



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 and The Metabolic Care Continuum™.

Throughout my work with individuals struggling with obesity and metabolic disease, I have seen the same gap again and again: patients often understand what their healthcare provider recommends, but they need ongoing education, structure and accountability to carry those recommendations into daily life.

The Metabolic Care Continuum™ was created to help close that gap. This 12-month program gives participants individualized coaching, practical metabolic health education, food addiction support and long-term accountability while they remain under the medical care of their licensed healthcare provider.

Our role is clear. We do not diagnose disease, prescribe medications or change treatment plans. We reinforce medical care by helping participants build sustainable nutrition and lifestyle behaviors between appointments.

There is no cost to your practice to become a referral partner. With the participant's written authorization, we can also provide enrollment confirmation and progress updates.

I would be honored to support your patients and become a trusted extension of the care you already provide.

With gratitude,

Monica Boyer

Founder & Program Director
Indiana Metabolic Healing Initiative

Program at a Glance

THE METABOLIC CARE CONTINUUM™

A structured 12-month coaching, education and accountability program for adults living with or at risk for metabolic health conditions. The program is delivered virtually throughout Indiana and is designed to complement ongoing medical care.

ADULTS WHO MAY BENEFIT

- Obesity or difficulty achieving sustainable weight loss
- Prediabetes, insulin resistance or elevated A1C
- Type 2 diabetes with ongoing medical oversight
- Metabolic syndrome, hypertension or dyslipidemia
- PCOS, fatty liver disease or menopause-related weight gain
- Food addiction, emotional eating or repeated relapse
- Difficulty implementing nutrition and lifestyle recommendations
- Motivation to participate in a structured coaching program

WHEN ANOTHER LEVEL OF CARE IS NEEDED

- Acute or unstable medical conditions requiring immediate medical management
- Symptoms requiring emergency or urgent evaluation
- Active eating disorders requiring specialized clinical treatment
- Psychiatric needs beyond the scope of lifestyle coaching
- Individuals unable to participate safely without medical clearance
- Uncertainty about safety or appropriateness should be discussed with the participant's licensed healthcare provider.

The 12-Month Participant Journey

A CONTINUUM - NOT A SHORT-TERM DIET

Participants move from assessment and early implementation into skill building, problem solving, maintenance and relapse prevention. Coaching intensity changes as confidence and independence grow.

1. FOUNDATION

- Comprehensive intake and lifestyle assessment
- Goals and baseline measurements
- Education on nutrition, glucose patterns and habits
- Bi-weekly individual coaching during months 1-3
- Weekly group education and accountability

2. IMPLEMENTATION

- Personalized nutrition and meal-planning support
- Food journaling and pattern awareness
- Sleep, movement and stress education
- Problem solving for travel, family and social situations
- Food addiction and emotional-eating support

3. MAINTENANCE

- Monthly individual coaching during months 4-12
- Progress review and course correction
- Long-term habit development
- Relapse-prevention planning
- Transition to greater independence while remaining connected to medical care

Our Role Within the Healthcare Team

WE PROVIDE

- Metabolic health and nutrition education
- Lifestyle coaching and collaborative goal setting
- Accountability and behavior-change support
- Food journaling and meal-planning support
- CGM education and glucose-pattern awareness
- Food addiction and emotional-eating support
- Long-term maintenance and relapse-prevention planning
- Progress summaries when authorized by the participant

WE DO NOT

- Diagnose or treat medical conditions
- Prescribe, recommend or adjust medications
- Replace the participant's physician or healthcare team
- Provide emergency or acute medical care
- Interpret laboratory testing as a medical provider
- Direct participants to stop or change prescribed treatment
- Provide psychotherapy or eating-disorder treatment

SHARED-CARE COMMITMENT

Participants are encouraged to maintain regular medical appointments, report meaningful health changes to their provider and follow all medical recommendations. If health concerns arise during coaching, participants are directed back to their licensed healthcare professional.

Tracking Progress & Provider Updates

MEASURING MEANINGFUL CHANGE

The program tracks participation, behavior change and available metabolic-health measures so participants can recognize progress and providers can receive useful summaries when written authorization is in place.

PROGRAM MEASURES

- Weight and waist circumference
- Attendance and program engagement
- Goal completion and habit consistency
- Participant-reported quality of life
- Program completion and satisfaction
- Food-journaling and accountability participation

CLINICAL INFORMATION (IF AVAILABLE)

- A1C and laboratory trends supplied by the participant or provider
- CGM average glucose and time-in-range patterns
- Blood pressure or lipid information shared by the participant
- Clinical interpretation and treatment decisions remain with the licensed provider

AUTHORIZED COMMUNICATION

With written participant authorization, the referring provider may receive enrollment confirmation, participation updates, progress summaries and program-completion information.

How to Refer a Patient

1

IDENTIFY AN APPROPRIATE PATIENT

Consider adults who may benefit from structured metabolic health education, coaching and accountability.

2

SUBMIT THE SECURE REFERRAL

Use the Practice Better referral form. Please do not send medical information through the general website contact form.

3

WE CONTACT THE PATIENT

Our team contacts the referred patient within two business days to explain the program and determine fit.

4

ENROLLMENT AND COACHING BEGIN

The patient completes intake, establishes goals and begins the 12-month continuum while remaining under medical care.

5

STAY CONNECTED

With written patient authorization, we provide enrollment confirmation and appropriate progress updates.

REFER SECURELY

Practice Better referral form



NO COST TO REFER

Questions? 574-453-8605
monica@kmhealthcoaching.org

Program Options & Investment

TWO LEVELS OF SUPPORT

Patients may enroll directly, or a practice, hospital, employer or community organization may sponsor participation. Both programs reinforce the medical plan through education, coaching and accountability.

3-MONTH METABOLIC HEALTH INTENSIVE

- Focused 12-week metabolic health coaching program
- Individualized goals and nutrition strategy
- Regular accountability and progress review
- Food addiction, emotional eating and habit support
- Designed for a strong start or shorter-term intervention

\$1,500

PER PARTICIPANT

12-MONTH METABOLIC CARE CONTINUUM™

- Complete year-long coaching and education program
- Higher-touch coaching during the first three months
- Ongoing individual and group accountability
- Progress tracking and authorized provider updates
- Maintenance, relapse prevention and long-term follow-up

\$3,999

PER PARTICIPANT

Your Organization Can Remove the Cost Barrier

Sponsor one patient, a defined group or a larger community cohort.

Customized agreements and enrollment schedules are available.

Partnership Pathways

REFERRAL PARTNER

- No cost to the practice
- Refer appropriate patients through the secure form
- Patient chooses the 3-month or 12-month program
- Patient enrolls directly with KM Health Coaching
- Progress updates require written authorization

SPONSORED PATIENT PARTNER

- Organization covers patient participation
- Sponsor one patient or a defined group
- Up to 10 participants in the 12-month program: \$39,990
- Priority enrollment and provider reporting
- Custom 3-month sponsorship proposals available

COMMUNITY IMPACT PARTNER

- For hospitals, employers, foundations and community organizations
- Up to 25 participants in the 12-month program: \$99,975
- Population-level outcome reporting and quarterly partnership reviews
- Customized options are available for larger populations

ETHICAL PARTNERSHIP

Sponsorship supports patient participation. Referral fees are never paid. The referring provider remains responsible for medical diagnosis and treatment.

Start With a Referral. Grow Into a Partnership.

Schedule a brief partnership conversation with Monica Boyer

574-453-8605 • monica@kmhealthcoaching.org