



Educate. Empower. Measure. Sustain.

Healthcare Provider Partnership Guide

*Building Better Health
Through Lifestyle Medicine*



**INDIANA METABOLIC
HEALING INITIATIVE**

A Program of KM Health Coaching

**PARTNERING WITH HEALTHCARE PROVIDERS TO IMPROVE
METABOLIC HEALTH AND TRANSFORM LIVES**



EDUCATE

Empowering individuals
with knowledge.



COACH

Providing guidance,
accountability, and support.



MEASURE

Tracking progress.
Improving outcomes.



SUSTAIN

Building habits for
a lifetime of health.

A Letter to Our Healthcare Partners

Dear Healthcare Provider,

Thank you for taking the time to learn about the Indiana Metabolic Healing Initiative.

As the founder of KM Health Coaching, I have had the privilege of working with thousands of individuals who genuinely want to improve their health but often struggle to turn medical advice into lasting daily habits. Many know what they should do—they simply need the education, support, accountability, and encouragement to successfully implement those recommendations in their everyday lives.

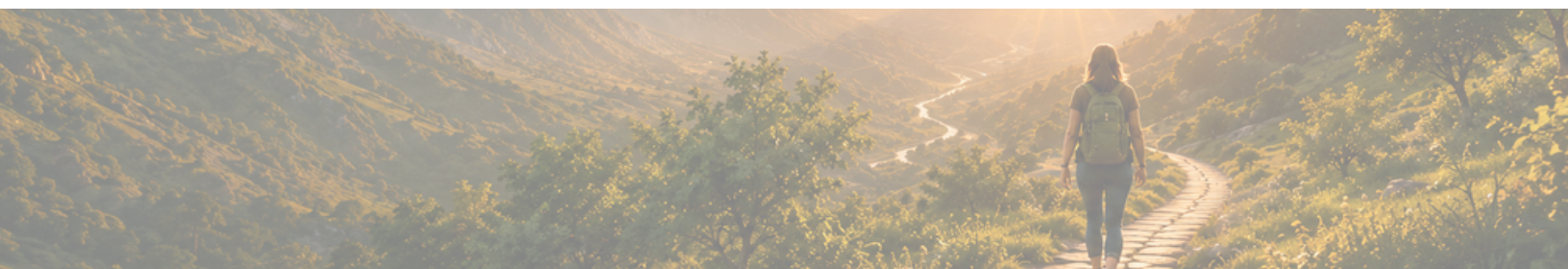
That need is what inspired the Indiana Metabolic Healing Initiative.

Our mission is simple: to partner with healthcare providers by offering structured lifestyle coaching that complements the medical care you already provide. We believe meaningful health improvements occur when clinical expertise is combined with ongoing education, behavior change support, and compassionate accountability between medical appointments.

Our team focuses on helping participants better understand nutrition, improve metabolic health, build healthier habits, and develop the confidence needed to sustain those changes over time. Through individualized coaching, objective outcome tracking, and evidence-based lifestyle education, we help bridge the gap between medical recommendations and daily implementation.

We recognize and respect the important role healthcare providers play in diagnosing, treating, and managing medical conditions. Our role is different. We do not diagnose disease, prescribe medications, or replace medical care. Instead, we work alongside physicians and healthcare teams by helping participants implement healthy lifestyle behaviors while encouraging continued communication with their healthcare providers.

It is our hope that this program becomes a trusted community resource that supports both patients and providers throughout their journey toward better metabolic health.

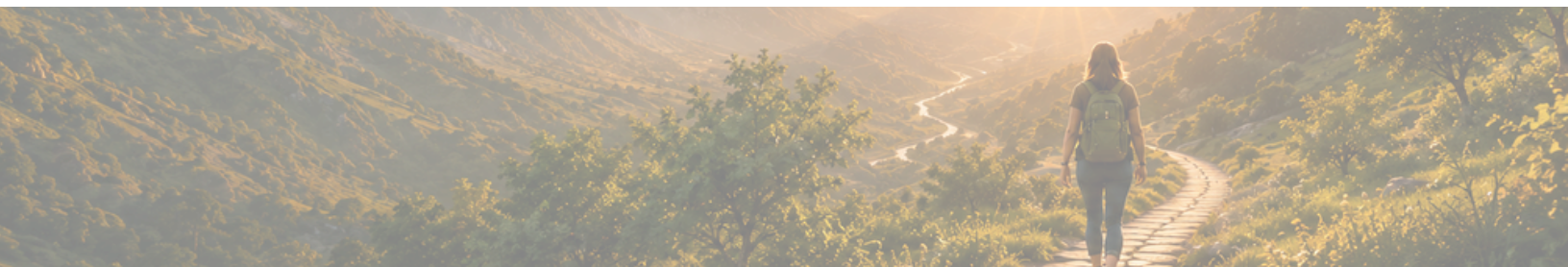


"The most important health decisions are not made in the exam room —they are made every day at home. Our role is to help patients succeed in those moments."

Thank you for the work you do every day to care for our communities. We would be honored to partner with you in helping individuals build healthier lives through education, accountability, and sustainable lifestyle change.

With gratitude,

Monica Boyer
Founder & CEO
KM Health Coaching



PHYSICIAN PARTNERSHIP GUIDE

Indiana Metabolic Healing Initiative

A Program of KM Health Coaching

Partnering with Healthcare Providers to Improve Metabolic Health Through Lifestyle

Executive Summary

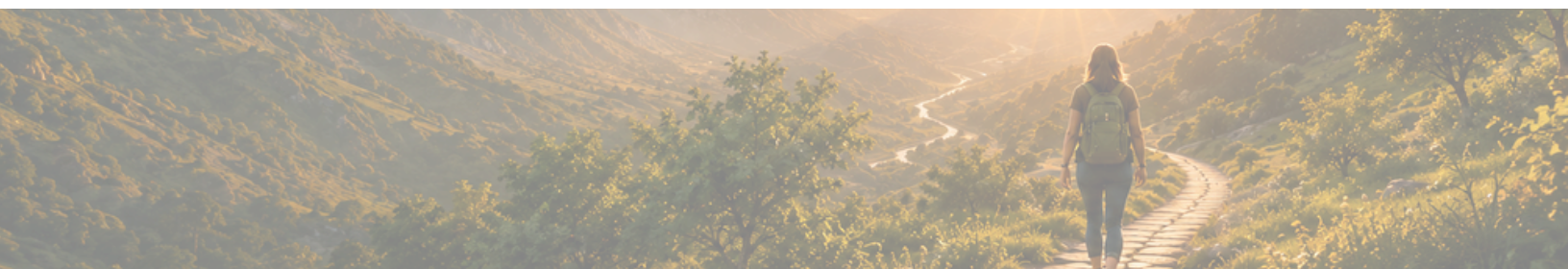
The Indiana Metabolic Healing Initiative was created to bridge the gap between medical care and daily lifestyle implementation.

