

SEPTEMBER 2025 ENROLLMENT PERIOD



FUNCTIONAL
MEDICINE
COACHING ACADEMY, INC.

PROSPECTIVE STUDENT GUIDE

Transform Lives as a Functional Medicine Certified Health Coach





FUNCTIONAL
MEDICINE
COACHING ACADEMY, INC.

Something is calling you...

You are here because something is calling you to explore a new approach to health and well-being! The world needs health coaches. People are taking charge of their health and wellness. They recognize that health coaches are key in creating sustainable and accessible lifestyle and behavior change.

Movements like Functional Medicine, Functional Nutrition, Positive Psychology, and Mind-Body Medicine are revolutionizing healthcare. Functional Medicine Health Coaches are empowering others around the world on their journey to health and wellness.

Our groundbreaking, transformative program prepares you to connect with clients and partner with practitioners in an effective and meaningful way. This is your chance to start a transformation for your clients, for your community, and for yourself. Unlock the knowledge and skills that make it possible not just to heal, but to truly thrive.



In gratitude,

Sandra Scheinbaum

Sandra Scheinbaum, Ph.D.
Founder and Chief Executive Officer

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What is Functional Medicine?

THE FUTURE OF HEALTHCARE

Focused on **root cause**, not just symptoms

Functional Medicine serves as a catalyst for transformation in healthcare by taking a holistic approach to prevention, health, and well-being. Building on conventional healthcare's focus on treating symptoms, functional medicine empowers patients and doctors to work together to resolve the underlying causes of disease and restore health, often through diet and lifestyle change.

The Institute for Functional Medicine (IFM) sets the standard for education, training, and clinical practice on a global scale.

FMCA's Health Coach Certification Program is the only program designed and delivered in collaboration with IFM.

FMCA students and graduates learn from IFM certified practitioners and educators, while having access to the latest applications of emerging research in clinical practice to improve patient outcomes. This collaborative connection is one of the many reasons our Functional Medicine Certified Health Coaches are leaders in the field.



Identifies root causes of illness instead of just treating symptoms



Personalizes approach based upon bio-individuality and unique history



Prioritizes patient-centered and science-based care



Addresses diet and lifestyle change in addition to other treatment options



Empowers patients to take ownership of their health



WHAT IS HEALTH COACHING?

Collaborative

Health coaches and clients partner to create plans, overcome obstacles, and celebrate wins, facilitating the change toward healthy habits.

Client-led

Health coaches empower their clients to take charge of the behavior change process, offering resources and support as they work towards their goals.

Healthy Lifestyle Changes **that last.**

Health coaches are guides who help facilitate change. They use evidence-based strategies to overcome the Intention-Behavior Gap—the gap between the client's goal and the day-to-day actions that move them closer to that goal. Rather than giving direction, coaches collaborate with clients to create realistic plans to reach their goals and maintain success over time.

4,500+

Functional Medicine Coaching
Academy Graduates

126,700+

health education specialists and
community health workers (health
coaches) employed nationwide

41 million

worldwide die of non-
communicable chronic illness and
could be helped by a coach



WHY FMCA?

At FMCA, we train health coaches to save lives and help fix our broken global healthcare system. Our industry-leading curriculum, hands-on coaching practicum, and warm student and alumni community ensure that training to be a coach is a transformative, joyful journey. Read on to discover what sets our program apart.



GOLD STANDARD TRAINING

The only program designed in collaboration with The Institute for Functional Medicine (IFM) and approved by the National Board for Health and Wellness Coaching (NBHWC).



WORLD RENOWNED EDUCATORS

Explore functional medicine and nutrition, positive psychology coaching techniques, and mind-body medicine, guided by leading voices in these fields.



UNMATCHED COMMUNITY

Build your skills and knowledge alongside like-minded peers, forging meaningful connections that will propel you forward in your career.



ALUMNI SUPPORT

Tap into ongoing career guidance, health coaching resources, and a vibrant alumni network throughout your professional journey.

WE CARE ABOUT YOUR EDUCATION AND YOUR CAREER

- FMCA's comprehensive, hands-on training sets you up for a flourishing coaching career
- Enjoy lifetime access to health coaching resources, career support, and our alumni community
- Elevate your career with the Alumni Program and access resources like mentorship, professional growth opportunities, and more

“

This program definitely
aligns with my value system
and how I want to show up in
the world.

NICAYA RAPIER
FMCA GRADUATE

”

Embark on an Unforgettable *Career Journey*

Health coaching is a rapidly growing field with limitless potential. Whether you have a clear career goal in mind or want to explore all your options, the right professional opportunity that fits your skills and interests is waiting for you.

Which path is calling YOU?



Health Coaching Careers Are Flexible

In person or via telehealth. Full-time or part-time. Coach independently or partner with a healthcare practitioner. Focus solely on coaching or combine it with another career (like personal training or nursing). The possibilities are endless.

You Can Personalize Your Approach

Tailor your work to your specific goals, skills, and passions. Lead group coaching sessions, educate and give talks, design online courses, or carve out your own unique niche within your community.

Health Coaches Are In High Demand

Health coaching is a \$7.6 billion service market in the US¹ and is predicted to grow to \$28.57 billion globally by 2028.² Driving the demand are rising chronic health conditions, skyrocketing healthcare costs, and growing awareness of the power of health coaching to effect healthy lifestyle changes.

[1] Research and Markets. (2024). United States health coach market: Growth, trends, and forecasts (2024-2029). Retrieved from [researchandmarkets.com](https://www.researchandmarkets.com).

[2] Research and Markets. (2024, July 30). Health coach market report. Research and Markets. Retrieved from [researchandmarkets.com](https://www.researchandmarkets.com).

FMCA Health Coaching Impact

Medicine®



RESEARCH ARTICLE: CLINICAL TRIAL/EXPERIMENTAL STUDY

Functional medicine health coaching improved elimination diet compliance and patient-reported health outcomes: Results from a randomized controlled trial

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Functional Medicine Coaching Academy is committed to furthering the field of health coaching through science-backed research. In partnership with the Institute for Functional Medicine (IFM), FMCA is excited to announce that the results of our recent research study have been published in Medicine – “Functional medicine health coaching improved elimination diet compliance and patient-reported health outcomes: Results from a randomized controlled trial.”

FMCA conducted a randomized controlled trial to determine if client health outcomes and dietary compliance improved when working with a health coach. Participants in the study were put on the IFM elimination diet. The study group received virtual health coaching assistance, while the control group self-guided through the diet.

The results showed that health coaching can make a difference when it comes to elimination diet compliance. What's more, participants showed improved outcomes in health and quality of life after completing the elimination diet. Here is a closer look at the research, the IFM elimination diet, and the study results.

FMCA Research Study

A key factor in our research was the implementation of the IFM Elimination Diet. As part of their training, IFM physicians participate in the elimination diet. The elimination diet can be difficult to follow, so by completing the diet, IFM physicians have insight into the struggles their patients might face. Supporting patients through this difficult program is where health coaching can make a difference.

What Is The Elimination Diet?

The elimination diet is recognized as the gold standard in identifying non-IgE, non-anaphylactic food sensitivities and intolerances. It is a useful tool for optimizing health, but compliance with the diet can be difficult for participants.

Approximately 11% of US adults have food allergies. However, food sensitivities and intolerances are much more common. This is where the elimination diet comes into play. To help determine which foods are causing unhealthy symptoms such as inflammation, digestion problems, skin irritation, and more, the elimination diet removes certain foods and food groups from patient diets.

FMCA Health Coaching Impact



The IFM Elimination Diet is a three-week program designed to clear the body of foods that patients may be sensitive or allergic to. After removing the foods, and allowing the body to clear out any remaining traces, patients carefully reintroduce foods. From here, patients can monitor which foods trigger symptoms or reactions.

While the elimination diet is a great way to remove triggering foods, support the gut microbiome, reduce inflammation, and increase phytonutrient intake, it is not a long-term dietary solution. This is an evaluation tool. Long-term dietary restrictions such as the elimination diet have been associated with nutrient deficiencies. A diverse diet is the best way to ensure proper nutrition.

Health Coaching and The Elimination Diet

Health coaches are trained to help their clients overcome challenges, support clients as they make sustainable behavior changes, and assist their clients in reaching their health and wellness goals. Given the difficulty of any dietary change, ensuring participants have access to a health coach seems a great way to keep them on track. [Functional medicine health coaches](#) specifically are particularly suited for helping clients with elimination diets.

In the FMCA and IFM study, one of two groups of participants was offered health coaching support while on the diet. Throughout the study, this group participated in five virtual health coaching sessions with FMCA-trained functional medicine certified health coaches. These certified coaches used coaching techniques like positive psychology and their knowledge of functional nutrition, mind-body medicine, and the psychology of eating to support participants through the elimination diet program.

Does Health Coaching Improve Compliance and Outcomes?

Our randomized controlled trial was conducted to determine if access to health coaching services would improve compliance and patient-reported global health outcomes. The study and elimination diet participants were all healthcare professionals from the fall 2022 Applying Functional Medicine in Clinical Practice training module offered by IFM. The health coaches that worked with participants were all FMCA-trained certified health coaches.

Over ten weeks, two groups participated in the elimination diet. The control group self-guided through the diet. When physicians prescribe an elimination diet, most patients self-guide. The second group was offered five virtual health coaching sessions to support them through the diet.



The Results

At the end of the study, the data collected looked at diet compliance and patient-reported surveys. Data showed that [functional medicine health coaching support](#) improved both dietary compliance and health outcomes, notably with participants who had poorer baseline symptomatology versus a self-guided approach.

Program Curriculum Overview

Our curriculum sets the Gold Standard through its unique blend of Health Coaching and Functional Medicine instruction. Our exclusive collaboration with The Institute for Functional Medicine empowers students with the science to understand the root cause of disease. We combine this biological and nutritional knowledge with comprehensive instruction in Positive Psychology and The Art & Science of Coaching.



The Art & Science of Coaching

Learn the evidence-based skills and strategies that comprise The Coach Approach, the key to helping clients create lifestyle change - that lasts.

You will learn and develop these skills through:

1. Hands-on instruction and practice in weekly Live Training Sessions with your cohort
2. Coaching sessions with REAL clients
3. Group Coaching experiences
4. Coaching in Action (CIA) videos demonstrating how to apply key concepts and navigate common situations

Key Subjects:

- Motivational Interviewing
- The Change Process
- Character Strengths
- Coaching Lifestyle Habits, Sleep, Movement/Exercise, and Nutrition

Positive Psychology

The scientific study of the strengths that enable individuals and communities to thrive. You are taught how psychology impacts behavior, how to identify barriers to change, and how to unlock positive psychological frameworks to support clients to make lasting lifestyle changes.

Key Subjects:

- Harnessing positive emotions
- Cultivating resilience
- Character Strengths

Health Coaching Career Navigator

Instruction in building a successful health coaching career after graduation from experts in business, sales, marketing, and entrepreneurship.

Key Subjects:

- Getting hired by companies and medical practices
- Finding ideal clients
- Marketing and social media

After an in-depth education in these two disciplines, you will join our growing Alumni community empowered to be a leader in health and wellness transformation. Functional Medicine Certified Health Coaches (FMCHC) are suited to work in private practice, as part of collaborative care teams, in corporate settings, and beyond.

Functional Medicine

Functional Medicine is a personalized, patient-centered, science-based approach to healthcare that addresses the gaps in the conventional healthcare system.

Instruction in Functional Medicine includes Understanding Labs, Functional Medicine Timelines, hormones, GLP-1, menopause, digestion and immune health, energy creation, cardiometabolic functioning, and toxic load.

FM Focus Areas

Energy: Mitochondria

Defense and Repair: Immune System

Communication: Hormones

Assimilation: Digestion & Absorption

Biotransformation & Elimination: Detoxification

Structural Integrity

Transport

Functional Nutrition & Psychology of Eating

Instruction in the core Functional Medicine principle of "Food is Medicine." Learn about how and why we eat, and how nutrition influences health.

Key Subjects:

- Gut Health & Microbiome
- IFM Food Plans (e.g., The Elimination Diet)
- Psychology of Eating
- Metabolic Health
- Inflammation
- Detoxification Fundamentals
- Food Sensitivity Testing

Mind-Body Medicine

Learn how the mind impacts the health of the body. Instruction on how these disciplines can be utilized to improve the health and well-being of clients.

Key Subjects:

- Mindfulness
- Abdominal breathing and imagery
- Meditation
- Mental Health & Trauma Informed Coaching

FMCA Health Coach Certification Program Curriculum



Below is a month-by-month curriculum breakdown. You learn via Live Training Sessions, educational videos recorded by world-renowned educators, practical coaching sessions, Coaching in Action (CIA) videos, handouts, and evaluations from FMCA Course Facilitators.

MONTH 1: Transformative Power of Functional Medicine Coaching

Month 1 is all about building the foundation for Functional Medicine health coaching. You'll get to meet your cohort and get acclimated to the Live Training Session format while walking through fundamentals that will underpin your education and growth.

