Health Coach Partners

Educating Medical Students to Coach Patients for Improved Health

Creating the future of medicine to improve peoples lives

The Ohio State University
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Our Commitment to Excellence

Ohio State’s College of Medicine seeks to train the very best doctors. To become an excellent doctor, students must be able to help each patient reach his or her health goals.

To make sure our students can help their patients improve their health and behaviors, we teach health coaching skills.

What is a Health Coach?

A Health coach is someone who works with you on a one-on-one basis to help you improve your health.

A health coach will:

- listen to you.
- ask you lots of questions.
- help you to set health goals.

What types of things can a health coach help with?

- Quitting smoking
- Healthy eating
- Exercise tips
- Managing stress
- Other health behaviors that are important to you

What types of questions will a health coach ask you?

- What small change would you like to make?
- If you keep doing this, where do you see yourself in three years?
- What would help you right now?

What is a Health Coach Partner?

A health coach partner is an adult who works with a medical student who is practicing the skills of a health coach. You will meet with your student on a one-on-one basis. Together, you will come up with goals and a plan to help you improve your health.

Who Can Be a Health Coach Partner?

You must:

- be at least 18 years old.
- have at least one common health problem, like:
  - Diabetes
  - High blood pressure
  - Asthma
  - Chronic Obstructive Pulmonary Disease
  - Smoking
  - Overweight
  - Other conditions that may improve with a healthier lifestyle
- want to improve your health by changing at least one health behavior. Small changes are fine!
- want to work with a medical student to help you achieve your goals.
- meet with your health coach for three, one-on-one meetings that each last about an hour.

How Do I Become a Health Coach Partner?

If you want to help our students learn how to help you make a healthy change in your life, this is the volunteer program for you!

Please call the Health Coaching Program Coordinator at 614-292-9001 or email studenthealthproject@osumc.edu to sign up. The coordinator can also answer any questions you may have about the program.

For more information, please visit our website: http://medicine.osu.edu/HealthCoach

Thank you for considering this volunteer opportunity to assist an OSU Medical Student.