



# Healthy Together

*Transforming Diabetes Prevention & Control*

March 16, 2022

# THE NACHC MISSION

## America's Voice for Community Health Care

The National Association of Community Health Centers (NACHC) was founded in 1971 to promote efficient, high quality, comprehensive health care that is accessible, culturally and linguistically competent, community directed, and patient centered for all.





# Today's Objectives:

- Project updates
- Peer discussion
- Q&A
- Next Steps



# Project Roadmap



## LAY THE GROUNDWORK

**September-March**

- Plan
- Create Workflows
- Develop Resources
- Train Staff
- Identify/Invite Patients



## LAUNCH

**March - April**

- Enroll Patients
- Distribute Kits
- Baseline Measurement
- Launch Curriculum



## IMPLEMENT

**April - May**

- Deliver Curriculum
- Support use of Pt Care Kits
- Collect/Report Data
- Peer Exchange



## WRAP UP

**March 2023**

- Final NDPP Session
- Post-Measurement
- Report Data
- Share Lessons
- Celebrate!

# Project Calendar



PROJECT PHASE	STARTING	ENDING
<b>Project Meetings</b>	Jan 5, Jan 19, Feb 16, Mar 16, Apr 20, May 18, Jun 15	Continue the 3rd Wed of every month through 2022
<b>Invite patients to participate</b>	Jan 24	Feb 25
<b>Wellocity training: Hubs</b>	Feb 3	Feb 3
<b>Wellocity training: Lifestyle Coaches</b>	Feb 16 (during Project Meeting)	Feb 16
<b>Complete Start-Up Visits</b>	Feb 28	Mar 31
<b>Lifestyle Coach training</b>	Mar 1 / Mar 3	Mar 29 / Mar 31
<b>Curriculum sessions</b>	Apr 1	Continue through 2022

**JANUARY**

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

**FEBRUARY**

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

**MARCH**

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

**APRIL**

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

**MAY**

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

**JUNE**

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		



# Lay the Groundwork:

September-February



- ✓ **Step 1:** Communicate the *Healthy Together* initiative to staff at your health center
- ✓ **Step 2:** Register for Elevate 2022 and complete VTF Assessment
- ✓ **Step 3:** Designate a place and process to receive, store, and assemble Patient Care Kits
- ✓ **Step 4:** Identify prospective participants (using risk stratification) & provider champions
- ✓ **Step 5:** Document Healthy Together workflow
- ✓ **Step 6:** Educate health center staff on *Healthy Together* workflow
- ✓ **Step 7:** Set *Healthy Together* goals for your health center
- ✓ **Step 8:** Train for project role (e.g., Wellocity platform, Lifestyle Coach)
- ✓ **Step 9:** Invite patients to participate in *Healthy Together*



# Launch:

March – April



Complete individual patient Start Up Visits



Schedule Group Lifestyle Change Curriculum Sessions

# Implement:

April – May



Conduct Group Curriculum Sessions



# Healthy Together Action Guide

The [Action Guide](#) includes descriptions of all action steps in each phase of the project.

Supplemental resources, such as the *Wellocity Start Up Visit Workflow*, *Patient Care Kit Tool Instructions* and more, are linked within the document!



## Transform Diabetes Prevention and Care

*A step-by-step guide to implement the Centers for Disease Control and Prevention's National Diabetes Prevention Program curriculum using patient self-care tools in a virtual setting and applying a whole-person focus.*



# Patient Care Kit Tools



## Tools received for each cohort:

- Scales (16)
- Thermometer (15)
- Glucose test strips (8 boxes)
- Pill organizers (15)
- Measuring tapes (15)
- Glucometer kits (8)
- MyPlate (16)
- Tote bags (to carry Start Up Visit tools) (15)
- Lancets for Glucometer Kits coming soon!

