

## **WISEWOMAN Health Coach**

**Department:** Women's Cancer Program (WCP)

**Supervisor:** Program Director

**Classification:** Full-time, Non-Exempt

### **Be part of our mission**

YWCA Greater Lafayette is dedicated to eliminating racism, empowering women, and promoting peace, justice, freedom, and dignity for all. Our vision is to be the leading organization for women and their families, empowering them to meet their vital needs and succeed in life.

The mission of YWCA Women's Cancer Program (WCP) is to educate women in the 36-county region served about the importance of early cancer detection. WCP facilitates access to breast and cervical cancer screenings for low income, underserved, uninsured and underinsured women in Central Indiana. The program has expanded to offer screenings and services that promote healthy behaviors to reduce the risk for heart disease and stroke.

### **Position Overview**

The WISEWOMAN health coach performs a variety of patient care services as directed by the registered nurse for the WISEWOMAN program. The WISEWOMAN program serves low-income, uninsured and underinsured women aged 40 to 64 years, with heart disease and stroke risk factor screenings and services that promote healthy behaviors to reduce the risk for heart disease and stroke. CDC provides funding to local WISEWOMAN programs to enable qualifying women to receive free screenings and counseling about their risk for heart disease and stroke. Women are then supported as they participate in evidence-based lifestyle programs, individual health coaching, or referred to other community resources. The services provided by each WISEWOMAN program vary, but all are designed to promote lifelong heart-healthy lifestyle changes.

### **Essential Functions**

The Health Coach will be responsible for:

- Reviewing health screening results and consulting with medical provider to evaluate health and nutritional risks.
- Evaluating clinical data and nutrition history to develop a SMART Goal and behavior change plan.
- Providing coaching sessions to encourage participants to improve their diet and increase physical activity.
- Using a team-based care approach, which includes the patient and the patient's primary care provider, nurses, pharmacists, and community health workers, to provide care for patients.
- Referring participants to appropriate community agencies to address nutrition, physical activity and/or other behavior change needs.
- Referring smokers to tobacco cessation resources.
- Providing access to community-based physical activity options such as YMCA memberships and passes to local park and recreation services.
- Facilitating sound nutritional practices through individual or group health coaching sessions and educational material.
- Maintaining complete, accurate and timely records for Indiana Department of Health and Centers for Disease Control.
- Serving as a resource for WISEWOMAN providers in Indiana.
- Scheduling appointments for qualifying women to be screened by WISEWOMAN Nurse Practitioner.
- Attending monthly and quarterly meetings with the WISEWOMAN team over the phone or Indianapolis location.
- Preparing WISEWOMAN required paperwork for clients

- Ensuring timely flow of required documents, reports and claims.

### **Requirements and Qualifications**

- Skill in interviewing medically high-risk clients, assessing their health behaviors and barriers to health.
- Ability to communicate effectively, both orally and in writing.
- Successful completion and certification of Brief Action Planning post hire.
- Continued education and training as directed by Indiana Department of Health.
- Ability to collect, analyze and evaluate data and technical information.
- Ability to work independently on assigned responsibilities and manage stressful or crisis situations.
- Bilingual fluent in Spanish.
- Knowledge in nutrition and physical activity is preferred.

### **Pay/Benefits**

Full-time positions are 40 hours per week. Rate of pay commensurate with experience.

To be considered, interested applicants should provide resume and cover letter to Amber Thurman, Senior Director Women's Cancer Program at [athurman@ywcalfayette.org](mailto:athurman@ywcalfayette.org).

A criminal conviction check is required for employment in this position. The YWCA is an equal opportunity, affirmative action employer fully committed to achieving a diverse workforce.