

## What is Health Coaching?

The practice of guiding clients to actively engage in taking charge of their own health.

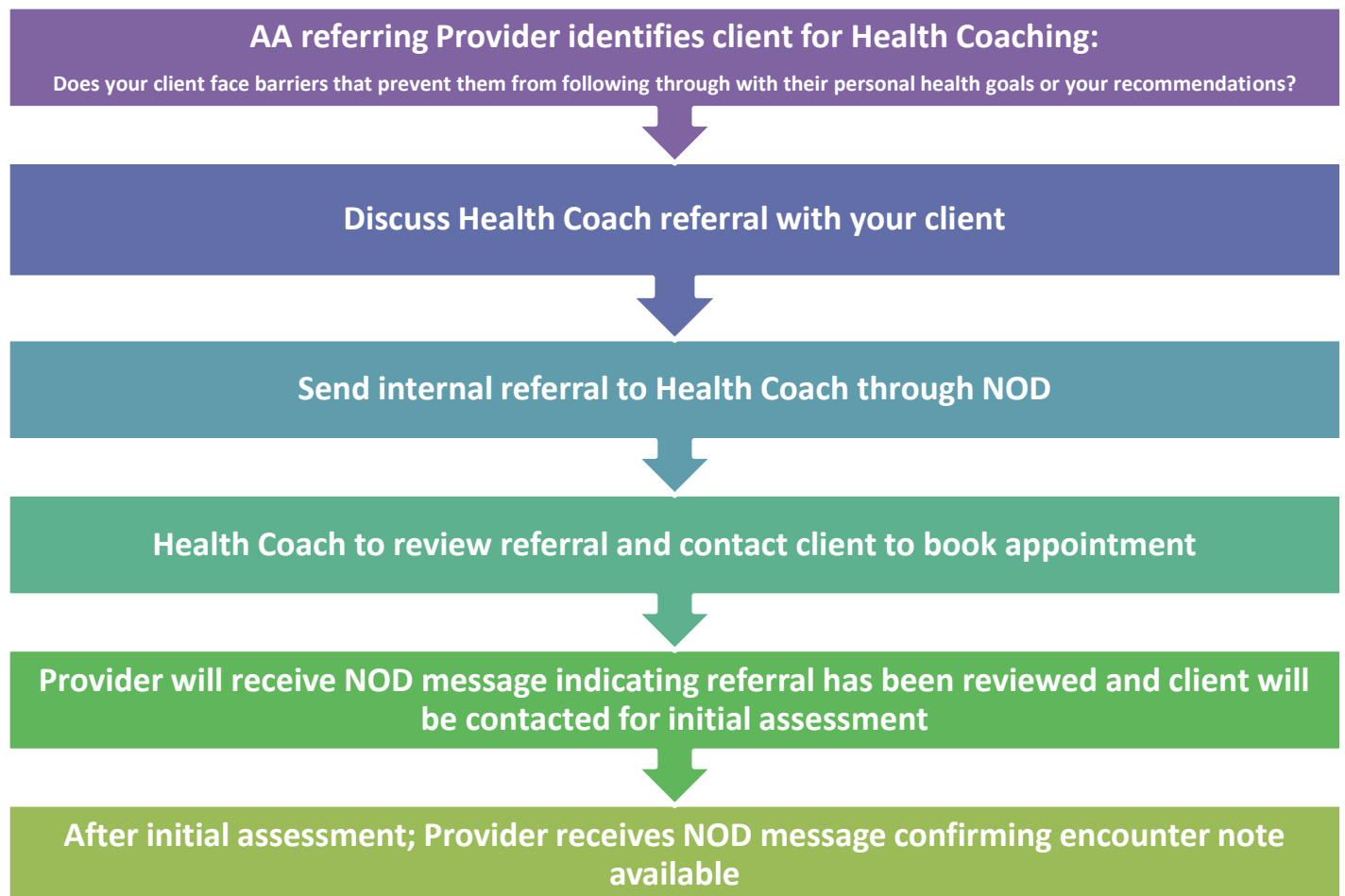
### Benefits of health coaching can include:

- Consultations & resource sharing
- Personalized plan of care
- Healthcare organization support for client
- Prioritized goal-setting
- Health education
- Increased client independence
- Clear/streamlined communication with involved external agencies

### Who/Where are the Health Coaches

- Monika (APOJ/College), Candace (APOD/College)

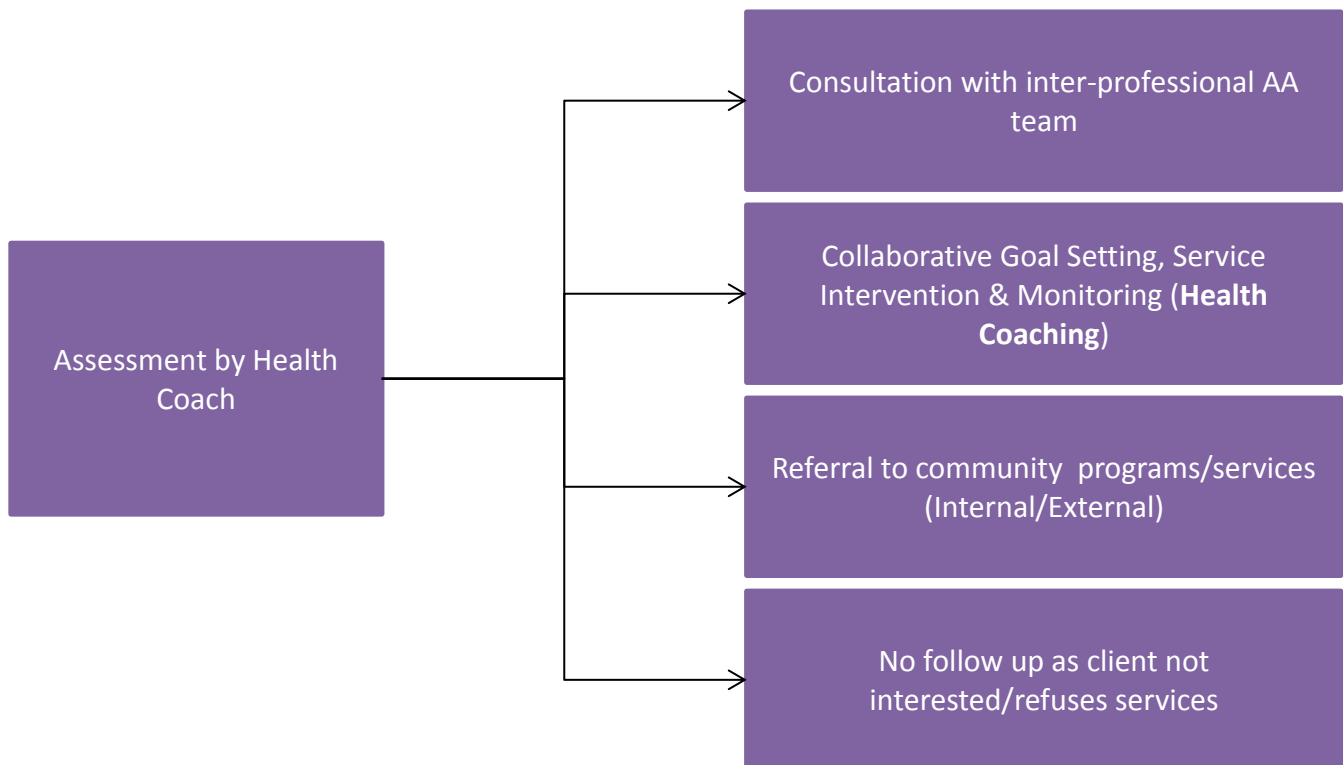
### Health coach referral & communication pathway:



**Provider script to use when discussing Health Coach referral:**

“I am going to refer you to our Health Coach [Candace or Monika]. They will be able to help you with [reason for referral]. They will be contacting you by phone to book your first appointment. This health coach will give extra support with [reason for referral] and things that are important to you and your health.”

**Health coach client assessment pathway:**



**Health Coach contact information:**

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