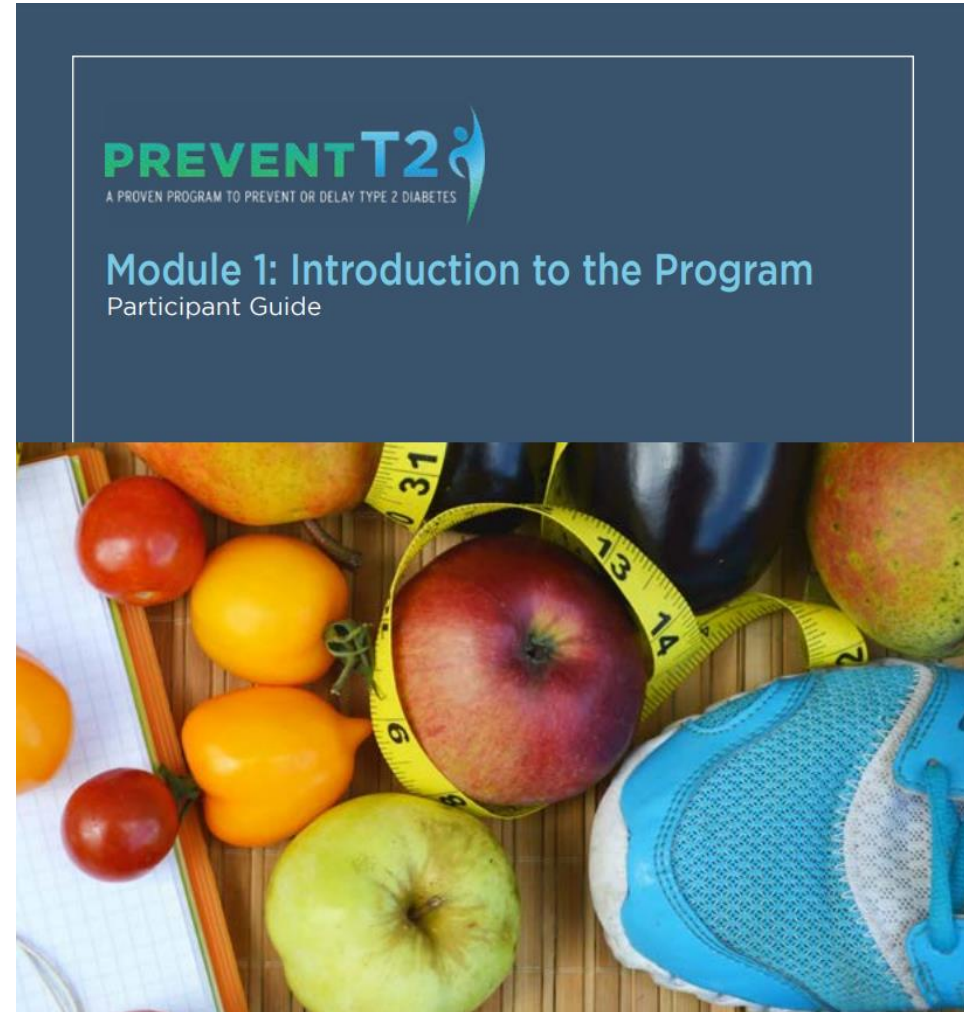
Please take and [upload](#) photos of your health center's assembled Kits (and optionally, the health center staff who helped to assemble the kits).



# Participant guide

Participant guides and binders for patients will be shipped to your health center!

