

# Health Care CAREERS



# Help Patients Live Better

As health care shifts its focus from treatment to prevention, health coaches are stepping into the spotlight.

These wellness professionals help people make meaningful changes to improve their overall health, whether it's managing stress, eating better, staying active or sticking to a new medical routine.

Health coaches work with clients to identify goals, overcome barriers and build sustainable habits. Their role is part motivator, part educator and part accountability partner. They don't give medical advice or replace doctors, but they work alongside medical teams to support patient success, especially for those managing chronic conditions or looking to improve their lifestyle.

## HELPING PEOPLE MAKE LASTING CHANGES

Unlike traditional health care providers who may only see patients briefly, health coaches take time to understand a person's full picture. They ask questions, listen closely and help clients explore what motivates them.

The goal isn't to hand out one-size-fits-all advice. Instead, coaches use evidence-based techniques — like motivational interviewing and goal setting — to empower clients to make choices that work



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for their lives.

Health coaches might meet with clients in person, by phone or online. They're found in wellness clinics, primary care offices, hospitals, fitness centers and corporate wellness programs. Some even work independently or through insurance wellness plans.

For example, someone diagnosed with prediabetes might work with a coach to develop healthier eating habits and a regular walking routine. Someone recovering from surgery might get support as they ease

back into activity and manage stress.

## TRAINING AND OPPORTUNITIES

Health coaching is an evolving profession with a variety of pathways. Many coaches hold certifications through organizations such as the National Board for Health and Wellness Coaching or the American Council on Exercise. Others come from backgrounds in nursing, personal training, psychology or nutrition.

While there's no universal

degree required, a strong foundation in behavioral science, communication and basic health education is essential. Many certificate programs focus specifically on coaching skills and chronic disease prevention.

The U.S. Bureau of Labor Statistics doesn't track health coaching separately, but the broader field of health education and community health is expected to grow faster than average over the next decade, thanks in part to the increased emphasis on wellness in both public and private sectors.

## SUPPORTING WELLNESS

For people who love helping others, enjoy encouraging personal growth and have a passion for wellness, health coaching offers a chance to make a difference every day. It's a role built on relationships, trust and the belief that small changes can lead to big results.

As more health care systems embrace prevention and whole-person care, health coaches will continue to be a key part of the support team, cheering patients on and helping them navigate their way to healthier lives.



# Providing Multilingual Care

In today's increasingly diverse communities, language should never be a barrier to receiving quality health care.

That's where medical interpreters come in. These are professionals trained to ensure patients and providers understand each other clearly, no matter what language they speak.

Medical interpreters are much more than translators. They are essential links in the chain of care, helping patients communicate symptoms, understand diagnoses and follow through with treatment plans. Without them, patients with limited English proficiency may struggle to describe their pain, ask important questions or understand their options.

## MORE THAN JUST KNOWING TWO LANGUAGES

Being bilingual is just the starting point for a medical interpreter. These professionals must understand complex medical terminology in both languages, as well as the ethical and cultural aspects of interpreting in high-stakes environments. A medical interpreter's job is to relay information accurately and impartially, without adding or leaving anything out.

Interpreters are used in hospitals, clinics, rehabilitation



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centers, hospice care and even emergency rooms. They may work in person, over the phone or through video calls. In all these settings, they must remain calm and professional, even during emotionally intense or life-threatening situations.

Training requirements vary by employer, but most medical interpreters complete specialized programs in health care interpreting. Certification from a national organization such as the National Board of Certification for Medical Interpreters or

the Certification Commission for Healthcare Interpreters is often required. Some interpreters have backgrounds in social work, nursing or public health.

## SUPPORTING EQUITY IN CARE

Medical interpreters are key to health equity. They help ensure patients understand their rights, know how to take their medications and feel comfortable asking for help. They help providers avoid dangerous misunderstandings that could result in misdiagnosis or

improper treatment.

In addition to language, interpreters often provide cultural context that can improve communication. For example, they might alert a provider if a certain question may be considered offensive or if a patient's cultural background affects how they describe symptoms or respond to treatment suggestions.

