



Case Study: **Health Coaching**

Guiding behavior change improves health outcomes

CHALLENGE

During the kidney transplant evaluation process, an individual may not fit the eligibility criteria to be placed on the transplant waitlist, the two largest disqualifiers being obesity and depression. When employees and payers offer Health to Hope™ coordinated care, specialists work with these individuals to support mindset, nutrition, physical fitness and provide education to overcome barriers and achieve results leading to improved disease management, evaluation outcomes, waitlisting and lifesaving transplants

Case in point:

Blaine had been struggling with diabetes for 10 years when he went into cardiac arrest resulting in a quadruple bypass. After his heart surgery, he woke up on dialysis. Four months later he was evaluated for transplant and deemed ineligible due to frailty.

Solution: **Health to Hope™**

Whether the goal is to receive a kidney transplant, manage chronic disease, reduce the risks of obesity or simply improve the quality of life, Health to Hope™ partners with patients and employers to create and maintain healthier lifestyles and improve employee satisfaction.



Obesity



Hypertension



Type II Diabetes



Chronic Kidney Disease



Kidney Failure

BLAINE'S RESULTS



2009-2019 Type II Diabetes



JAN 2019 Cardiac Arrest,
Four vessel bypass



JAN 2019 Began dialysis



APRIL 2019 Evaluation by UTMC;
deemed ineligible due to frailty



APRIL 2019 Began work with
Health to Hope™ Fitness Coach



AUG 2019 Re-evaluated at UTMC



OCT 7 2019 Approved for transplant

OCT 8 2019 Transplant date

“The coaches at Health to Hope™ changed my life. They taught me health and life skills, and how to be an advocate for myself. Through the coaching calls, I learned how to set and achieve goals, change my health patterns and feel confident that I can stick with it long-term. At times, the calls have even been a lifeline for me. Because of this support, **I’m making healthier choices every day.** I’m happier and healthier now, and so grateful!”

—Health Coaching Participant

FOUR PILLARS OF HEALTH



Mindset
Coaching



Fitness
Coaching



Nutritional
Coaching



Educational
Guidance

Integrated Medicine Comprehensive treatment plans are centered in a whole person approach to achieve sustainable behavior change.

Motivational Interviewing Supports patients in taking an active role in improving their lifestyle by encouraging commitment and motivation.

Personalized Goal-Setting Meeting the patient where they are and co-creating SMART goals with one-on-one support and accountability.

Assessing and Biometrics Assessments support self-discovery and help identify barriers so patients can track progress and achieve goals.

Community Patients are surrounded with team members who provide mentorship, celebrate achievements, and encourage community throughout the journey, leading to increased confidence and hope throughout the process.



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Contact us to reduce healthcare costs and improve quality of life.