Module 1: Lesson 1 - Coaching Foundations

Module 1: Lesson 2 - Establishing a Connection With Clients

Module 1: Lesson 3 - Introduction to Functional Medicine

Module 1: Lesson 4 - Positive Psychology Fundamentals

Nutrition Education Begins

MONTH 3: Guiding Clients Toward Change

Helping clients make permanent health and lifestyle changes is where coaches transform lives! You will dive into the mechanics of behavior change in Month 3. "Food is medicine" plays a critical role here, so we introduce nutrition and IFM food plans.

Module 3: Lesson 1 - The Change Process

Module 3: Lesson 2 - Positive Psychology Applications

Module 3: Lesson 3 - The Functional Medicine Coach's Role

Module 3: Lesson 4 - Functional Nutrition (FN) Basics

Module 3: Lesson 5 - Introduction to Food Plans

MONTH 2: Exploring Principles of the Functional Medicine Coaching Process

Effective Functional Medicine health coaching relies on several key principles and techniques, which we introduce in Month 2. Functional Medicine is about whole person health, so you will explore the Functional Medicine Operating System and the Mind-Body Connection.

Module 2: Lesson 1 - Motivational Interviewing

Module 2: Lesson 2 - Stages of Change

Module 2: Lesson 3 - The Functional Medicine (FM) Operating System

Module 2: Lesson 4 - Positive Psychology in Action

Module 2: Lesson 5 - Introduction to Mind-Body Medicine

MONTH 4: Supporting Digestion and Enhancing Immune Function

In Month 4, it's time to deepen your knowledge of root cause medicine and learn about the gut health challenges your future clients may be facing. We build on the Functional Nutrition materials from the previous month by covering digestion, and a significant cause of illness - stress.

Module 4: Lesson 1 - Digestion and Immune Basics

Module 4: Lesson 2 - The Stress Response

Module 4: Lesson 3 - The Elimination Diet

Module 4: Lesson 4 - Mind-Body Practices



FMCA Health Coach Certification Program Curriculum



Hormones & Communication

MONTH 5: Improving Hormone Balance and Communication

Hormones and cardiometabolic factors have a tremendous impact on an individual's health. Month 5 covers these while deepening your skills and knowledge on behavior change and optimal healthy lifestyle habits.

Module 5: Lesson 1 - Hormone and Cardiometabolic Basics

Module 5: Lesson 2 - Lifestyle Habits for Hormone and Cardiometabolic Health

Module 5: Lesson 3 - Understanding Behavior Change

Module 5: Lesson 4 - Heart-Centered Communications for Well-Being

MONTH 6: Creating and Sustaining Energy and Resilience

A lack of energy, poor sleep, and suboptimal exercise habits stand in the way of many clients achieving their health goals. You will learn about these crucial subjects and how to coach clients to make lifestyle changes in these areas in Month 6.

Module 6: Lesson 1 - Energy Production Basics

Module 6: Lesson 2 - Optimizing Energy Production Through Functional Nutrition

Module 6: Lesson 3 - Coaching Sleep

Module 6: Lesson 4 - Coaching Exercise and Movement

MONTH 7: Integrating Environmental Health into FM Coaching

Environment impacts health and wellness in everything from toxic load to the food choices available in a given location. Month 7 covers detoxification and the nutritional choices people make every day that can support, or impede, optimal health.

Module 7: Lesson 1 - Detoxification Fundamentals

Module 7: Lesson 2 - Supporting Detox through Functional Nutrition and Lifestyle Choices

Module 7: Lesson 3 - Psychology of Eating Considerations

Module 7: Lesson 4 - Promoting Behavior Change

Navigating Chronic Conditions

MONTH 8: Coaching Clients with Complex, Chronic Conditions

Chronic, non-communicable disease impacts millions of people worldwide. In Month 8 you'll explore the underlying causes of chronic conditions, and how to coach clients through lifestyle changes to promote healing.

Module 8: Lesson 1 - Chronic Disease Pathways

Module 8: Lesson 2 - Uncovering Sources of Inflammation

Module 8: Lesson 3 - Functional Nutrition and Lifestyle Changes to Promote Healing and Lower Inflammation

Module 8: Lesson 4 - Positive Psychology and Mind-Body Medicine for Resiliency



QUESTIONS?

If you'd like to connect to discuss FMCA's curriculum or your goals, we're here to help.

[Click Here to Schedule a Discovery Call](#)
Email: admissions@functionalmedicinecoaching.org



FMCA Health Coach Certification Program Curriculum



Mental Health & Trauma Informed Coaching

MONTH 9: Helping Clients Create Emotional Wellness

The connection between mental health and physical health is undeniable, and health coaches can play an important role in supporting clients' mental well-being. Month 9 focuses on the critical piece of emotional wellness.

Module 9: Lesson 1 - Mental Health from a Functional Medicine Perspective

Module 9: Lesson 2 - Fostering Resilience Through Positive Psychology

Module 9: Lesson 3 - The Coach Approach to Mental Health

Module 9: Lesson 4 - Mind-Body Practices to Improve Mental Health

Coaching to Labs

MONTH 11: Understanding Labs And Coaching With Integrity

The meteoric rise of Direct-to-Consumer lab testing offers individuals more health data than ever before. But data alone doesn't create change! Coaches play a key role in translating lab data into action. In Month 11, you'll be trained on understanding labs. Learn how to support clients through everything from hormone panels to genetic testing, stool testing, and beyond.

Module 11: Lesson 1 - Coaching Labs with Confidence and Clarity

Module 11: Lesson 2 - Navigating the Complexities of Lab-Based Coaching

Module 11: Lesson 3 - Applying Lab Results in Real-World Coaching

Module 11: Lesson 4 - Navigating Moral and Ethical Challenges

MONTH 10: Facilitating Inclusive Group Coaching and Digital Care

In Month 10, with graduation nearing, you will begin to receive instruction on key topics for your coaching career. We walk you through the power of learning and coaching in group settings, and doing so inclusively. You'll also explore digital (or remote) healthcare.

Module 10: Lesson 1 - Group Coaching Foundations and Inclusive Facilitation

Module 10: Lesson 2 - Designing and Facilitating Inclusive Group Coaching

Module 10: Lesson 3 - Group Medical Visits

Module 10: Lesson 4 - Remote Health Monitoring

MONTH 12: Applying the Principles of Functional Medicine Coaching

Month 12 brings it all together! You'll review key principles in Coaching, Functional Medicine, Positive Psychology, and Mind-Body Medicine. We then prep you for the next steps in your personal and professional journey.

Module 12: Lesson 1 - Review of the Key Principles of Coaching

Module 12: Lesson 2 - Synthesis of Functional Medicine, Positive Psychology, and Mind-Body Medicine Principles

Module 12: Lesson 3 - Assessing Progress - Personally and Professionally

Module 12: Lesson 4 - Preparing for the Future

MONTH 1-12: FMCA Career Navigator

When you're ready to jumpstart (or grow) your coaching career, FMCA's Career Navigator is available! Learn from experts in business, marketing, entrepreneurship, and more to get a leg up on your next chapter. This material can be completed at any time, and even after the program has concluded.

- Transformative Power of Mindset
- Creating Compelling Stories
- Implementing Safeguards for an Integrity-Based Coaching Practice
- Assimilating Financial Knowledge and Strengthening Business Confidence
- Communicating from the Heart to Build a Successful Business
- Approaching Career-Building with Excitement and Growing Through Challenges
- Extending Your Reach Through Community Connections
- Communicating Your Value and Getting Compensated for It
- Developing the Confidence to Pursue Your Vision and Grow Your Business
- Implementing the Business Side of Facilitating Group Programs and Remote Lifestyle Monitoring
- Exploring New Career Opportunities While Maintaining Work/Life Balance
- Creating Your Heart Centered Business Outside the Box

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You're going to get the skills. You're going to get the science. You're going to get the confidence that you need to help people make real life changes.

JILL FOOS
FMCA GRADUATE

”

STUDENT LIFE

FMCA HEALTH COACH CERTIFICATION

Training in Community.

Entering the program with you is your cohort group. Community is vital to this program and your cohort group is the center of your FMCA community. Unlike other programs, we keep our cohort sizes small (approximately 15 students each) to foster greater connections and individualized learning. Each cohort meets about 3 times a month for Live Training Sessions led by your Course Facilitator via video call.

Each cohort finds its own rhythm as students connect over growth, challenges, and passion for learning. Together you'll expand your interpersonal skills, become better listeners, and build friendships while finding your voice as a coach. There's no overstating it: Live Training Sessions are a life-changing, purpose-forming experience unlike any other.



**JOIN THE GLOBAL
MOVEMENT AND HELP
TRANSFORM HEALTHCARE**

Our students and alumni represent:

- A global community spanning over 92 countries and counting
- All 50 US states
- Every age group, from 18 to 70+
- A vast array of industries, from healthcare to non-healthcare backgrounds
- Over 4,500+ Graduates

STUDENT LIFE

FMCA HEALTH COACH CERTIFICATION

VIRTUAL LEARNING

FMCA's Health Coach Certification is a 100% remote, online learning experience. You'll access reading materials and videos via our online classroom, communicate with classmates via discussion boards, and practice your coaching skills on small-group video calls.

We know you're busy! Our program is split into scheduled and flexible components. You can practice your coaching skills on a regular basis and fit the rest of your learning into your life. Typically, students need a minimum of 10-12 hours a week to complete their relevant coursework.

LIVE TRAINING SESSIONS

Live Training Sessions are where your coaching comes to life, and they're an integral part of the FMCA experience. During these sessions, led by your Course Facilitator, or "CF," you'll practice your coaching skills and receive personalized support and feedback alongside other students. All CFs are FMCA graduates themselves—think of them as part teacher, part health coach, guiding you throughout the program. We keep LTS sizes to approximately 15 to foster strong relationships and individualized learning.

FLEXIBLE

Asynchronous learning components



SCHEDULED

Three 2-hour live training sessions per month



CANVAS

Canvas is our online learning platform, where you'll access all course materials and stay connected to your CF and your classmates around the globe. Canvas is used by universities all over the world because it's convenient, reliable, and accessible 24/7.

REQUIRED EQUIPMENT



To participate in the program, you will need reliable internet access and access to a computer with a working camera and microphone. Live Training Sessions require your video and sound to be on so that you can interact with your fellow students and Course Facilitator. All course materials, including readings, videos, and assignments, will be accessed and/or submitted via the internet.

STUDENT LIFE

FMCA HEALTH COACH CERTIFICATION



We believe individualized attention and community is the **key** to your success

FMCA Course Facilitators set us apart from the rest.

Our Course Facilitators, all FMCA graduates, are your guides through the program. These health coaching professionals lead Live Training Sessions and provide personalized support and feedback. They're an integral part of the Functional Medicine Coaching Academy experience.



Experienced

With years of hands-on coaching experience, Course Facilitators bring our curriculum to life with their expertise in behavior change techniques.



Supportive

Course Facilitators create a nurturing environment for our global student body. They're always ready to help you overcome challenges and celebrate successes.



Educated

Each highly-qualified Course Facilitator is an FMCA graduate and National Board-Certified Health & Wellness Coach, and many hold additional advanced certifications.



Empowering

Course Facilitators are mentors who inspire a sense of capability and independence, helping you develop the skills and confidence needed to excel in your coaching career.

MEET OUR EDUCATORS

Our educators are world-renowned leaders in their fields. They teach through webinars, interviews, live Q&As, and Ask the Expert forums. The wisdom and experience of their diverse professional backgrounds bring Functional Medicine health coaching to life.



"Health coaches are the critical lever for change in healthcare."

- Mark Hyman, MD



Deanna Minich, MS, PhD,
FACN, CNS, IFMCP



Mark Hyman, MD



Monique Class, MS,
APRN-BC



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Pedram Shojai, MD



Laura Taylor, MAPP



Dan Lukaczer, ND



Jim Kwik



Patrick Hanaway, MD



Ryan Niemiec, Psy.D.



Barbara Fredrickson,
Ph.D.



Anita Howard, PhD



Bethany Hays, MD,
FACOG



Dr. Carol Kauffman



Jason Campbell

“

If you really want to change
and you really want to impact
people, you should dive in.

TITA ARROYO
FMCA GRADUATE

”

GRADUATE LIFE

FMCA HEALTH COACH CERTIFICATION

YOU ARE A GRADUATE FOR LIFE

FMCA is dedicated to your success, both as a student and as a working health coach. The support, learning, and sense of community you experience as a student follow you beyond graduation and throughout your career. No matter where you are in your professional journey and whatever your goals are, we have resources to guide you and a community that believes in you. Together, we drive this healthcare revolution forward.



As an FMCA graduate, you join a global network of health coaches dedicated to uplifting each other as they transform healthcare. The relationships you forge during training become your professional support group as you enter the next stage of your careers.



FMCA alumni enjoy lifelong access to career growth resources, including our Graduate Resource Center, Job Board, personalized Find A Coach listing, Alumni Facebook group and newsletter, special events, and more.



