



# About us



The National Board for Health & Wellness Coaching (NBHWC) is a nonprofit organization that was established to professionalize the field of health & wellness coaching. This organization is led by experienced subject matter experts and healthcare leaders with extensive education, training, and health & wellness coaching experience.

## The NBHWC provides:

- ▶ Curriculum and faculty standards for health & wellness coach training programs seeking NBHWC approval
- ▶ A robust board certification examination provided in partnership with the National Board of Medical Examiners for health & wellness coaches who would like to become National Board Certified Health & Wellness Coaches (NBC-HWC credentialed)
- ▶ Continued support that includes the options to become part of a national directory, attend networking events, participate in marketing opportunities and become part of a supportive community.

The NBHWC has undertaken great effort to professionalize the health & wellness coaching industry.

**In 2014**, a number of practicing health and wellness coaches gathered to outline core competencies that are vital to effective health & wellness coaching. Through a rigorous Job Task Analysis (JTA), the tasks, skills, and knowledge needed to become a health & wellness coach were identified and then validated through a survey completed by more than 1,000 practicing health and wellness coaches.

**In 2016**, a comprehensive examination blueprint was developed by subject matter experts and the National Board of Medical Examiners to expand the Job Task Analysis (this is known as the NBHWC Content Outline).

**In 2017**, the National Board for Health & Wellness Coaching, and the National Board of Medical Examiners (NBME) launched the first-ever board certification exam for health & wellness coaching. Proficient health and wellness coaches could now highlight that they had received satisfactory coach training and assessment of their coaching skills and knowledge and passed the National Board Certification Exam.

**In 2019**, the American Medical Association announced the approval of three distinct “Category III” codes for “Health and Well-Being Coaching” (effective January 1, 2020).

**Currently**, there are over 11,000 practicing National Board Certified Health & Wellness Coaches who have earned the NBC-HWC credential. The NBHWC offers the board certifying exam three times a year.



**Learn more about  
NBHWC**

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