

# Telehealth Coaching to Pave the Way for Successful Ageing among Silver Age Adults : A Clinical Case on Cardiometabolic Disease Prevention in Primary Care

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## Background

- ❖ Age-related physiological changes contribute to increased cardiometabolic risk among silver age adults.
- ❖ Modifiable cardiometabolic risk factors, such as physical inactivity, unhealthy diet, are common among silver age adults.
- ❖ Proactive measures are lacking in primary care because existing lifestyle modification interventions are for secondary care.
- ❖ Health coaching, which promotes behavioural change through enlightenment and empowerment, has been widely adopted in chronic disease management, but its effect in primary care remains unclear.

## Aim

A clinical case from a randomised controlled trial to illustrate the effects of telehealth coaching on silver age adult in primary care.

## Method



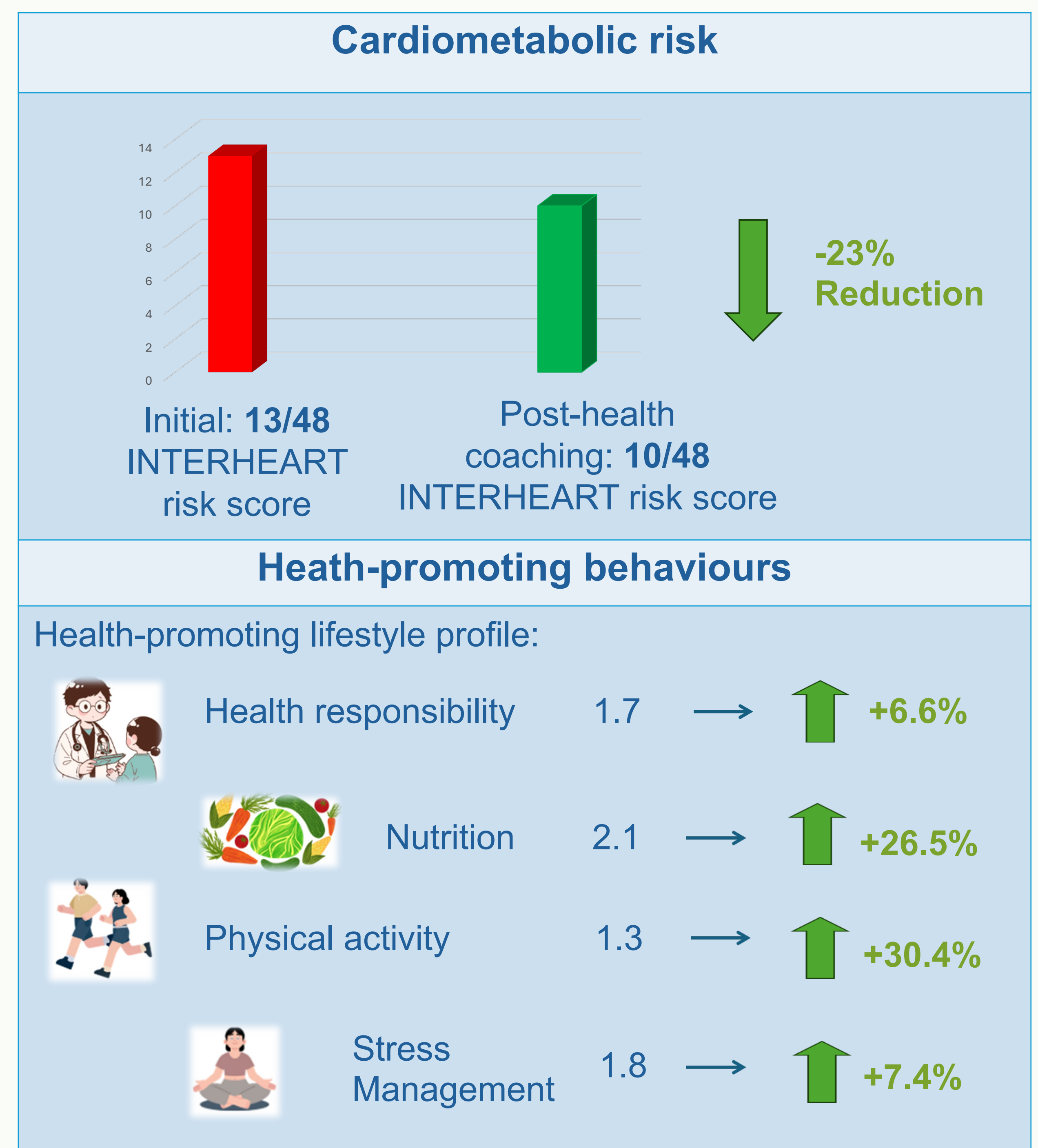
## Result



- A 63-year-old female
- No regular health checks
- Good past health history



Initial vs post-health coaching



## Conclusion

- ❖ Telehealth coaching is a feasible and effective strategy in primary care.
- ❖ Comprehensive risk assessment combined with personalised coaching can promote sustainable lifestyle modifications.
- ❖ Early intervention can support successful ageing among silver age adults.