According to the U.S. Census Bureau, more than 25 million people in the United States speak English "less than very well." This makes the role of

medical interpreters more important than ever in delivering safe, compassionate care.

## A CAREER THAT MAKES A DIFFERENCE

For those who speak multiple languages fluently and want to directly affect people's lives, becoming a medical interpreter can be a deeply rewarding career. It combines language skill, cultural knowledge and empathy, helping patients navigate some of their most vulnerable moments with clarity and dignity.

# Drawing Blood

Need to get blood work done? Chances are, the first person you'll see is a phlebotomist.

These skilled professionals play a vital role in the health care system, making sure that blood samples are drawn safely, accurately and with as little discomfort as possible.

Phlebotomists work in hospitals, clinics, diagnostic labs, blood donation centers and even in mobile units. While their main task is drawing blood, they are also responsible for making patients feel at ease, ensuring samples are labeled correctly and following strict safety protocols to prevent contamination or infection.

The Mayo Clinic College of Medicine and Science said today's phlebotomists need to understand the difference in blood test types and how medications and diet interact with blood samples.

## PRECISION, PEOPLE SKILLS AND A STEADY HAND

While drawing blood may seem simple, it's a task that requires training, practice and a calm demeanor. Phlebotomists must know how to find veins, insert needles with care and monitor patients for any signs of fainting or distress. For patients with anxiety or a fear of needles, a kind and confident phlebotomist can make all the difference.



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Phlebotomists need to be detail-oriented. Each vial of blood must be labeled correctly and delivered to the proper lab department. Mistakes can lead to incorrect diagnoses or delays in treatment. They are responsible for paperwork and updating patient medical records.

The role also involves handling biohazard materials, maintaining sterile equipment and updating patient records. In some settings, phlebotomists assist with other specimen collections such as urine or swabs.

## GETTING STARTED

Most phlebotomists complete a short training program that lasts a few months, often offered by community colleges, vocational schools or hospitals. These programs include classroom instruction and hands-on clinical experience. Certification through organizations such as the National Healthcareer Association, American Medical Technologists or the American Society for Clinical Pathology is often required or preferred by employers.

Because the demand for

diagnostic testing continues to grow, phlebotomy is considered a stable and fast-entry health care career. It's a good starting point for those who want to explore other areas in the medical field, such as nursing, lab technology or medical assisting.

## A SMALL PINCH WITH BIG INFLUENCE

Phlebotomists may not always get the spotlight, but they are essential to the diagnostic process. Blood tests help doctors monitor everything

from cholesterol levels and organ function to infections and genetic conditions. Phlebotomists ensure that these tests begin with clean, accurate samples.

For those who enjoy working directly with patients, have a strong attention to detail and aren't squeamish around blood, phlebotomy offers a meaningful career that contributes to nearly every aspect of modern medicine. One small poke at a time, they're helping people get answers, treatment and peace of mind.



# Helping Reclaim Independence

For people living with physical, mental or emotional disabilities, the journey to independence can be filled with obstacles.

Rehabilitation counselors are trained to help individuals overcome those barriers and build meaningful, self-directed lives.

These professionals work with people of all ages who are facing challenges due to illness, injury or disability. Their goal? To empower clients with the tools, confidence and support needed to live independently, find or maintain employment and participate fully in their communities.

## A BLEND OF COUNSELING AND ADVOCACY

Rehabilitation counselors meet one-on-one with clients to assess their needs and goals. They help people manage life changes, develop coping strategies, explore career options and connect with resources like job training, transportation, adaptive technologies or workplace accommodations.

This career requires a deep understanding of both counseling and disability rights. In addition to providing emotional support, counselors often serve as advocates, ensuring clients receive fair treatment in school, at work or in medical settings.



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They may work in schools, government agencies, veterans' programs, rehabilitation centers, correctional facilities or private practice. Some specialize in specific populations such as youth with developmental disabilities or adults recovering from substance

use disorders.

