U.S. Department of Veterans Affairs
VA Salt Lake City Health Care System

Whole Health Coaching Agreement

Welcome and thank you for allowing me to partner with you on your health journey! I look forward to partnering with you to help you create the life you want to live.

1. I understand that the Health Coach is not a counselor, psychologist, or physician and does not diagnose or treat any condition. I understand the health coach is not to be used in lieu of professional guidance. I understand if the Health Coach believes I could benefit from other therapy services the Health Coach will discuss this openly with me and may refer me to other healthcare professionals. I will seek professional guidance for legal, medical, financial and other business matters.

2. If I am utilizing Behavioral Health Services, I understand the Health Coach will communicate my participation in Health Coaching to my Behavioral Health provider.

3. I understand if the Health Coach notices negative behavior changes or potentially dangerous health or behavior choices the coach will alert the appropriate member of my healthcare team.

4. I understand that the health coach will not offer any unsolicited advice. The Health Coach can and will provide reliable resources at my request and with my permission.

5. If at any point, I feel Health Coaching is not beneficial I will alert the coach and we will reevaluate and possibly terminate the coaching agreement.

6. I understand it is my responsibility to alert the coach and/or scheduler if I need to cancel or change an appointment.

7. I understand Health Coaching sessions are documented into my chart.

8. Health coaching is intended to provide me with a dedicated partner who will listen and assist me in making changes/improvements regarding my health and well-being with the overall goal of improving my health and well-being long term.

9. The outcome of my success is solely my responsibility; therefore, I will fully participate in this process by being available for appointments and taking actions that support my personal health goals and mission for life.

Coach Agreement:

1. I will help my coach-partner identify and fully engage his or her strengths on the path to a better future
2. I will ask provocative questions and encourage my coach-partner to arrive at his or her own answers whenever possible and co-create answers otherwise
3. I will encourage realistic expectations and goals
4. I will be direct and firm with constructive reflections when needed
5. I will support my coach-partner in brainstorming creative possibilities for moving forward and navigating roadblocks
6. When appropriate, with permission, and within my scope of practice, I will offer advice, instruction, and resources for improving health, well-being, and performance
7. I will be punctual and responsive
8. I will recognize early whether the chemistry with a coach-partner is good or not optimal. If not optimal, I will refer the coach-partner to another coach
9. I will acknowledge when my coach-partner has an issue that is outside my scope of knowledge and skills and recommend other resources
10. I will document a summary of each coaching session, including vision and plan, with the coach-partner's input

Coach-Partner Agreement:

1. I want to improve my level of health, well-being, or performance in life or work
2. I am ready to take responsibility to make and sustain changes in at least one area
3. I am ready to invest at least three months to make improvements
4. I will be open and honest, and I will share personal information that is relevant to my health, well-being and performance
5. I am ready to become more self-aware
6. I am curious and open to new suggestions and trying new things
7. I understand that setbacks are normal on the path of change and necessary to establish new mindsets and behaviors
8. I will be punctual and responsive

Coach signature/date:

Coach-partner signature/date: