

Clinical Health Coaching

Our vision is to put individuals at the centre of the decision making about their own care, enabling them to have more control over their condition.

Clinical health coaching is a personal and confidential service where a registered, experienced and qualified nurse provides one-to-one coaching (via telephone) to

an individual diagnosed with at least one long term medical condition.

Our coaches empower individuals to understand their condition and improve their health and wellbeing. This leads to improve health literacy, confidence and independence.

Why choose to work with us?



Our Experience

Totally Health has been providing Clinical Health Coaching services to the NHS and other large organisations since 2012.



Our Service

Patients speak to their own dedicated nurse every time. No call limits – we will call you at arranged times and you can ring us as often as you like.



Health Care Partnerships

We are working with organisations such as NHS England, British Lung Foundation, DESMOND, CCGs, NHS Community and Acute Trusts.



Our Nurses

Our nurses are all NHS trained and have a minimum of 5 years' experience. They are experts in your condition and have specialist training and skills in health coaching and shared decision making.



Appointment Reduction

72% reduction in out of hours appointments and 59% reduction in GP appointments since the launch of our Clinical Health Coaching service.



Hospital Admission

72% reduction in unplanned admissions to hospital since the launch of our Clinical Health Coaching service.



Motivated to Change

96% of our patients have been motivated to make life style changes to help manage their condition. For example, giving up smoking, eating more healthily and taking regular exercise.



Ease of Use

Once you have signed up the patient will be speaking with their own nurse within 48 hours. We deliver a telephone based service, which means they do not even need to leave their home or workplace to speak to their own nurse.

How does Health Coaching work?



Step 1

Get started online or give us a call to be assigned to your Health Coach



Step 2

Start your introductory call with your own dedicated Health Coach



Step 3

Agree on your objectives and start your tailored Health Coaching journey



Step 4

Start feeling better and more confident about managing your condition and health

Health Coaching in numbers

1322

referrals into the service

6715

clinical hours delivered
(equivalent to 40,287 GP appointments)

AGE RANGE:

36 to 89

14%

live independently

72%

reduction in emergency admissions

59%

reduction in practice appointments

95%

improvement in control of diabetes

100%

improvement in confidence

96%

feel more motivated to maintain a healthier lifestyle

96%

feel more knowledgeable about their condition

97%

would recommend us to friends and family

Our partners