## EDUCATION AND CERTIFICATION

Most rehabilitation counselors hold a master's degree in rehabilitation counseling or a closely related field. These programs combine

coursework in counseling theory, medical and psychosocial aspects of disability, and career development. Internships or supervised clinical experience are key parts of the training.

Certification from the Commission on Rehabilitation

Counselor Certification (CRCC) is often required or preferred by employers. Some counselors may also become licensed depending on their state's requirements and the setting in which they work.

Strong communication skills, patience and empathy are essential. Rehabilitation counselors must be able to listen carefully, problem-solve creatively and build trusting relationships with clients from diverse backgrounds.

## HELPING PEOPLE THRIVE, NOT JUST SURVIVE

Rehabilitation counselors play a unique and powerful role in the health care system. Rather than treating illness, they focus on helping people live fully despite it. Their work is rooted in the belief that every person — regardless of ability — deserves a chance to succeed on their own terms.

For those who are passionate about social justice, enjoy building one-on-one connections and want to have a lasting influence, this is a career that delivers both purpose and challenge.

The need for rehabilitation counselors continues to grow, especially as awareness of disability inclusion and mental health increases. Whether helping a young adult transition to their first job or supporting someone returning to work after a serious injury, rehabilitation counselors are there every step of the way, championing ability, resilience and hope.



# Keeping Health Care Running

Every hospital room, surgical suite and diagnostic lab depends on medical equipment that has to work flawlessly, often under pressure.

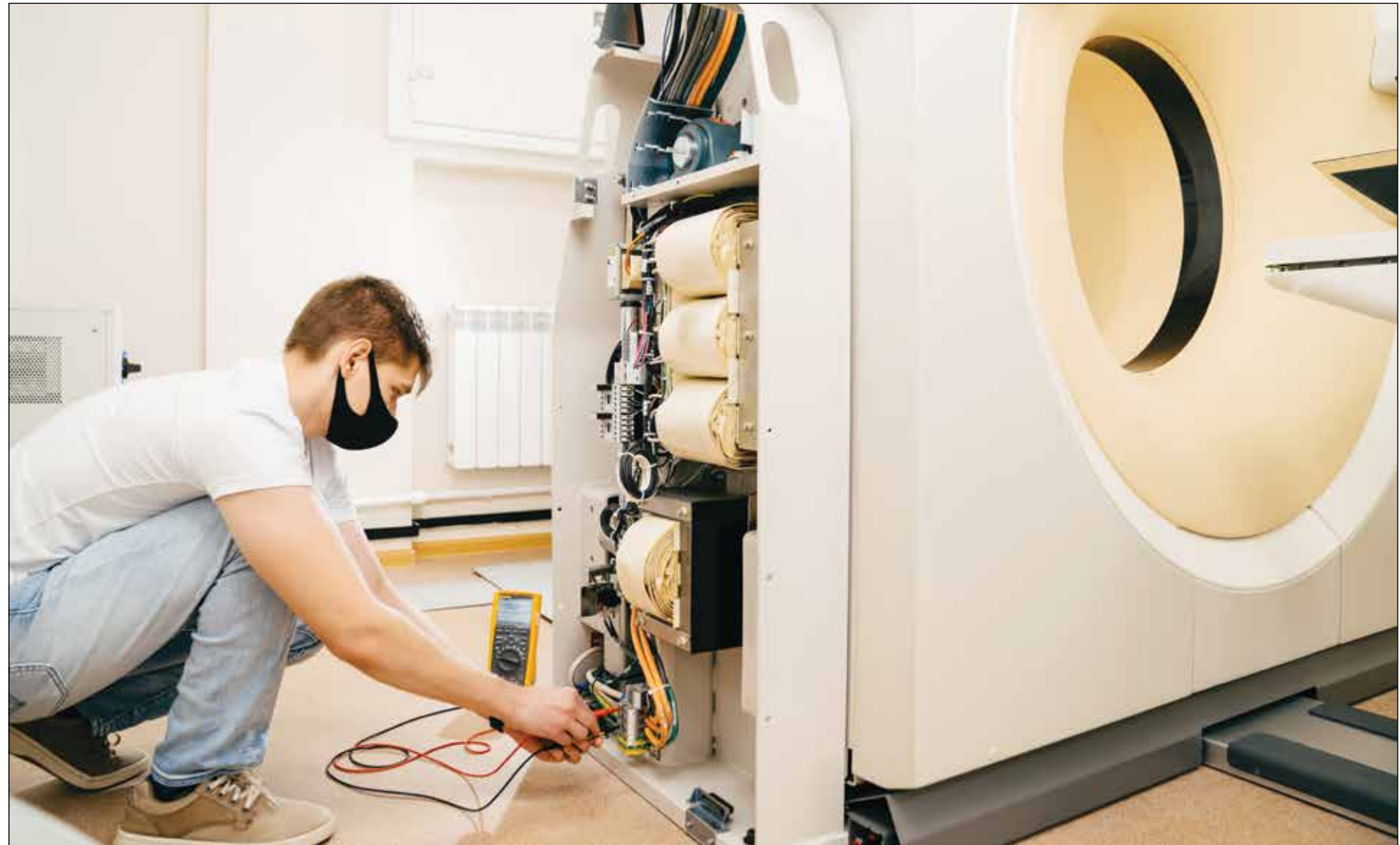
Behind the scenes, medical equipment repair technicians — also known as biomedical equipment technicians (BMETs)— make sure that happens.