While physicians diagnose disease, prescribe medications, monitor laboratory values, and manage medical treatment, patients often need additional education, accountability, and ongoing support to successfully implement lifestyle changes outside of the clinical setting.

Our program provides structured lifestyle coaching designed to complement the care already being provided by healthcare professionals. Through individualized coaching, evidence-based nutrition education, behavior change strategies, objective outcome tracking, and long-term accountability, participants receive the tools needed to improve metabolic health while remaining under the care of their primary healthcare providers.

Our role is not to replace medical care.

Our role is to help patients successfully implement it.



Why This Program Exists

Chronic metabolic diseases continue to place a significant burden on individuals, families, healthcare systems, and rural communities.

Many patients understand what they should do to improve their health but struggle to consistently apply those recommendations between medical appointments.

Common barriers include:

- Lack of nutrition education
- Difficulty changing lifelong habits
- Limited accountability
- Information overload
- Food addiction and emotional eating
- Lack of ongoing support

The Indiana Metabolic Healing Initiative was designed to help close that gap.

Our Role Within the Healthcare Team

KM Health Coaching serves as a lifestyle education and coaching partner.

We provide:

- Nutrition education
- Lifestyle coaching
- Goal setting
- Accountability
- Continuous Glucose Monitor education

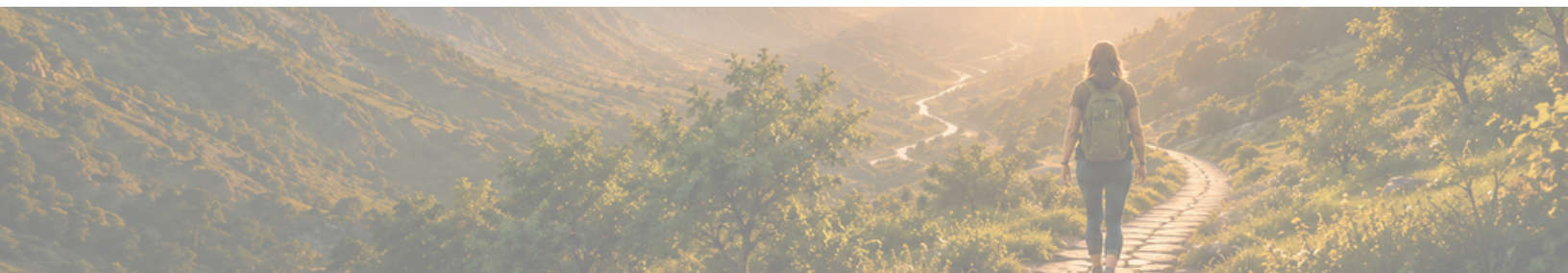
- Food journaling support
- Behavior change coaching
- Long-term maintenance planning

Medical management remains under the direction of each participant's licensed healthcare provider.

Patients Who May Benefit

Individuals experiencing:

- Obesity
- Prediabetes
- Type 2 Diabetes (with physician oversight)
- Metabolic Syndrome
- Insulin Resistance
- PCOS
- Hypertension
- Dyslipidemia
- Fatty Liver Disease
- Elevated A1C
- Difficulty implementing lifestyle recommendations
- Individuals motivated to improve their health through lifestyle modification



Patients Who May Not Be Appropriate

Individuals requiring acute medical intervention.

Individuals with unstable medical conditions requiring intensive physician management.

Individuals requiring higher levels of psychiatric or eating disorder treatment beyond lifestyle coaching.

Participation decisions should always be made in collaboration with the participant's healthcare provider when appropriate.

Program Overview

Each participant completes a structured 12-month lifestyle coaching program.

Initial Assessment

- Comprehensive health history
 - Lifestyle assessment
 - Goal development
 - Baseline measurements
 - Baseline laboratory values (when available)
 - Baseline Continuous Glucose Monitor (CGM)
-

Months 1–3

Bi-weekly coaching sessions focused on:

- Nutrition
- Blood sugar education

- Meal planning
- Physical activity
- Sleep
- Stress management
- Behavior change
- Accountability

Months 4–12

Monthly coaching sessions emphasizing:

- Continued progress
- Problem solving
- Long-term habit development
- Maintenance strategies
- Prevention of relapse

Measuring Success

- Objective outcomes may include:
 - Weight
 - Waist circumference
 - Attendance
 - Completion rate
 - Quality of Life
 - Average glucose
 - Time in Range
 - Hemoglobin A1C (when available)
 - Lipid profile (when available)
 - Participant satisfaction

Participants typically utilize:

- Baseline laboratory measurements
- Baseline Continuous Glucose Monitor
- Mid-program metabolic education with Keto-Mojo
- Final laboratory measurements
- Final Continuous Glucose Monitor

These objective measures allow both participants and the program to evaluate progress over time.

Collaboration With Healthcare Providers

Our coaching team believes successful outcomes occur through collaboration.

Participants are encouraged to maintain regular communication with their physicians throughout the program.

With participant authorization, we welcome collaboration regarding:

- Lifestyle progress
- Goal achievement
- Laboratory trends
- Care coordination

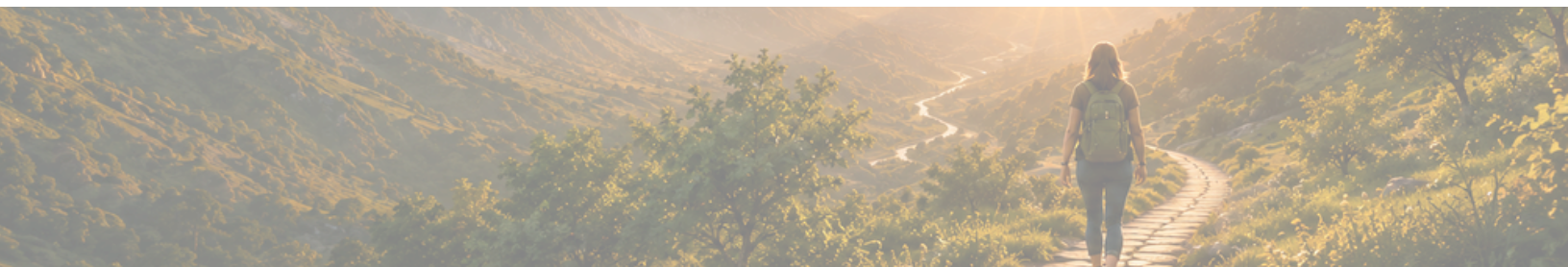
Medical decisions, diagnoses, laboratory interpretation, and medication management remain the responsibility of the treating healthcare provider.

Scope of Practice

KMHealth Coaching does not:

- Diagnose disease
- Prescribe medications
- Adjust medications
- Interpret laboratory values for medical treatment
- Replace medical care

Our role is to educate, coach, encourage, and support participants while working alongside licensed healthcare professionals.



Referral Process

Step 1

Healthcare provider identifies an appropriate participant.



