**Vanderbilt University Medical Center**

**Vanderbilt Health Coaching Program Cohort 14 - CME 2023**

Date: 04:30 April 10, 2023 - 12:59 June, 7, 2023

Location: Nashville, TN

**Accreditation**

 Vanderbilt University Medical Center is accredited by the Accreditation Council forContinuing Medical Education to provide continuing medical education for physicians.

**Credit Designation**

Vanderbilt University Medical Center designates this live activity for a maximum of 21.00 *AMA PRA Category 1 Credit(s)*TM. Physicians should claim only the credit commensurate with the extent of their participation in the activity

**Objectives**

After participating in this educational activity, you should be able to:

1 Describe and discuss the role of a health coach in helping patients achieve and maintain optimal health

2 Describe and discuss approaches for incorporating a health coaching approach in clinical practice

3 Describe and discuss health coaching structure and process of the follow up session

4 Describe and discuss fundamental concepts and theories underlying health coach practice

**Target Audience**

Other

**Americans with Disabilities Act**

It is the policy of Vanderbilt University Medical Center not to discriminate against any person on the basis of disabilities. If you feel you need services or auxiliary aids mentioned in the Americans with Disabilities Act in order to fully participate in this continuing education activity, please contact the Office for Continuous Professional Development (OCPD) to request assistance.

**Commercial Support**

This activity received no commercial support.

**Financial Disclosures**

VUMC CE activities are compliant with the Standards for Integrity and Independence in accredited continuing education. Any individual in a position to control the content of a CE activity, including but not limited to planners and faculty, are required to disclose all relevant financial relationships with ineligible organizations.

All relevant conflicts of interest have been mitigated before this activity started.

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| **Name of individual** | **Individual's role in activity** | **Name of Ineligible Company(s) / Nature of Relationship(s)** |
| Ruth Q Wolever, PhD | Course Director, Faculty | Paid consultant-eMindful, Inc. (Relationship has ended)|Membership on Advisory Committees or Review Panels, Board Membership, etc.-Wondr, Inc.|Consulting Fee-Fullfill, Inc.|Honoraria-National Board for Medical Examiners|Membership on Advisory Committees or Review Panels, Board Membership, etc.-National Board for Health and Wellness Coaching - 02/01/2023 |
| Blaire B Morriss, APRN | Course Director, Faculty |  |
| Colin A Armstrong, PhD | Faculty | Nothing to disclose - 02/10/2023 |
| Kelli Stewart, BSN | Activity Coordinator | Nothing to disclose - 03/13/2023 |

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Credit code must be texted to 855-776-6263 within 14 days. After texting, log in to **<https://vumc.cloud-cme.com>** and complete the event evaluation to complete claiming credit.

**To get started setting up a new account:**

* **For Non-Vanderbilt learners:  <https://vumc.cloud-cme.com> and select Sign In > Non-Vanderbilt University Medical Center > Don’t have an account?**
* **For Vanderbilt learners:  <https://vumc.cloud-cme.com> and select Sign In > VUMC Faculty and Staff**

**Texting for the first time? Pair your mobile phone to your CloudCME account.**

* **Text your email address as entered in your CloudCME profile to 855-776-6263.**
* **Text the provided code above to 855-776-6263 to claim credit.**

If you need assistance claiming credit, please contact

Kelli Stewart

kelli.l.stewart@vumc.org

or visit <https://vumc.cloud-cme.com/about/help>