These highly skilled professionals install, maintain and repair the machines that doctors, nurses and patients rely on every day. From infusion pumps and defibrillators to MRI machines and ventilators, BMETs keep modern medicine up and running.

## SOLVING PROBLEMS AND PREVENTING BREAKDOWNS

BMETs are part detective, part engineer. When equipment fails, they troubleshoot the problem and fix it quickly, often under tight timelines. In addition to repairs, they perform regular inspections and preventive maintenance to keep machines operating at peak performance and within safety standards.

Their work is critical. A malfunctioning machine could delay treatment or put a patient at risk. That's why BMETs are trained not just in mechanics and electronics, but in medical protocols and



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regulatory requirements.

BMETs document repairs, order replacement parts, and sometimes train clinical staff on how to use equipment properly. In larger hospitals, they may specialize in certain types of equipment or work closely with manufacturers.

## TRAINING AND CAREER PATH

Most BMETs begin with an associate degree in biomedical equipment technology, electronics or a related field. Some gain experience in the military, while others pursue

on-the-job training or certification. Professional certifications, such as the Certified Biomedical Equipment Technician (CBET) designation from the Association for the Advancement of Medical Instrumentation (AAMI), can help technicians advance in their careers.

Strong math, computer and troubleshooting skills are essential. So is attention to detail. BMETs must keep up with complex manuals, safety guidelines and fast-changing technology. This career appeals to those who enjoy

hands-on work, problem solving and the satisfaction of knowing their behind-the-scenes efforts make a big difference for patient care.

## A CAREER WITH HEART AND HARDWARE

While BMETs may never diagnose a condition or administer treatment, they're crucial to every step of modern health care.

Whether it's keeping a neonatal incubator running or ensuring the accuracy of lab results, their work helps save lives every day.

The demand for skilled BMETs continues to grow as health care technology becomes more advanced and more essential. Hospitals, outpatient centers, equipment manufacturers and third-party service providers all rely on these professionals to keep their systems running.

For those who love technology and want to work in health care without direct patient care, becoming a biomedical equipment technician offers a stable, rewarding career with plenty of room to grow.

# Helping Diagnose Sleep Disorders

If you've ever had trouble sleeping and needed medical help, chances are a sleep technologist played a role in figuring out what was going on.

These trained professionals work behind the scenes — and often through the night — to help patients uncover the causes of sleep issues that affect health, mood and quality of life.

## WHAT SLEEP TECHNOLOGISTS DO

Sleep technologists, also known as polysomnographic technologists, monitor patients during sleep studies to diagnose conditions such as sleep apnea, restless leg syndrome, narcolepsy and insomnia. Working mostly in sleep labs or hospital settings, they attach sensors to patients and use sophisticated equipment to track brain activity, breathing, muscle tone, heart rate and oxygen levels.