Step 2

Referral submitted to KM Health Coaching.



Step 3

Participant contacted for enrollment.



Step 4

Initial assessment completed.



Step 5

Lifestyle coaching begins.



Step 6

Progress monitored throughout the program.



Step 7

Participants complete maintenance planning and continue care with their healthcare provider.

Together We Can Improve Metabolic Health

The Indiana Metabolic Healing Initiative was created on the belief that sustainable health improvements occur when medical care and lifestyle support work together.

By combining clinical care with structured education, accountability, and evidence-based coaching, we can help individuals build healthier habits, improve metabolic health, and create lasting change within our communities.

We look forward to partnering with you in improving the health of the individuals and families we serve.



OUR STORY

Why KM Health Coaching Exists

"Every organization begins with a problem worth solving."

There are moments in healthcare that happen every day but are rarely talked about.

A patient sits in an exam room and hears words that change everything.

"Your blood sugar is too high."

"You've gained another twenty pounds."

"Your A1C is increasing."

"You need to lose weight."

"If we don't make changes now, your health will continue to decline."

The appointment ends with good intentions, a treatment plan, and hope.

Then the patient walks out the door.

They return to work.

They return to their family.

They return to stress, responsibilities, old routines, emotional eating, confusing nutrition advice, and a lifetime of habits that are incredibly difficult to change.

The physician has done their job.

The patient wants to do theirs.

Yet somewhere between the medical appointment and everyday life, many people become overwhelmed.

Knowledge alone is rarely enough to create lasting change.

That is the gap we exist to fill.

Our Beginning

KM Health Coaching was founded on a simple belief:

People deserve more than information. They deserve implementation

For years, we watched individuals receive excellent medical care while continuing to struggle with the day-to-day realities of changing how they eat, move, think, and care for themselves.

Many knew what they should do.

Few had someone to walk beside them while they learned how to do it.

We realized that sustainable health transformation requires more than a treatment plan.

It requires education, Encouragement, Time, Accountability, Compassion, Consistency.

These are the foundations upon which KM Health Coaching was built.

A Personal Mission

For our founder, Monica Boyer, this work is deeply personal.

After experiencing her own transformation and maintaining more than 120 pounds of weight loss for years, Monica came to understand that lasting change is not about willpower alone. It is about learning new skills, building new habits, and creating an environment where healthier choices become sustainable.

Her personal journey became the beginning—not the destination.

It inspired a larger mission: to help others experience hope, restore their health, and discover that meaningful change is possible.

Today, that mission extends far beyond one person's story.

It lives in every participant, every coaching conversation, every partnership, and every community we serve.



What We Believe

At KM Health Coaching, we believe:

Health is built one decision at a time. Education creates confidence. Accountability creates consistency. Small, sustainable changes become lifelong habits.

The most meaningful health improvements happen between medical appointments.

Healthcare providers and lifestyle coaches achieve the greatest impact when they work together. Every person deserves hope, dignity, and the opportunity to improve their health.

These beliefs shape every conversation we have and every program we create.

Looking Forward

The Indiana Metabolic Healing Initiative represents the next chapter in our story.

It is the opportunity to expand access to evidence-based lifestyle coaching, improve metabolic health throughout Indiana, and build stronger partnerships with healthcare providers who share our commitment to helping people live healthier lives.

This initiative is more than a program.

It is a commitment to changing the way communities approach chronic disease prevention, metabolic health, and long-term wellness.

Because healthier communities are not built through one appointment.

They are built through thousands of small decisions made every day—with knowledge, support, accountability, and hope.

"I don't believe most people fail because they don't care about their health. I believe they fail because no one has ever shown them how to bridge the gap between knowing what to do and living it every day. That is why KM Health Coaching exists."

— Monica Boyer

Executive Summary

Indiana Metabolic Healing Initiative

A Program of KM Health Coaching

The Indiana Metabolic Healing Initiative is a comprehensive, lifestyle-based metabolic health program designed to complement medical care by providing patients with the education, accountability, and support needed to successfully implement healthier lifestyle behaviors between medical appointments.

Many individuals understand the importance of improving nutrition, increasing physical activity, managing weight, and controlling blood sugar, yet struggle to translate medical recommendations into lasting daily habits. Our program was developed to help bridge that gap.

Through individualized coaching, evidence-based nutrition education, behavior change strategies, objective progress monitoring, and ongoing accountability, participants receive practical tools that support long-term metabolic health and chronic disease prevention.

The program is designed for adults who are living with or are at risk for conditions such as obesity, prediabetes, type 2 diabetes, metabolic syndrome, insulin resistance, hypertension, dyslipidemia, fatty liver disease, and other lifestyle-related chronic conditions.

Participants complete a structured 12-month coaching program that includes:

- Comprehensive initial assessment
- Bi-weekly coaching during the first three months
- Monthly coaching for the remainder of the program
- Group education sessions
- Continuous Glucose Monitor (CGM) education and monitoring
- Baseline and end-of-program laboratory comparisons
- Ongoing progress tracking and accountability
- Long-term maintenance planning

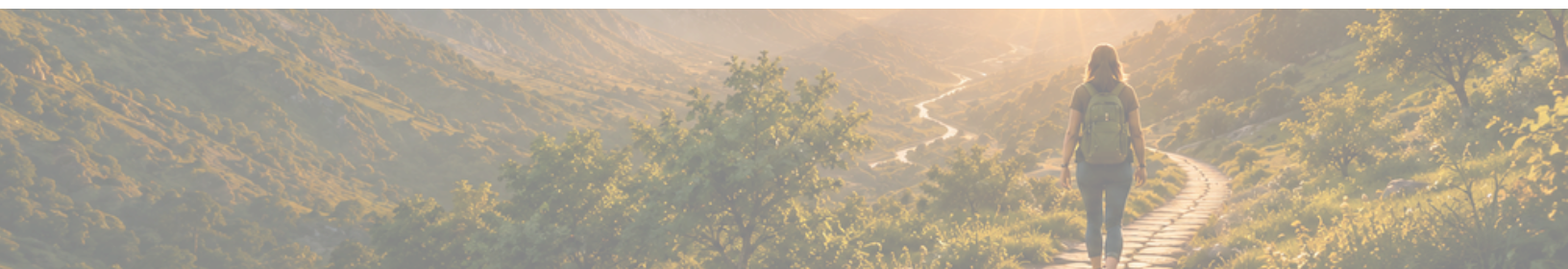
Throughout the program, participants remain under the care of their healthcare providers. KM Health Coaching does not diagnose medical conditions, prescribe

medications, or replace medical care. Our role is to reinforce healthy lifestyle behaviors, encourage participant engagement, and provide consistent support that helps individuals apply medical recommendations in their everyday lives.

Success is measured through objective outcomes including weight, waist circumference, glucose trends, laboratory comparisons, participant engagement, program completion, and sustained lifestyle improvements.

Our role is not to replace medical care. Our role is to help patients successfully implement it.

