



## **Health and Wellness Coach**

- Would you like to join one of Maryland's Hottest Digital Health Startups?
- Are you a self-starter yearning to show the world what you're made of?
- Have you developed and implemented chronic care disease management programs?
- Are you passionate about helping people who are suffering from chronic diseases and believe that there must be a better approach?

### **About Vheda Health**

Healthcare is broken and requires the right fix. As a nation, we spend seventy-five percent of our healthcare dollars on the treatment of chronic diseases. Diabetes is a major contributor of these costs. In fact, patient non-compliance is the #1 reason health plans and employers spend \$76 billion annually on diabetes related hospitalizations.

Vheda Health is an award-winning digital health startup, based in Columbia, MD. We are recent alums of [The Iron Yard](#) Digital Health Accelerator and have been recently accepted into NY-based [Startup Health](#) academy.

We have developed a mobile-based intensive therapy combining live, video visits from a care team we staff and remote monitoring from biometric sensors. The result is a clinically proven approach that reduces unnecessary hospitalizations by identifying triggers that encourage positive, behavioral changes.

The solution combines health coaches and mobile technology with a personalized care approach enabling people to stay compliant and live the best life possible.

### **Position Overview**

- Provide live, ongoing coaching, monitoring and evaluation of care plans through our mobile application provider portal. From start to finish, the entire care program is delivered virtually.
- Apply proven behavior change techniques resulting in optimal patient outcomes
- Develop and foster rewarding relationships between you and your patients
- Support and encourage goal setting with patients on a daily and weekly basis
- Facilitate an open and collaborative environment that encourages commitment and retention of patients
- Encourage follow-up with patients outside of live, weekly video session to answer questions and follow-up on any questions not answered during the session.
- Assist patient and their families to understand and manage their disease process by: reinforcing the physicians' plan of treatment, promoting healthy



behaviors and lifestyle changes, and providing education and tools to promote self- management to improve health outcomes and reduce overall costs.

### **Required Skills and Experience**

- Must hold a graduate degree in Health and Wellness coaching from an accredited university
- 2-5 years experience in community health, public health and/or chronic disease management, case management preferred
- Previous experience in Diabetes teaching preferred along with experience providing managed care patient services
- Experience collaborating with physicians, medical director and healthcare team to support a member centric plan of care
- A passion for achieving best-in-class results and a heart for helping those with chronic diseases, supported by deep clinical understanding – especially of self-management pathways.
- Experience with a diverse patient populations
- Must be able to work independently, have good communication, problem solving and counseling skills, and be a proficient technology user
- Possess strong strategic, tactical, and analytical skills, as well as strong verbal and written communication skills
- Comfortable with one-on-one communication, and talking for extended period of times. Each interaction on average will last twenty to twenty-five minutes

### **Compensation**

- Compensation includes hourly rate, plus stock options
- Part-time position flexibility

### **Apply!**

Please submit a cover letter and resume to [founders@vheda.com](mailto:founders@vheda.com) explaining why you think you're perfect for this position along with a resume.

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*Vheda Health was named 2014 Healthcare Technology Company of the Year by the Howard County Economic Development Authority. Vheda Health was also a 2013 Finalist for The Mobileys Award, a national competition recognizing innovators in the mobile space. Follow us on Twitter @vhedahealth and LinkedIn.*



**KNOWLEDGE THAT PERSONALIZES THE HEALTHCARE EXPERIENCE**

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