Leverage our resources to connect with Functional Medicine doctors, secure clients, network with other health coaches, prepare for the Board Certification exam, and create the health coaching business of your dreams.



FMCA ALUMNI PROGRAM

For those seeking additional hands-on guidance and community after graduation, the Alumni Program is an excellent option. Benefits include professional mentorship, business-building tools, and continuing education tailored for coaches who are launching and growing their careers. The Alumni Program is designed to help jumpstart your professional journey, expand your network, and provide learning opportunities so you can confidently take the next step in your career.



We're here to support you every step of the way

The **FMCA** Staff is dedicated to helping you thrive

Our team believes passionately in our mission to transform healthcare by training health coaches who can save lives. Nearly all of us have personal experience with functional medicine and health coaching through our own health journeys, and many are proud FMCA alumni, too. This deep connection to our mission drives us to deliver the gold standard in Health Coach Certification and provide you with a life-changing learning experience.



Accessible

From the application process to your time as a student and even beyond graduation, our staff are here to champion your needs and cheer you on every step of the way.



Empathetic

We've all been in your shoes and truly understand your journey. Whatever questions or challenges arise as you progress through the program, we are here to help.

Mission

To fully prepare health coaches by providing them with state-of-the-art learning that encompasses the evidence-based principles of Functional Medicine, positive psychology, functional nutrition, and mind-body medicine, all within a coaching framework; to accommodate diverse cultural backgrounds and learning styles, and to equip graduates to grow successful careers worldwide and become drivers for creating positive changes in the lives of their future clients and their communities-at-large.

Our Values

We commit to uphold the following values: Act as givers; appreciate the goodness of others and express thanks; show humility in our words and actions; embrace activities whole-heartedly, take initiative to ensure goals are met; expect the best and work to achieve it; challenge with compassion; persevere despite obstacles, have fun and bring smiles to everyone.



“

Making this investment in
myself helped me set a great
example for my family.

RAÚL ESQUIVAL
FMCA GRADUATE

”

It's Time To Become a Functional Medicine Certified Health Coach.



"When you become a health coach you will be saving lives."

Sandra Scheinbaum, Ph.D.
Founder and Chief Executive Officer



Tuition and Payment Options

Questions about payment, promotional discounts, or financing options?
Our admissions team is happy to help.

[SCHEDULE A CALL](#)

Pay in Full

~~\$9779.00~~

\$8279.00

Discount Until 7/14/25

Make your tuition payment in one full payment, and save the \$300 processing fee

Pay FMCA direct

or

Payment Plan

12 payments of

~~\$839.92~~

\$714.91

Discount Until 7/14/25

every 30 days
for 12 months

Total: \$8,579
includes \$300
financing fee

Pay FMCA direct

or

Find a Plan That Works For You

Financing*

** ENROLL NOW, PAY OVER TIME*

affirm

Now available, longer-term financing with Affirm (US based students only). Make monthly payments with no hidden fees. No penalty for early payoff.



BEST HEALTH COACH
CERTIFICATION
PROGRAMS OF 2024



APPROVED
TRAINING
PROGRAM



ACCREDITED
BUSINESS



THE INSTITUTE FOR
FUNCTIONAL
MEDICINE®

NEXT STEPS



New Classes Begin **September 1, 2025**



I am **READY**
to enroll!



I have a few
questions.

FMCA Health Coach Certification Program

Experience how FMCA can help you
become a knowledgeable, confident,
and compassionate health coach.

ENROLL NOW



Schedule a Discovery Call

Every health and wellness career journey
is unique. Would you like to connect to
discuss yours?



MAHNAZ MALIK
FMCHC, NBC-HWC



KERRY SHULTZ
FMCHC, NBC-HWC



JESS LEINBACH
FMCHC, NBC-HWC

Mahnaz, Kerry, and Jess have all been through
the program and are here to answer your
questions, talk things through, offer resources,
and assist you in finding your path forward with
FMCA.

SCHEDULE A CALL

OR

EMAIL US

Connect with us and subscribe!



CONTINUING EDUCATION

SPECIALTY COURSES

We offer cutting-edge specialty courses for coaches and curious minds to further their knowledge and health professionals to add new skills. Experience online learning with expert educators in Functional Medicine and Functional Nutrition, Positive Psychology, and more. Some of our specialty courses also count for Continuing Education Credits. Explore our course options!