We believe that when healthcare providers and lifestyle coaches work together, patients are better equipped to achieve meaningful, lasting improvements in their metabolic health.



Why This Program Matters

Every day, healthcare providers deliver life-changing medical care. They diagnose disease, prescribe treatment, monitor laboratory values, and develop care plans designed to improve the health of their patients.

Yet despite the best medical care available, many patients continue to struggle.

The challenge is rarely a lack of knowledge. More often, it is the difficulty of turning medical recommendations into sustainable daily habits.

The Indiana Metabolic Healing Initiative was created to help bridge that gap.

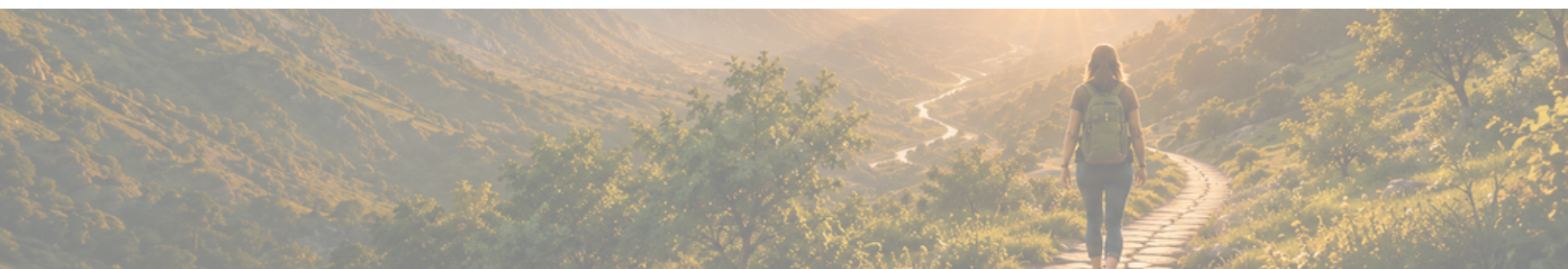
Our program provides structured lifestyle coaching that complements medical care by helping participants apply healthy behaviors in their everyday lives. Through nutrition education, behavior change strategies, accountability, and ongoing encouragement, we help individuals build the confidence and skills needed to improve their metabolic health over time.

We believe meaningful health transformation occurs when clinical care and lifestyle support work together.

Healthcare providers guide medical treatment.

We help patients implement that guidance between appointments.

Together, we can create healthier individuals, stronger families, and healthier communities.



The Cycle

Patients leave appointments with good intentions, but they return to busy lives, family responsibilities, financial pressures, emotional stress, and years of deeply ingrained habits.

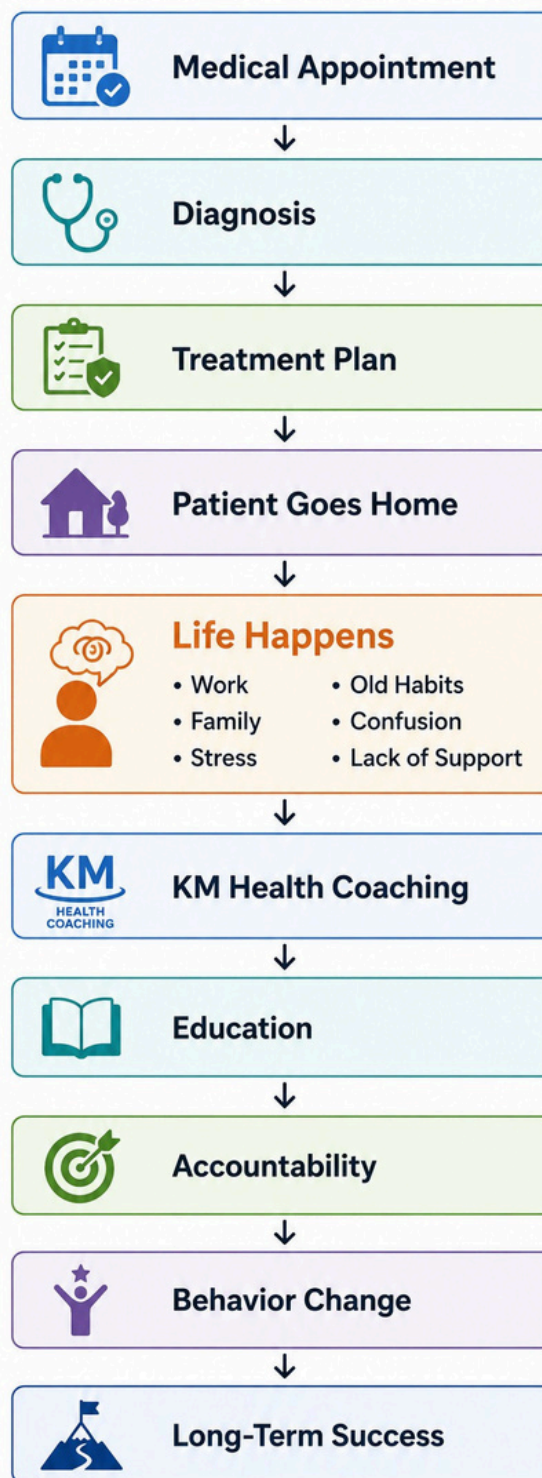
Without ongoing education, accountability, and support, lasting behavior change can be difficult to achieve.

This is where lifestyle coaching can make a meaningful difference.

Our Commitment

Every participant receives an individualized coaching plan based on their current health status, goals, and readiness for change.

Our coaching team works within our scope of practice while encouraging ongoing communication between participants and their healthcare providers throughout the program.



Who Is a Good Candidate?

The Indiana Metabolic HealingIng initiative is designed for adults who are motivated to improve their health through lifestyle modification and would benefit from ongoing education, accountability, and coaching support.

Participation is intended to complement medical care—not replace it. Individuals remain under the care of their primary healthcare provider throughout the program.

Patients Who May Benefit

Healthcare providers may consider referring patients who have one or more of the following:

- Obesity or overweight
- Prediabetes
- Type 2 diabetes (with continued physician management)
- Insulin resistance
- Metabolic syndrome
- Hypertension
- Dyslipidemia (abnormal cholesterol or triglycerides)
- Nonalcoholic fatty liver disease (NAFLD)
- Polycystic Ovary Syndrome (PCOS)
- Elevated Hemoglobin A1C
- Difficulty implementing recommended lifestyle changes
- History of repeated weight loss and regain
- Individuals seeking education on nutrition, blood sugar management, and sustainable lifestyle habits

Patients Who May Not Be Appropriate

This program may not be appropriate for individuals who:

- Require acute or intensive medical management
- Have an unstable medical condition requiring frequent physician intervention
- Require a higher level of behavioral health or eating disorder treatment than health coaching can provide
- Are unable to participate safely in lifestyle coaching without physician clearance

If there is uncertainty regarding participation, we encourage referral in collaboration with the participant's healthcare provider to determine whether the program is appropriate.