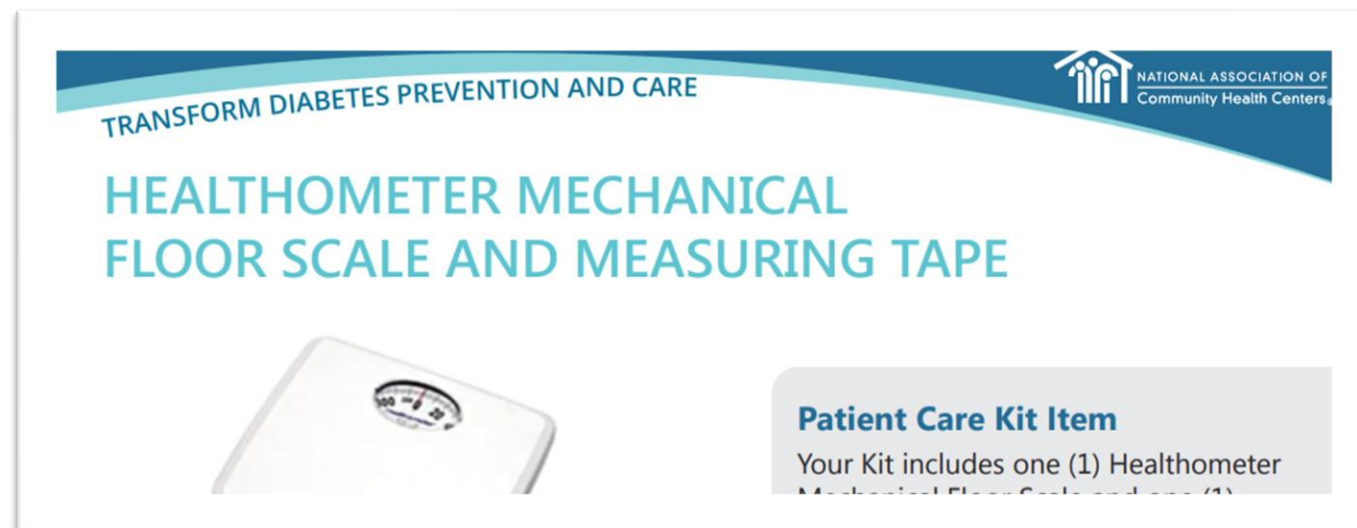
Lesson modules are also available for patients to view within Wellocity.



# Spanish handouts coming soon!

The following *Healthy Together* resources will be available in Spanish:


- Patient information sheet
- Patient participation agreement
- Patient instructions for Patient Care Kit tools
- *Healthy Together* wellness tracker



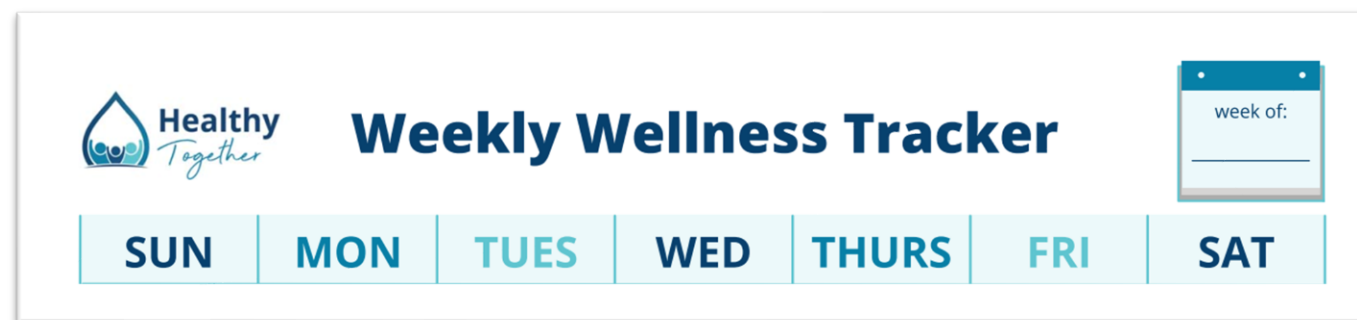
TRANSFORM DIABETES PREVENTION AND CARE

NATIONAL ASSOCIATION OF  
Community Health Centers

## HEALTHOMETER MECHANICAL FLOOR SCALE AND MEASURING TAPE



**Patient Care Kit Item**  
Your Kit includes one (1) Healthometer Mechanical Floor Scale and one (1) Measuring Tape



Healthy Together

## Weekly Wellness Tracker

week of: \_\_\_\_\_

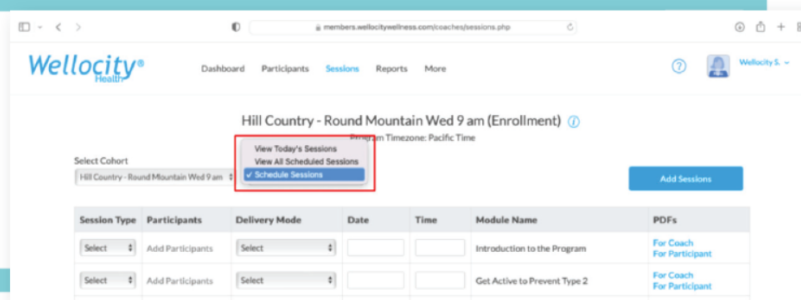
SUN	MON	TUES	WED	THURS	FRI	SAT
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# Wellocity Healthy Together User Guides

User guides with step-by-step instructions for navigating Wellocity are now available!

