

# Marshall's Community Care Network Health Coaches



## WHAT IS THE COMMUNITY CARE NETWORK?

Marshall's Community Care Network (CCN) was developed to help people stabilize and improve their health even after they are discharged from the hospital. Health Coaches work closely with a team of medical professionals that help people achieve their health goals. The CCN is a no cost program designed to support and inspire people to take an active and meaningful role in their own health. Participation is voluntary.

## WHAT IS A HEALTH COACH?

A health coach is a dedicated volunteer from the community who can promote positive health-related behavior changes in others. At Marshall Medical Center (MMC), a Health Coach becomes an integral member of the Community Care Network Team. The purpose of the CCN Team is to evaluate and coordinate the care of people enrolled in the CCN, in order to help them optimize their health.

## WHAT DOES IT TAKE TO BE A HEALTH COACH?

Volunteer Health Coaches must exude positive supportive energy, be able to connect with people on a personal level and be comfortable and relaxed while practicing active listening. Health Coaches receive specific education and training provided by the CCN Team and other professionals and are then paired with people from the community that have identified health risks. Together, they define desired health goals through positive behavior change promoted and coordinated by the Health Coach.

## WHO CAN BE A HEALTH COACH?

- People with a passion for helping others achieve better health
- Students hoping to enter the medical field that are looking for experience
- Retirees looking to put their wealth of knowledge to use in the community while giving back to others

## WHAT CAN I EXPECT TO DO AS A HEALTH COACH?

Marshall's Health Coaches are expected to volunteer between one and four hours per week. Health Coaches are accountability partners that encourage health improvement by reminding people to take their medications as scheduled, to monitor their blood pressure or blood sugar as recommended, to make and keep appointments, to exercise (often just walking) and to eat healthfully. Health coaches may offer to attend medical appointments or to go walking with their partners. Health Coaches are NOT expected to provide any medical advice or administer medication or other therapies.

## IS THERE TRAINING?

The next training will be announced soon. First, an interview with the CCN Clinical Director will be required. The CCN Team will then provide Health Coach Education & Training at MMC once a week for eight weeks. Examples of the topics include: Healthcare Challenges, the Role of the Health Coach, the Health Coach/Patient Relationship, Prevention, Nutrition & Diabetes, Heart Disease, Mental Health First Aid and Ethical Questions.



The mission of the Community Care Network is to provide high quality, compassionate, patient centered health care coordination that is based on improved outcomes for people in our community.

For more information, call the Community Care Network office at 530-626-2745.



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