The background of the slide is a scenic landscape. The top half shows a bright, hazy sky with soft clouds and a sunburst effect. Below this, a range of mountains is visible. In the foreground, a hiker with a green backpack is walking away on a stone path that leads into a valley. The valley contains a winding river and lush greenery. The overall lighting is warm and golden, suggesting sunrise or sunset.

Program Overview

**A Structured 12-Month Journey
Toward Better Metabolic Health**

Program Overview

A Structured 12-Month Journey Toward Better Metabolic Health

The Indiana Metabolic Healing Initiative provides participants with a structured, evidence-based coaching program designed to help them develop sustainable lifestyle habits that improve metabolic health and support long-term wellness.

The program combines individualized coaching, nutrition education, objective health measurements, and ongoing accountability to help participants successfully implement healthy behaviors in their daily lives.

Initial Assessment

Each participant begins with a comprehensive assessment designed to establish a personalized starting point.

The assessment includes:

- Health history and current concerns
 - Lifestyle and nutrition assessment
 - Goal setting
 - Baseline weight and waist circumference
 - Baseline laboratory values (when available)
 - Baseline Continuous Glucose Monitor (CGM)
 - Introduction to the program and participant resources
-

Months 1–3: Building the Foundation

Participants meet with their coach every other week to establish sustainable habits and build confidence.

Coaching focuses on:

- | | |
|----------------------------------|------------------------------------|
| • Understanding metabolic health | • Sleep and stress management |
| • Nutrition education | • Behavior change strategies |
| • Meal planning | • Accountability and encouragement |
| • Blood sugar awareness | |
| • Physical activity | |

Participants also receive educational materials and group learning opportunities to reinforce concepts discussed during coaching sessions.

Months 4–12: Strengthening Long-Term Success

As participants become more confident in their lifestyle changes, coaching transitions to monthly sessions focused on maintaining progress and overcoming new challenges.

Areas of emphasis include:

Reviewing progress

- Problem solving
- Preventing relapse
- Long-term maintenance
- Continued education
- Accountability and motivation

Midway through the program, participants use a Keto-Mojo meter to better understand the relationship between nutrition, blood glucose, and metabolic health.

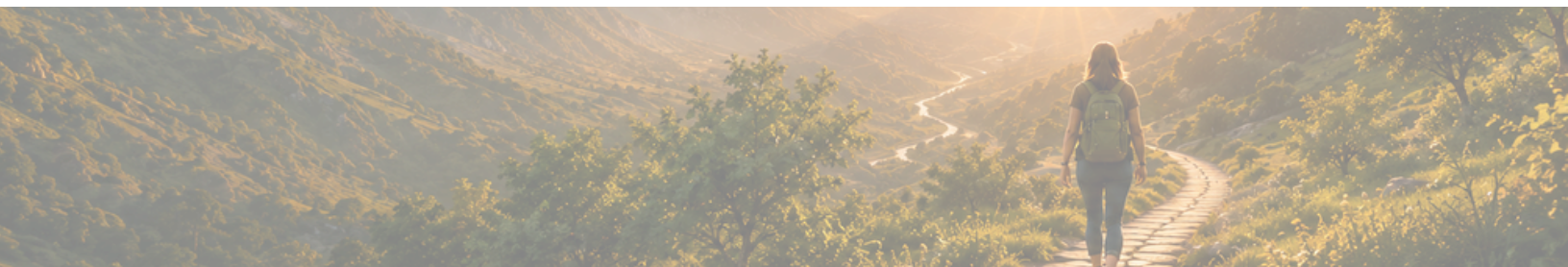
Near the completion of the program, participants complete a second Continuous Glucose Monitor (CGM) session and follow-up laboratory assessments (when available). These objective measurements help participants visualize the progress they have made while supporting overall program outcome evaluation.

Graduation and Beyond

The goal of the program is not simply short-term weight loss, but the development of lifelong habits that support better metabolic health.

Participants complete the program with:

- A personalized maintenance plan
- Greater confidence in managing their health
- Practical tools for long-term success
- Continued partnership with their healthcare providers
- A foundation for lifelong healthy living



Why Healthcare Providers Choose to Partner with KM Health Coaching

Healthcare providers dedicate their careers to diagnosing disease, developing treatment plans, and improving the health of their patients. We recognize that lasting health outcomes often depend on what happens after a patient leaves the office.

The Indiana Metabolic Healing Initiative was developed to serve as a trusted extension of the healthcare team by providing the education, accountability, and ongoing lifestyle support that many patients need to successfully implement medical recommendations.

What Makes Our Program Different?

We Focus on Implementation

Many patients understand what they should do but struggle to consistently apply those recommendations in daily life. Our coaches help participants translate knowledge into practical, sustainable habits.

We Measure Progress

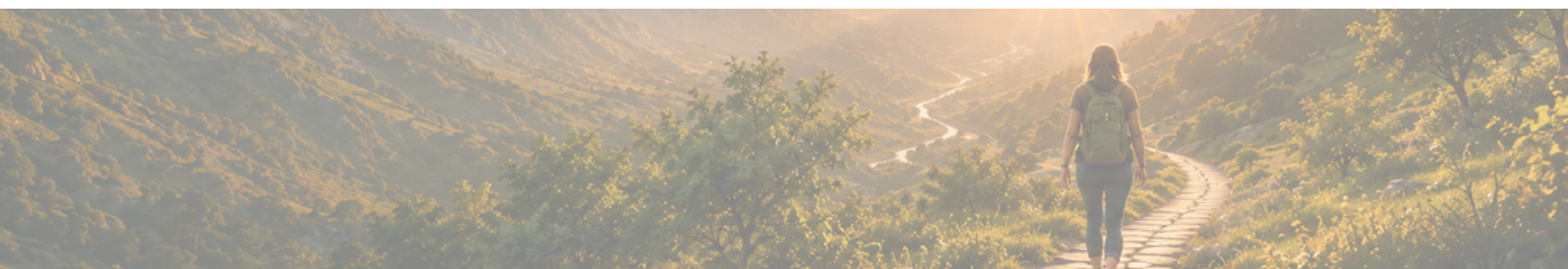
Participants receive objective outcome tracking throughout the program, including changes in weight, waist circumference, glucose trends, laboratory comparisons (when available), attendance, and program completion. Progress is measured, discussed, and used to reinforce healthy behavior.

We Build Long-Term Habits

Rather than focusing on short-term success, our program emphasizes sustainable lifestyle changes that participants can maintain well beyond the completion of the program.

We Respect Scope of Practice

KM Health Coaching does not diagnose medical conditions, prescribe medications, interpret laboratory results for medical treatment, or replace medical care. Participants remain under the supervision of their healthcare providers throughout the program.