Their job goes far beyond sticking on wires. Technologists must observe patients carefully, note abnormalities and ensure the data collected is accurate and useful for diagnosis. In many cases, they may initiate treatment such as continuous positive airway pressure (CPAP) therapy for patients diagnosed with sleep apnea during the study.

Because most studies are done overnight, sleep technologists typically work night shifts and are trained to stay alert and focused while patients sleep.

## TRAINING AND CAREER OUTLOOK

Most sleep technologists complete a certificate or associate degree



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program in polysomnography or a related allied health field. Some come to the field through respiratory therapy or nursing and complete additional training. Certification through the Board of Registered Polysomnographic Technologists (BRPT) is highly recommended and often required by employers.

This is a career that combines technical skill with patient care, and strong communication is key. Technologists must explain procedures to patients, many of whom are anxious

or uncomfortable about sleeping in a medical setting. A good bedside manner can make a big difference.

According to the U.S. Bureau of Labor Statistics, employment of diagnostic technologists, including those in sleep studies, is projected to grow steadily as awareness of sleep health increases.

The demand for sleep studies has risen as doctors recognize how critical sleep is to overall health, including its links to heart disease, diabetes and mental wellness.

## HELPING PEOPLE GET THE REST THEY NEED

A sleep technologist's work may not be seen in the daylight hours, but the impact is long-lasting. By helping patients and doctors understand what happens during sleep, these professionals play a key role in improving health outcomes.

For those who don't mind working nights and enjoy a mix of science and personal interaction, this career offers meaningful, hands-on work that changes lives, one restful night at a time.



# Comfort Beyond Medicine

In hospitals and care centers, healing goes beyond physical treatment. For many patients and families, emotional and spiritual support is just as vital as medication or surgery.

That's where hospital chaplains and spiritual care providers step in.

These compassionate professionals serve people of all faiths, or no faith at all, helping them process fear, grief, uncertainty and hope. Whether praying with a patient, listening to a family's worries or simply offering a quiet presence, chaplains provide care for the soul in times of crisis.

## SERVING THE WHOLE PERSON

Unlike clergy who work in churches or houses of worship, hospital chaplains operate in fast-paced medical environments where emotions run high. They visit patients at the bedside, counsel loved ones during emergencies and support staff through burnout or moral distress.

Chaplains are trained to handle a wide range of spiritual and emotional concerns. They may comfort someone facing the end of life, help a family navigate a difficult diagnosis or celebrate with new parents in a neonatal unit. Some assist with

advance care planning, rituals or end-of-life decisions.

Importantly, chaplains do not push any specific beliefs. Instead, they meet people where they are, offering a safe, respectful space for individuals to explore meaning, connection and comfort, even in the hardest moments.

## TRAINING AND CREDENTIALS

Hospital chaplains typically hold a master's degree in divinity, theology or spiritual care, along with clinical training through programs known as

Clinical Pastoral Education (CPE). Most health systems require chaplains to complete multiple CPE units, and board certification is available through groups like the Association of Professional Chaplains.

Spiritual care providers come from a variety of faith backgrounds, including Christianity, Judaism, Islam, Buddhism and others. Increasingly, health care systems seek chaplains who can serve interfaith or secular populations with cultural sensitivity and compassion.

Good chaplains are excellent listeners, emotionally resilient and skilled at building trust quickly. They understand medical settings and work closely with doctors, nurses and social workers as part of a patient's care team.

## COMPASSION AT THE BEDSIDE

For many patients, a visit from a chaplain can be a turning point in their hospital experience. When words are hard to find, or when pain and uncertainty feel overwhelming, spiritual care providers offer a

lifeline — a reminder that they are not alone.

This career is deeply personal and emotionally demanding, but also incredibly meaningful. Chaplains help people find peace amid chaos and offer comfort when nothing else seems to reach.

As hospitals recognize the importance of holistic care, the need for qualified chaplains continues to grow. For those with a calling to serve, strong interpersonal skills and a deep sense of empathy, this role offers a sacred chance to make a difference.



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