

Health coach

Patient

KEY FUNCTIONS

Assesment

Recommendation

Follow-up

Monitoring and evaluation

Starting the care process again

1 Know how and when to call help

2 Learn about the condition and set goals

3 Take medicines correctly

4 Get recommended tests and services

5 Act to keep the condition well controlled

6 Make lifestyle changes and reduce risks

7 Build on strengths and overcome obstacles

8 Follow-up specialists and appointments