We Value Collaboration

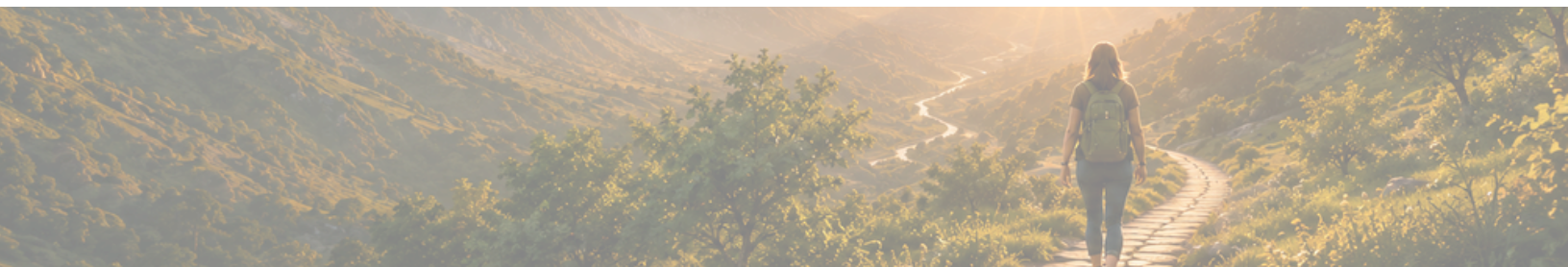
We believe the best outcomes occur when healthcare providers and lifestyle coaches work together. With participant authorization, we welcome communication that supports coordinated care and improved health outcomes.

Our Commitment

Our commitment is simple.

To provide compassionate, evidence-based lifestyle coaching that helps patients confidently implement healthier behaviors while supporting the treatment plan established by their healthcare provider.

Together, we can help patients move beyond knowing what to do—and toward successfully living it every day.



The Patient Journey

What Happens After You Refer a Patient?

One of the greatest challenges in healthcare is helping patients successfully implement the recommendations they receive during medical appointments.

The Indiana Metabolic Healing Initiative provides a structured, supportive pathway that guides participants from referral to long-term success.

Step 1: Referral

The healthcare provider identifies a patient who may benefit from additional lifestyle education and coaching.

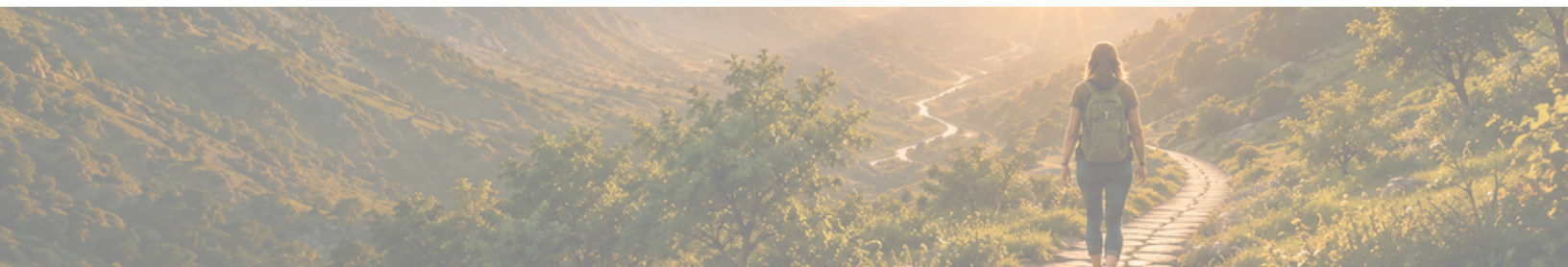
The referral process is simple and designed to integrate easily into existing clinical workflows.

Step 2: Comprehensive Assessment

Each participant completes an initial assessment that includes:

- Health history
- Nutrition assessment
- Lifestyle assessment
- Goal setting
- Baseline measurements
- Baseline laboratory values (when available)
- Initial Continuous Glucose Monitor (CGM)

This assessment establishes a personalized starting point for the participant's journey.



Step 3: Personalized Coaching

Participants receive individualized coaching focused on helping them successfully implement healthier daily habits.

Topics include:

- Nutrition
- Blood sugar awareness
- Meal planning
- Physical activity
- Sleep
- Stress management
- Behavior change
- Accountability

Step 4: Measuring Progress

Throughout the program, participants monitor objective outcomes including:

- Weight
- Waist circumference
- Attendance
- Average glucose
- Time in Range
- Laboratory comparisons (when available)
- Program completion

Participants learn to recognize how daily lifestyle choices influence these outcomes and celebrate measurable progress over time.

Step 5: Long-Term Success

The ultimate goal is not simply weight loss.

The goal is sustainable metabolic health.

Participants complete the program with greater knowledge, increased confidence, healthier habits, and practical tools that support lifelong wellness while continuing to work alongside their healthcare providers.

The image is a full-page background featuring a scenic landscape. The top half shows a bright, hazy sky with soft, golden clouds. Below the sky, a range of mountains is visible, with a river winding through a valley. In the foreground, a hiker with a green backpack is walking away on a stone path. The path is made of large, flat stones and is surrounded by lush green vegetation, including trees and tall grass. The overall lighting is warm and golden, suggesting a sunrise or sunset.

Measuring Success

Measuring Success

Better Outcomes Through Objective Measurement

The Indiana Metabolic Healing Initiative is committed to measuring meaningful participant outcomes throughout the program.

Our goal is not simply to provide coaching—it is to help participants achieve measurable improvements in metabolic health through sustainable lifestyle change.

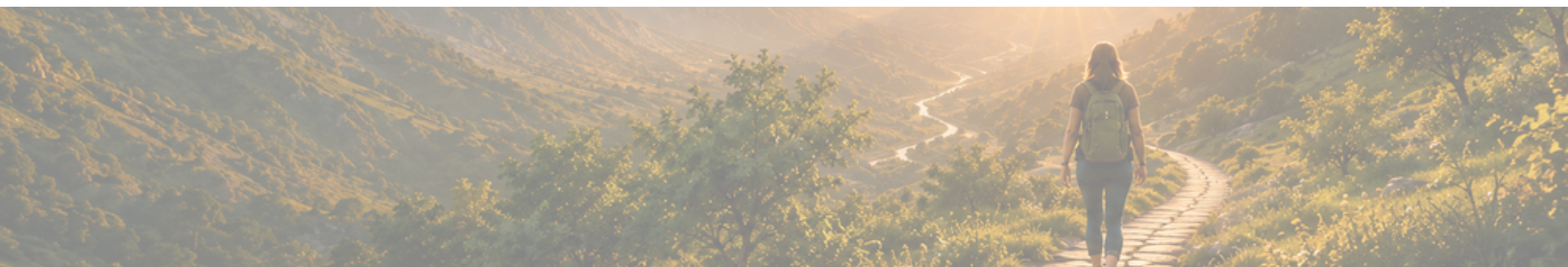
Progress is monitored using objective data, participant engagement, and lifestyle milestones that allow both participants and healthcare providers to see meaningful change over time.