Actionable courses taught by world-renowned educators in the world of Functional Medicine, Positive Psychology, Marketing, Business, and more



Fascinating new content that will add useful tools to your professional skill set and help you earn CE Credits



A perfect way to dip your toe into the world of Functional Medicine and Health Coaching before you decide to pursue further training



Course materials are self-paced, downloadable, and accessible anywhere, anytime



CURRICULUM AND FACULTY

Each Specialty Course is:

- Developed and presented in partnership with subject matter experts
- Designed for health coaches, healthcare professionals, and others looking to build competence in health and wellness topics
- Ready for application in practice

ELIGIBILITY

Come as you are! There are no prerequisites for Specialty Courses. Unless otherwise noted, all courses are appropriate for health coaches, healthcare professionals, caregivers, and curious minds looking to go deeper into health and wellness.

CONTINUING EDUCATION

Coaches who hold their National Board Certification through the National Board for Health & Wellness Coaching (NBHWC) may earn Continuing Education Credits through the core certification program or specific specialty courses.

ONLINE LEARNING

Once you've registered, you will receive an email invitation to our e-learning portal. From there, you can download the course material and access it at your own pace from any smart device.

APPENDIX

FMCA HEALTH COACH CERTIFICATION PROGRAM: Earning Continuing Education

*Approvals and CE units are current as of this publication and are subject to change.

FMCA students who are already credentialed and associated with the following organizations may be able to earn continuing education through the FMCA program. Students interested in earning CE must meet all FMCA Health Coach Certification Program graduation requirements.

Continuing education contact hours are currently available for nursing professionals (AHNA), nutritionists (NANP), personal/group fitness instructors (NASM/AFAA), ICF coaches (ICF), and National Board Certified Health & Wellness Coaches (NBC-HWC). Students with credentials in related fields may look into self-submitting.

The FMCA program is approved for continuing education with the following organizations.

American Holistic Nurses Association (AHNA)

This nursing continuing professional development activity was approved by the American Holistic Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Approved to award 39.5 contact hours

Approval for contact hours through the American Holistic Nurses Association is based on an assessment of the educational merit of this program and does not constitute endorsement of the use of any specific modality in the care of clients.

Approval period: 9/7/2024-9/7/2026

Athletics and Fitness Association of America (AFAA)

Students who complete the program can earn 15 CEUs for AFAA.

International Coaching Federation (ICF)

FMCA is an ICF approved provider for CCE credits (continuing coach education contact hours) through April 30, 2025, and plans to reapply. Please review the ICF website for more specific information on how the CCE credits may or may not apply to you and contact ICF with any questions. The FMCA course is approved for: 66 Core Competency and 14 Resource Development credits (80 CCE overall).

Students who are interested in becoming ICF coaches can go through the process to earn the continuing coach education (CCE) through the FMCA course then can use that pre-approved content toward their ACC Portfolio Path.

APPENDIX

National Association of Nutrition Professionals (NANP)

The FMCA Health Coach Certification Program is approved to provide 30 Category 1 CEUs for Advanced Specialty Education.

National Academy of Sports Medicine (NASM)

Students who complete the program can earn 1.9 CEUs (19 contact hours) for NASM.

National Board for Health & Wellness Coaching (NBHWC)

National Board Certified Health & Wellness Coaches (NBC-HWC) can earn 36 CECs toward their recertification by completing the FMCA program.

Functional Medicine Principles for NBC-HWCs (CEA-000130-1) is a selection of content within the FMCA Health Coach Certification Program.

FMCA HEALTH COACH CERTIFICATION PROGRAM: Program Approval

Health Coach Alliance Canada (HCA)

FMCA is an approved school by The Canadian Health Coach Alliance. All FMCA graduates are automatically approved to join HCA with proof of graduation and will be awarded the RHC or RCHC (for qualified licensed professionals).

National Board for Health & Wellness Coaching (NBHWC)

Functional Medicine Coaching Academy - Health Coach Certification Program is an Approved Health and Wellness Coach Training & Education Program by the National Board for Health and Wellness Coaching (NBHWC). Graduates of this program are eligible to apply for the HWC Certifying Examination to become a National Board Certified Health & Wellness Coach (NBC-HWC). The credential, "National Board Certified Health & Wellness Coach," or NBC-HWC, is quickly becoming the indicator for coaches with the highest level of training available.

UK & International Health Coaching Association (UKIHCA)

The FMCA Health Coach Certification Program has been approved since November 12, 2018 and is approved to meet the UKIHCA Standards for Education and Training. Please note that in order to meet the Standards, there will be additional steps to take beyond graduation requirements and an additional time commitment.