



Community Wellness

What is

clinical health coaching?

Community Wellness combines RPM with health coaching, delivered by licensed clinical staff. Evidence-based health coaching is an effective tool to help patients increase healthy behaviors.

Community Wellness coaches are here to help

- ✓ Patient can access coach by text, email or phone call as often as needed
- ✓ CW provides support for device set-up, tech issues, and more
- ✓ Coaches manage interactive platform Stronger Together, where patients can read informative health articles and virtually socialize (anonymously) with other patients and CW health coaches

Contact

Maggie Huether
Sales Executive
513-885-6686

mhuether@communitywellness.com



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- Appts are 20-30 mins long
- Patient meets with dedicated coach live by Zoom video or phone
- Coach ensures devices are working & vitals are transmitting correctly
- Coach teaches patient about value of RPM and attending coach sessions
- Coach schedules next session & tracks vitals adherence
- Coach provides education as needed using evidence-based sources (CDC, NIH, Mayo Clinic)
- Coach monitors for alerts (vitals out of normal range)
- Coach discusses patient-led topics on health & wellness
- Coach & patient establish evidence-based action steps toward health goals



Learn more about Community Wellness RPM+ at www.CommunityWellness.com