



How can Vitality



ENHANCE YOUR PATIENT OUTCOMES?

It's no secret that chronic disease is rising at a rapid pace.
So, what more can we do about it?

Enter Vitality Holistic Health and Wellness, LLC

Vitality is a signature, comprehensive health and healing program designed to help you improve your patient's outcomes, self-efficacy, and quality of life.

*The Vitality program is designed to **come along side you and your patient to help them improve their physical health, help them to identify and overcome limiting beliefs and other mental obstacles, and incorporate safe movement and lifestyle modifications.***

The program is **structured and guided while remaining client focused** and addressing the needs that are most pressing to them while also diligently working toward results.

Studies show that **health coaching is an evidence-based, safe, affordable, and effective means to improve conditions** such as diabetes, cardiovascular disease, asthma, and COPD. PMID 28376437

Studies also show that health coaching is beneficial for those encountering social risk factors and **patient's experienced greater self-esteem and commitment to behavior change.** PMID 37790661, also AMA Steps Forward publication by Thomas Bodenheimer, MD, MPH

"Unlike health fads that come and go, health coaching has strong evidence behind it backing its effectiveness for improving health and well-being. Becoming a health coach has been deeply rewarding to me, because it is rare in life that you get to promote happiness, build resiliency, save people money, and help people live longer and more fulfilling lives at the same time." Peter Grinspoon, MD (Harvard Health Publishing)

My goal is to partner with you and your clients to improve outcomes and quality of life for your patients. Fewer questions & repeat offenders, actual behavior change & results.

Courtney Somma

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FAQ:

Who do I help?

I help male and female adults that either: 1) Don't currently have a diagnosis and are looking to improve their health or set themselves up for prevention. 2) Are newly diagnosed and are looking for guidance on how to improve their condition. 3) Have been struggling with a chronic condition for quite some time and are really looking to make effective nutrition and lifestyle changes to improve their health and quality of life. 4) Have a true desire to improve their health and well-being. 5) Are open to trying new things that may not be familiar.

Patients may not be a good fit if: 1) They are a minor. Though I have a passion for children, I do not currently work directly with children. 2) They feel like they're being forced to see a health coach. 3) They're not willing to change their eating habits or lifestyle in any way.

What is the comprehensive program?

This is a three to 12 month program with pillars of health and wellness, holistic whole-food plant-based nutrition, and movement. Duration will depend on the client's situation, goals, needs, and availability. We meet weekly or bi-weekly depending on your client's availability. They would have the option to renew if they would like continued support.

Is there a month-to-month offering?

My focus is on my comprehensive program, because this approach is more effective than run of the mill monthly services that only incorporate one aspect of health and wellness. On rare and specific occasions I may offer a la carte options on a monthly basis when time allows if this is truly the best fit for your patient.

Does Vitality take insurance?

This is nuanced. There are currently three temporary CPT codes available for health and wellness coaching since this approach is being proven to be effective. We anticipate permanent codes in the near future. Additionally, Vitality partners with TrueMed so client's can use or obtain a letter of medical necessity to pay for services with an HSA or FSA. If they wish to use a method previously listed, they would need to check with providers ahead of time.

That being said, insurance can be tricky. Clients should EXPECT to pay for services out of pocket and any coverage or reimbursement should be considered the icing on the cake.

Do I offer free workshops?

Yes! Please let me know if you would like to set up a free in office or online (pressure and sales-pitch free) workshop that would be of interest to your patients or clients!

What credentials do I hold?

B.S. Biology, Duquesne University

Certified Health and Wellness Coach, AFPA

-National board certification via NB-HWC Pending with exam completion late 2025

Certified Holistic Nutritionist, AFPA

Certified Personal Trainer, NASM

Certified Sports Nutritionist, NASM

More on today's state of affairs and the benefits of health coaching:

One study estimates that, of the population 50 years and older, the number with at **least one chronic disease is estimated to increase by 99.5%** from the years 2020 to 2025. Those with **multi-morbidity are expected to increase 91.16%**. PMID 36711415

According to the WHO, **preventable chronic diseases** such as diabetes, cardiovascular disease, and many cancers **will account for 86% of deaths each year by 2050**. A 90% absolute increase in numbers since 2019.

A research article published in 2023 by Penn State University claims that **"American boys and girls born in 2019 can expect to spend 47% and 60% of their lives, respectively, taking prescription drugs."**

Patients need our help, and yet the Association of American Medical Colleges predicts a **shortage of 86,000 physicians by 2036**.

The current nursing **shortage is expected to remain a problem until at least 2030** and the BLS indicated the demand for nurses is rising.

According to the NIH, the **average amount of time that a physician gets to spend with a patient is 17.4 minutes**. PMID 9933493

Studies show that both adults and the aging population are **seeking holistic as well as alternative treatments** to help manage their conditions and quality of life. PMID 37324642

Demand for disease prevention and services such as health and wellness coaches is on the rise as patients seek to improve their quality of life.

The American Medical Association recently released a continuing education module to help its members learn about and understand the role of a health coach, and support its members in collaborating with health coaches for the benefit of all parties.

The AMA's stated goal and tagline for this program is: "Help patients take charge of their health, and foster healthier patients with better outcomes."

Here's what the AMA has to say about health coaching:

"Health coaching is a team-based approach that helps patients gain the knowledge, skills and confidence to become active participants in their care. The old saying, "Give a man a fish, and he eats for a day. Teach a man to fish, and he eats for a lifetime" demonstrates the difference between rescuing a patient and coaching a patient. Patients with chronic conditions need to learn how to fish. Health coaching can be supplemented with health literacy strategies and effective communication techniques, such as ask-tell-ask, teach-back and/or action planning to ensure patient comprehension of their care plans and help them achieve their goals."

Health coaching improves health outcomes by ensuring that patients understand their care plans. Two randomized controlled trials showed improvements in HbA1c and LDL-cholesterol management in patients who received health coaching compared with controls who did not receive coaching. Moreover, health coaching improves medication adherence and increases patients' trust in their physician. In another randomized controlled trial, patients working with health coaches reported greater satisfaction with their care than patients without health coaches."

<https://www.stepsforward.org/modules/health-coaching>

HEALTH COACHING PRESCRIPTION & REFERRAL FORM

PATIENT NAME: _____

DOB: _____

DATE: _____



In order to help you achieve your health goals, I recommend that you connect with a health & wellness coach for ongoing support, guidance, and accountability.

SPECIFIC CONCERNS, RECOMMENDATIONS, OR GOALS:

Please contact Courtney Somma at 412-254-4620 or Courtney@VitalityHolistichw.com to book your initial consultation call.



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