## STEP ONE

From the Dashboard, select **Sessions** from the Menu and then select **Schedule Sessions**.

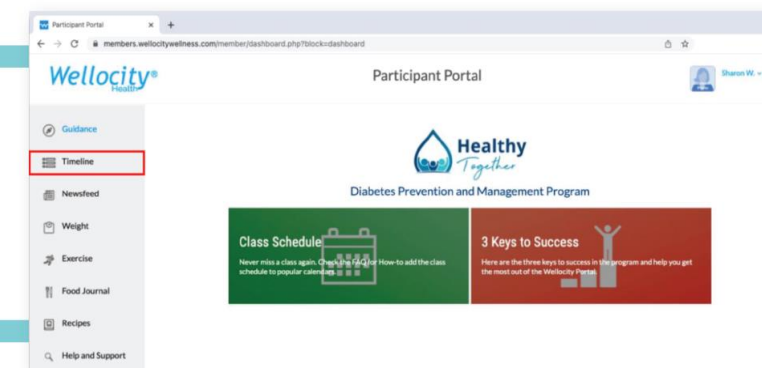


## Lifestyle Coach Guide

## STEP SIX

Select **Timeline** from the Menu to see a list of lesson modules.

## Participant Guide



## Wellocity User Guide for Healthy Together **Lifestyle Coaches**

Signing In and Out.....	2
Update Participant List.....	2
Schedule and Start Session.....	6
View Reports and Update Participant Data.....	9
Set Cohorts Goals and Reminders.....	10
View Participant Data.....	11
Help and Support.....	13

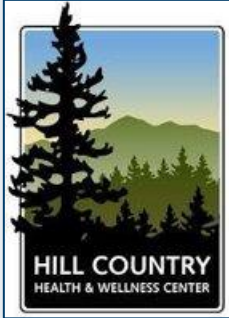





## Wellocity User Guide for Healthy Together **Participants**

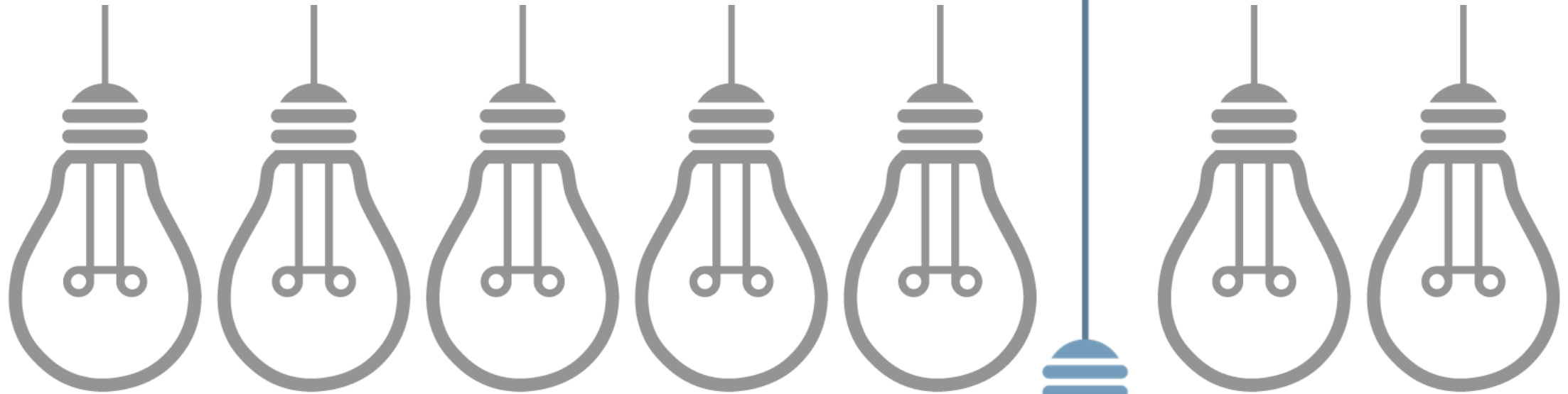
Sign up for the program.....	2
Start your program.....	5
Log your weight, exercise, and meals.....	7
Help and Support.....	11
Join a video session for a Distance Learning class.....	12