Baseline Assessment

Each participant begins the program with baseline measurements that establish their individual starting point.

Measurements may include:

- Weight
- Waist Circumference
- Blood Pressure (when available)
- Laboratory Values (when available)
- Continuous Glucose Monitor (CGM)
- Health History
- Lifestyle Assessment



Progress Monitoring

Throughout the program, participants receive regular coaching while progress is monitored through:

- Weight Trends
- Waist Circumference
- Attendance
- Coaching Participation
- Goal Achievement
- Lifestyle Habit Development
- Average Glucose
- Time in Range
- Participant Confidence

These measures allow both participants and coaches to celebrate progress while identifying opportunities for continued improvement.

Program Completion

Near the completion of the program, participants complete a second objective assessment that may include:

- Final Weight
- Final Waist Circumference
- End-of-Program Laboratory Values (when available)
- Final Continuous Glucose Monitor (CGM)
- Participant Satisfaction Survey
- Program Completion Evaluation

Comparing baseline and final outcomes provides participants with a clear picture of the progress they have made while supporting overall program evaluation.

Objective measurements reinforce healthy behaviors, improve participant engagement, and provide meaningful information regarding overall program effectiveness.

Participants often report that seeing measurable improvements in blood glucose patterns, body measurements, laboratory values, and lifestyle habits increases confidence and motivation to continue their healthy behaviors long after the program concludes.

A person with a green backpack is walking away on a stone path that leads into a vast mountain valley. The scene is bathed in the warm, golden light of a sunset or sunrise, with long shadows and a soft glow. The path is made of flat, irregular stones. To the left of the path, there are green bushes and tall grasses. In the distance, a river winds through the valley floor, and jagged mountain peaks are visible under a sky filled with soft, white clouds. The overall mood is peaceful and inspiring, suggesting a journey or a path forward.

Working Together

Working Together

A Collaborative Approach to Better Patient Outcomes

The Indiana Metabolic Healing Initiative was developed to complement the care provided by physicians and healthcare professionals—not replace it.

We recognize that healthcare providers are responsible for diagnosing medical conditions, developing treatment plans, prescribing medications, interpreting laboratory results, and managing ongoing medical care. Our role is different.

We provide structured lifestyle education, coaching, accountability, and support that help participants successfully implement healthy behaviors between medical appointments.

Our Commitment to Collaboration

Participants remain under the care of their primary healthcare provider throughout the program.

When appropriate and with participant authorization, we welcome communication with healthcare providers regarding participant progress, engagement, and overall program participation.

Our coaching team encourages participants to maintain regular medical appointments and to discuss medication questions, laboratory results, and medical concerns directly with their healthcare provider.

Our Scope of Practice

KM Health Coaching provides:

- Lifestyle coaching
- Nutrition education
- Metabolic health education
- Behavior change coaching
- Accountability and motivation
- Continuous Glucose Monitor (CGM) education
- Progress tracking
- Wellness education

KM Health Coaching does **not**:

- Diagnose disease
- Prescribe medications
- Change medication dosages
- Interpret laboratory values for medical treatment
- Replace medical care
- Provide medical nutrition therapy unless permitted by licensure

Medical decisions remain under the direction of the participant's licensed healthcare provider.

Communication

Our goal is to make collaboration simple.

When appropriate, we are happy to provide:

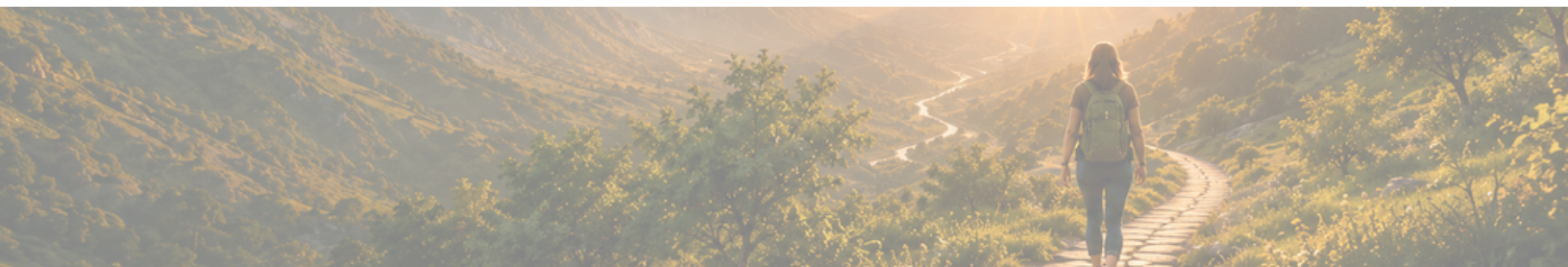
- Confirmation of participant enrollment
- Program participation updates
- Progress summaries
- Completion notifications

We believe patients experience the greatest success when healthcare providers and lifestyle coaches work together as partners.

A Shared Goal

Although our roles are different, our mission is the same:

Helping people live healthier, longer, and more fulfilling lives through evidence-based care and sustainable lifestyle change.



The background image is a composite of two parts. The top part shows a sky with soft, golden clouds and a few green leaves in the upper right corner. The bottom part shows a hiker with a green backpack walking away on a stone path that leads into a valley. In the distance, a river winds through a valley between mountains, and the sun is low on the horizon, creating a warm, golden glow over the entire scene.

Meet Your Coaching Team

Meet Your Coaching Team

Experienced. Compassionate. Dedicated to Better Patient Outcomes.

The Indiana Metabolic Healing Initiative is delivered by a team of certified health coaches who are committed to helping individuals improve their metabolic health through evidence-based lifestyle education, accountability, and compassionate support.

Our coaching philosophy is built on collaboration, professionalism, and respect for the healthcare team. We recognize that lasting health improvements occur when patients receive both quality medical care and consistent lifestyle support.

Monica Boyer

Founder & CEO

KM Health Coaching

Monica Boyer founded KM Health Coaching after experiencing her own transformation through sustainable lifestyle change. Having personally lost more than 120 pounds and maintained that success for years, she understands the daily challenges individuals face when working to improve their health.

Today, Monica specializes in metabolic health, behavior change, food addiction recovery, and long-term lifestyle coaching. She is passionate about helping individuals move beyond short-term dieting and build lasting habits that improve health, confidence, and quality of life.

Her certifications include:

- Certified Ketogenic Living Coach
- Certified Carnivore Coach
- Certified Intermittent Fasting Coach
- Food Addiction and Recovery Specialist
- Holistic Medicine for Addiction Training
- Life Coaching and Mindset Certification



Monica believes every individual deserves the opportunity to understand their health, regain hope, and create sustainable change through education, accountability, and compassionate coaching.

Darcy Harville

Assistant Coach

Coach Darcy Harville brings encouragement, accountability, and practical lifestyle coaching to every participant she serves. Her passion is helping individuals develop healthy habits that can be maintained long after the program ends.

