



Healthy Together

Transforming Diabetes Prevention & Control

April 08, 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.



Prepare to Implement



LAY THE GROUNDWORK

LAUNCH

IMPLEMENT

April 2022 – March 2023

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



Today's Objectives:

- **Debrief**
Peer-to-Peer Discussion of Session 1
- **Prepare**
For Session 2
- **Q&A**



Prepare for Session 2

- Session 2 is an **in-person** session
- Provide patients with designated Patient Care Kit tools
 - MyPlate
 - Pill Organizer
- Can continue to recruit and enroll patients through next week!
- If a participant joins the cohort late, offer a makeup for session 1 within 14 days of the regularly scheduled session 1.
- We strongly recommend not to enroll participants later than 14 days of the first scheduled session.

Make Up Sessions

- Make-up sessions can be provided in-person, via phone, through a Wellocity session, or using a Health Center's secure Zoom account (or another platform).
- Make-up sessions must be comparable to regularly scheduled sessions in content and length but may not require the same duration of time as a full group session.
- The makeup session is used to review a CDC-approved curriculum module which is generally about an hour.
- A single makeup session per participant may be held on the same date as a regularly scheduled session.
- A participant should not have more than 1 make up session in a single week.
- There must be at least 5 days between makeup sessions to maintain the intensity of the program.

One-on-one Check-ins with Participants

- Check-ins should occur weekly, while curriculum sessions are weekly
- When curriculum sessions are monthly, check-ins occur at a frequency that works best for the patient (weekly, every other week, monthly, etc.)
- Lifestyle Coach to call the patient individually (or meet with patient in-person)
- Topics to discuss with patient:
 - Wellness tracker – weight, activity, food intake *Make sure weight and activity minutes are entered into Wellocity!*
 - Setting/working toward individual patient goals
 - Wellocity support
 - Support with Care Kit Tools
 - Ask about patient hospitalizations, ED visits
 - Community resource connection
 - Other individualized support

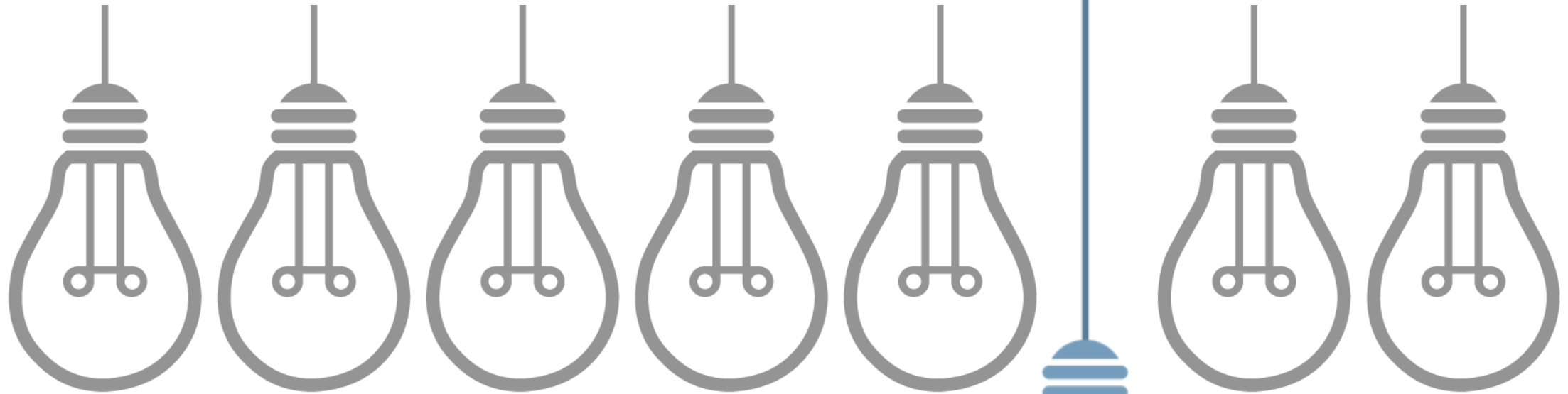
Care Kit Tool Tracking Sheet

Health Center Name:																				
Name of Lifestyle Coach Tracking Tools:																				
Total # Healthy Together Participants:																				
Total # Healthy Together Participants with Diabetes:																				
Care Kit Tool	# Received	# Distributed to Patients	# Remaining	# Additional Needed																
Scale			0	0																
Measuring Tape			0	0																
Pill Organizers			0	0																
MyPlate			0	0																
Tote Bag			0	0																
Participant Binders			0	0																
Glucometer Kit*			0	0																
Test Strips*			0	0																
Lancets*			0	0																
*Tools to be distributed ONLY to participants with Diabetes																				

Instructions:

1. Fill in your health center name
2. Fill in the name of the Lifestyle Coach who is tracking the care kit tools
3. Fill in the total # of Healthy Together participants
4. Fill in the total # of Healthy Together participants with Diabetes
5. Fill in the '# Received' for each care kit tool
6. Fill in the '# Distributed to Patients' as the tools are provided to Healthy Together Participants
7. DO NOT fill in '# Remaining' or '# Additional Needed'. These will automatically calculate.

Please return to clindholm@nachc.org by end of day today!



Questions?



CONTACT:

Cassie Lindholm
Deputy Director, Quality Center
National Association of Community Health Centers
clindholm@nachc.org
240.904.9835

qualitycenter@nachc.org

Cheryl Modica
Director, Quality Center
National Association of Community Health Centers
cmodica@nachc.org
301.310.2250

Next Project Meeting:

April 20th, 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).