

The Health Change Spectrum

Where do the HCA approach and health coaching fit in?



Traditional medical and allied health clinical consultations	Client-centered medical and allied health clinical consultations	Client-centered clinical programs and services	Wellness counseling and coaching interventions	General counseling and coaching interventions
Focus on individualized assessment, treatment advice and/or education for specific conditions (conducted by clinicians)	Focus on individualized assessment, treatment advice and/or education for specific conditions + health behavior change support (conducted by clinicians)	Focus on general recommendations and education for disease management, rehabilitation and/or lifestyle change for better health outcomes + health behavior change support (conducted by clinicians)	Focus on general recommendations and education for general health and wellbeing + health behavior change support (not necessarily conducted by clinicians)	Focus on improving general wellbeing and mental health + behavior change support (not necessarily specific to health or conducted by clinicians)

