



The health coach program at Knoxville Hospital & Clinics 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 KHC locations.

For more than 80 years, Knoxville Hospital & Clinics has been helping families throughout south central Iowa and beyond. Voted as Best of Red Rock Area's "Best Place to Work" and "Best Hospitality," our mission of *faithfully providing exceptional health care* affects every decision we make and how we care for patients and families.

As a non-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, our highly skilled medical team provides personal, compassionate, innovative, and 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

KNOXVILLE
Hospital & Clinics

An Affiliate of **MERCYONE** SM



Our Health Coach Program

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

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www.knoxvillehospital.org

Who is our 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. I enjoyed helping all kinds of patients work towards their health and personal goals while also helping them balance their chronic health issues.

As your health coach, I will 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.

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