# Make Up Session Guidance

- Participants who are not able to attend a regularly scheduled group curriculum sessions will be offered a make up session by health center lifestyle coach
- Make up sessions can be held either in-person or via phone (Zoom functionality will not be available for make up sessions)
- Can be conducted with patients individually
- If multiple participants need a make up session, can be conducted as a group
- The ADCES recording can be provided to the participant to view in advance of the health center lifestyle coach calling or meeting with the participant for the make up session.

# How many participants do you have?

	Total # Participants		Total # Participants
	24		30- one cohort
	12		12
	12		12

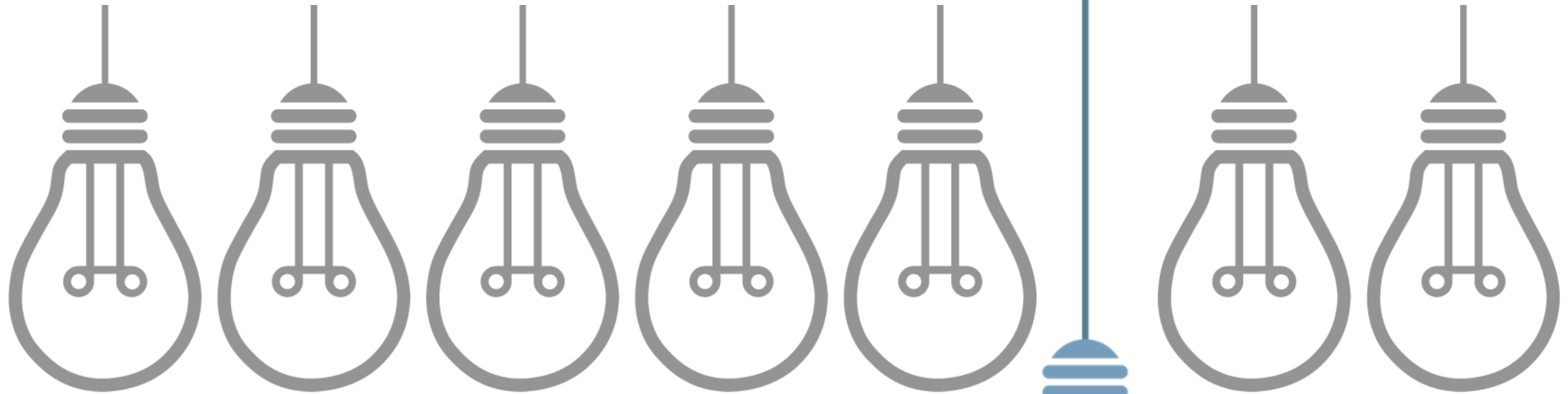


## Peer Discussion Question:

What methods or strategies for inviting patients to participate in *Healthy Together* have been successful?







## Peer Discussion Question:

What patient feedback have we received so far?



# Next Steps



- ✓ **Complete** ADCES Lifestyle Coach training
- ✓ **Complete** Start Up Visits
- ✓ **Launch** curriculum

## Next Meeting



April 20<sup>th</sup>, 2022  
1-2 pm ET

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# Next Project Meeting:

February 16th, 2022  
1 -2 pm ET



# HRSA Funding Acknowledgment

This project was supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$6,625,000 with 0 percentage financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government. For more information, please visit [HRSA.gov](https://www.hrsa.gov).