



Take charge of your health

You're busy. And busy can get in the way of taking care of yourself. But if you're ready to make some changes in your life, we can help make it easier for you to set, measure, and reach your most important health-related goals.

The My Health Coach program is located in the Knoxville Hospital Clinic and is available to assist patients seen at any of our clinic locations.

To schedule an appointment, contact:

Samantha Clark, RN
(641) 842-7008

Fax: (641) 828-7030

Email: sjclark@knoxvillehospital.org

Our primary care clinics are conveniently located at:

Knoxville Hospital & Clinics
1002 S. Lincoln St.
Knoxville, IA 50138
Ph. (641) 842-7211

EJ McKeever Medical Center
113 N. Main St.
Melcher-Dallas, IA 50163
Ph. (641) 947-2121

Red Rock Healthcare-Pella
615 Washington St.
Pella, IA 50219
Ph. (641) 628-2222

Pleasantville Clinic
104 N. Washington St.
Pleasantville, IA 50225
Ph. (641) 848-3113

knoxvillehospital.org

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My Health Coach



Your one-on-one connection to better health

My Health Coach is a free program offered by the Knoxville Hospital & Clinics to provide patients with confidential assistance to achieve their personal health goals.

Your partnership with a My Health Coach will not only assist you in managing your health, but it will help you feel better.

Your pathway to healthier living

The My Health Coach program is designed to assist patients living with chronic health conditions, such as diabetes, heart disease, or high blood pressure.

Our program encourages patients to take an active role in managing their health. Once individuals gain a better understanding of their health risks, they'll learn how to address those issues and make positive, long-term changes that will help them get healthy and stay healthy in the future.

What is a health coach?

Have you ever wanted to improve your health but didn't know where to start? A health coach can help.

Our health coaches are registered nurses who work directly with Knoxville Hospital & Clinics' primary care providers to deliver one-on-one care that helps patients set and achieve their healthcare improvement goals.

Health coaches provide guidance, support, and resources; remind you when it is time for your health screenings and wellness exams; and help you overcome obstacles that may be keeping you from realizing optimal health.

How does the My Health Coach program work?

Your health coach will work with you to develop a personalized plan to help you achieve your health and wellness goals...*so you can live your life to the fullest.*

The plan may include education about specific conditions or risk factors, healthy eating tips, an exercise plan, and a timeline for follow-up visits.

Most importantly, your health coach provides ongoing support, connects you with community programs, works with you to monitor your progress, provides guidance as needed, and helps prevent setbacks.

And, the services are FREE to Knoxville Hospital & Clinics' and Red Rock Healthcare's primary care patients.

Primary Care Providers



Brandi Booth, ARNP



Laci Dykstra, ARNP



Martha Errthum, DO



Brent Hoehns, MD



Cynthia Hoque, DO



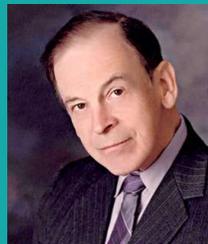
J. Bhama, MD



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