



## Who do Health Coaches Help?

The health coach program is designed to help patients of all ages who are managing chronic conditions or in need of community support.

Services are **FREE** for patients at all Knoxville Hospital & Clinics locations.

Thank you for choosing  
**Knoxville Hospital & Clinics**  
for your health care needs.

For more than 80 years, Knoxville Hospital & Clinics has been helping families throughout south central Iowa and beyond. Our mission of *faithfully providing exceptional health care* affects every decision we make and how we care for patients and families.

As a not-for-profit community hospital serving Marion County and the surrounding area, we take great pride in providing exceptional care close to home. Named a "Top 100 Critical Access Hospital" and voted as Best of Red Rock Area's "Best Place to Work" and "Best Hospitality", our highly skilled medical team provides personal, compassionate and innovative quality health care to our patients.

Knoxville Hospital & Clinics complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call (641) 842-1421.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (641) 842-1421.

**Knoxville Hospital & Clinics**  
(641) 842-2151

**Melcher Clinic**  
(641) 947-2121

**Pleasantville Clinic**  
(515) 848-3113

**Red Rock Healthcare - Pella**  
(641) 628-2222



An Affiliate of **MERCYONE** SM



**Our Health Coach Program**

[www.knoxvillehospital.org](http://www.knoxvillehospital.org)

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## What is a Health Coach?

Our Health Coach is a registered nurse who works directly with your primary care provider to assist you in reaching your personal health care and lifestyle improvement goals.

## How Can We Help?

Your health coach can assist you in many ways. Here are a few examples:

- Offer medical, social and emotional support
- Work with you to set goals and monitor progress
- Provide referrals to community resources for:
  - Caregiver relief/support
  - Equipment/supplies
  - Financial assistance
  - Living/housing arrangements
  - Transportation
  - Food assistance



## Meet your Health Coach

Hi, I'm Haley Marsh!  
I am a Registered Nurse  
with a Bachelor of  
Science in Nursing.  
I joined the Knoxville  
Hospital & Clinics team  
in 2019 with a background  
in Behavioral Health Nursing.



My interest in becoming a Health Coach started while working in Behavioral Health and helping all kinds of patients work towards their health and personal goals while also helping them balance their chronic health issues.

There are many reasons a person may see a Health Coach. I can help patients set and monitor personal health care and lifestyle improvement goals, help manage their blood pressure and blood sugars (alongside their health care provider), and provide referrals to community resources such as equipment/supplies, financial, food and medication assistance and more.

Almost all services provided by the Health Coach are free of charge. If you would like to set up an appointment with me, speak with your health care provider or give the clinic a call at **(641) 842-7211**.

## My Goals Are

A faint, stylized illustration of a modern building with large windows and a flat roof, set against a background of horizontal lines. The building is rendered in a light gray tone, blending with the lined paper background. It features a prominent entrance area with a small canopy and several tall, narrow windows. The overall style is minimalist and architectural.