Darcy works closely with participants to reinforce nutrition education, celebrate progress, overcome obstacles, and build confidence throughout their health journey.

Her certifications include:

- Certified Ketogenic Living Coach
- Certified Carnivore Coach
- Certified Intermittent Fasting Coach
- Life Coaching and Mindset Certification

Together, Monica and Darcy are committed to providing compassionate, evidence-based coaching that complements medical care and supports healthier communities throughout Indiana.



Referring a Patient

Three Simple Steps

The Indiana Metabolic Healing Initiative was designed to make referrals easy for both healthcare providers and office staff.

Step 1

Identify an Appropriate Patient

Patients who may benefit include individuals who are:

- Living with obesity or overweight
- Prediabetic or diagnosed with Type 2 diabetes
- Experiencing insulin resistance or metabolic syndrome
- Motivated to improve their health through lifestyle change
- Seeking additional education, accountability, and support

Step 2

Submit the Referral

Providers may refer patients by:

- Secure online referral form
- Fax
- Telephone
- Secure email (when appropriate)

Our team will contact the participant directly to begin the enrollment process.

Step 3

We Take It From There

Once enrolled, participants receive:

- Comprehensive health assessment
- Individualized coaching
- Lifestyle education
- Progress monitoring
- Ongoing accountability
- Communication with their healthcare provider when appropriate and authorized by the participant

Throughout the program, participants remain under the care of their healthcare provider while receiving additional lifestyle support through KM Health Coaching.

Questions?

Our team is happy to answer questions regarding participant eligibility, program structure, or the referral process.

We are committed to making the referral experience simple, timely, and collaborative.

Thank you for partnering with us to improve the health of our communities.

Let's Improve Metabolic Health Together Partner With KM Health Coaching

Thank you for taking the time to learn more about the Indiana Metabolic Healing Initiative.

We recognize the challenges healthcare providers face every day. Limited appointment times, increasing rates of chronic disease, and the complexity of helping patients create lasting lifestyle change make comprehensive care more challenging than ever.

Our mission is to serve as a trusted community partner by providing evidence-based lifestyle coaching, nutrition education, accountability, and ongoing support that complements the medical care you provide.

Together, we can help patients build healthier habits, improve metabolic health, and create lasting change that extends far beyond the exam room.

We would be honored to partner with you and your team.

Contact Information

KM Health Coaching

Monica Boyer, Founder & CEO

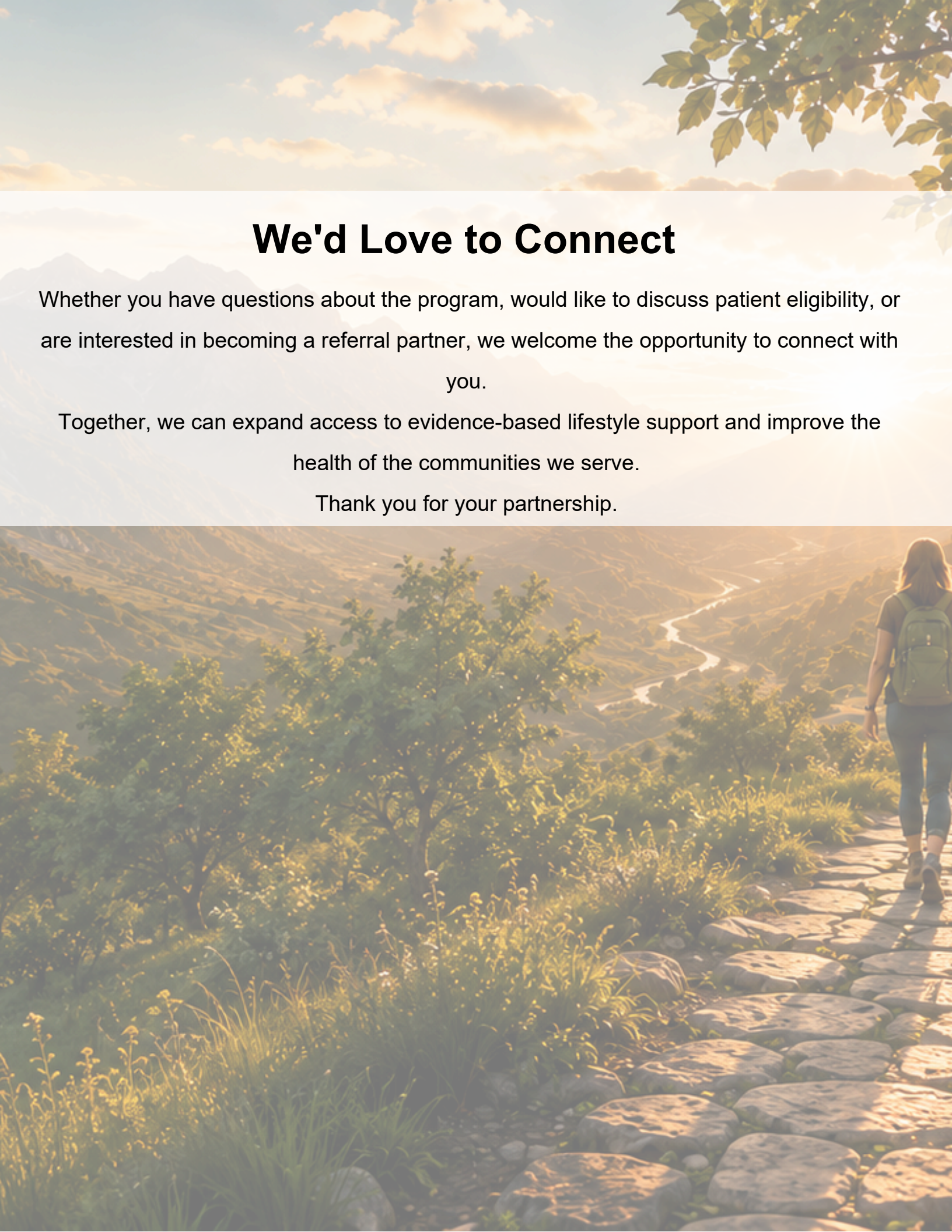
Coach Darcy Harville, Assistant Coach

Website:

www.kmhealthcoaching.org

Email: monica@kmhealthcoaching.org

Phone: 574-453-8605

The background of the entire page is a scenic landscape. The top half shows a sky with soft, golden clouds and a few green leaves in the upper right corner. Below this, a hazy mountain range is visible. The bottom half of the image shows a hiker with a green backpack walking away on a stone path that leads into a lush valley. A river winds through the valley floor. The lighting is warm, suggesting sunrise or sunset.

We'd Love to Connect

Whether you have questions about the program, would like to discuss patient eligibility, or are interested in becoming a referral partner, we welcome the opportunity to connect with you.

Together, we can expand access to evidence-based lifestyle support and improve the health of the communities we serve.

Thank you for your partnership.