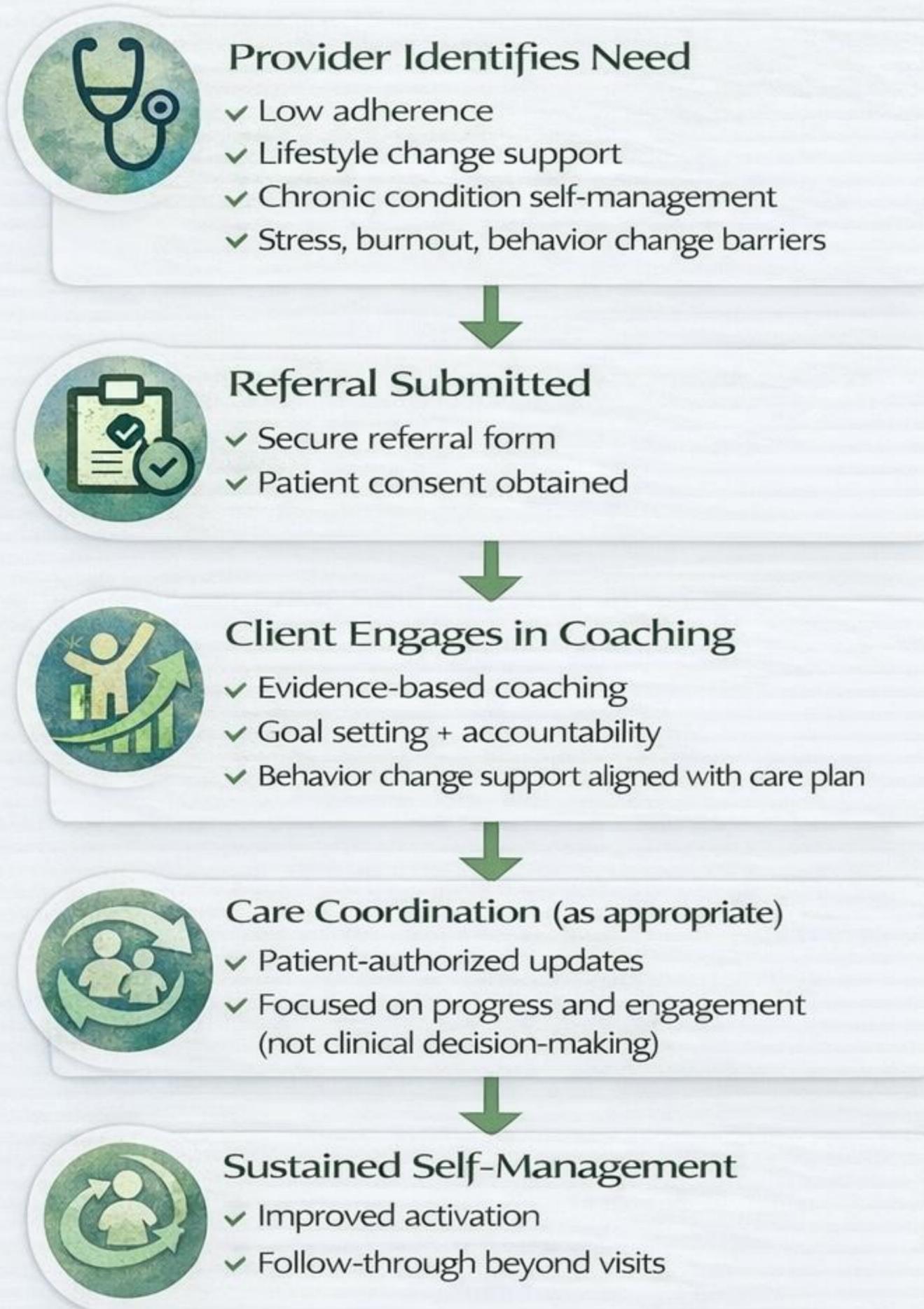
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## Patient Referral Workflow for Wellness Coaching





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## Coaching Support Options for Referred Clients



### DiscoverU Session (20 minutes)

- ✓ Complimentary introductory conversation
- ✓ Fit assessment and goal clarification



### Focused Coaching Support

- ✓ Short-term support for a specific challenge
- ✓ Ideal for transitions, new diagnoses, or targeted goals



### Foundational Coaching Path

- ✓ Structured, multi-session support
- ✓ Builds habits, accountability, and follow-through



### Ongoing Momentum Coaching

- ✓ Longer-term partnership
- ✓ Supports sustained behavior change and self-management

*Pricing is discussed directly with clients.  
No cost or obligation to referring providers.*

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## Evidence-Informed Outcomes of Wellness Coaching

*Supporting Provider-Referred Clients*

### Why Wellness Coaching Works

Wellness coaching focuses on patient activation, behavior change, and self-management—key drivers of health outcomes that are often constrained by limited visit time in clinical settings.

By addressing *motivation, confidence, and real-world barriers*, coaching supports patients in implementing and sustaining provider recommendations.



#### Patient Activation & Engagement

- ✓ Improved confidence, readiness, and participation
- ✓ in self-care and care plans.

Higher levels of patient activation are consistently associated with improved self-management behaviors and long-term health outcomes across populations.



#### Lifestyle Behavior & Chronic Condition Support

- ✓ Evidence suggests that wellness coaching supports:
- ✓ Sustainable lifestyle behavior change
- ✓ Improved self-management of chronic conditions with stress management, medication routines, and health behaviors



#### Professional Standards & Scope

- ✓ ElevateU Wellness Coaching & Academy:
- ✓ Operates within nationally recognized coaching standards
- ✓ Respects provider leadership in diagnosis and treatment
- ✓ Coordinates care only with patient consent.

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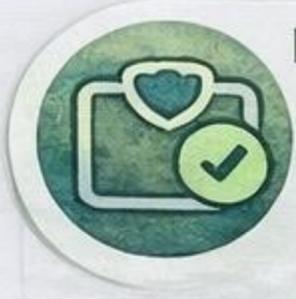
## Why Partner with a National Board Certified Health & Wellness Coach (NBC-HWC)?

Evidence supports the benefits of partnering with a National Board Certified Health & Wellness Coach (NBC-HWC).



### Improved Patient Activation & Engagement

Patients working with NBC-HWCs demonstrate higher activation, confidence, and readiness to change—key predictors of improved health outcomes.<sup>1</sup>



### Better Adherence to Care Plans

Health & wellness coaching significantly improves adherence to provider recommendations, including lifestyle, medication routines, and follow-up behaviors.<sup>2</sup>



### Improved Chronic Condition Outcomes

Evidence shows coaching supports sustainable behavior change for conditions such as diabetes, hypertension, cardiovascular disease, and metabolic health.<sup>3</sup>



### Reduced Stress & Improved Quality of Life

Wellness coaching is associated with reductions in perceived stress and improvements in overall quality of life, supporting long-term engagement in care.<sup>4</sup>

#### Sources:

1. National Board for Health & Wellness Coaching (NBHWC). *Role of credentialed health & wellness coaches in evidence-based behavior change.*
2. JAMA Internal Medicine. *Effectiveness of health coaching on chronic disease management and outcomes.*
3. American Journal of Preventive Medicine. *Health coaching and improvements in lifestyle behaviors and adherence.*
4. NIH / National Library of Medicine. *Health coaching impact on stress reduction, self-efficacy, and quality of life.*