

Community Health Hub (CHH) Physical Activity Guidance Walk and Talk Toolkit

Program Requirements

- **Assess if client has interest** in increasing their physical activity and tracking their steps during your first health coaching call or in person at a community venue.
- **Initiate goal setting** in first Health Coaching (HC) session if client commits to physical activity support; Community Health Worker (CHW) or HC sets 1-2 goals with the client during first session.
- **Provide one-on-one or small group education** pertinent to the individual client's needs. Health Coach utilizes the resources provided in the Walk and Talk Tool Kit available on the DHHS Community Health Hub website.
- **Pedometer and/or Activity Log** would be a good educational tool to include but is optional; Health Coach provides education on use of the pedometer and placement for accurate monitoring if provided. Activity Log can be mailed to the client for logging steps during the 12 week time period or used as an educational incentive at the start of your in person walk and talk sessions. CHW and/or HC inquiries about physical activity and provides accountability during in person sessions or HC calls with the client.

Every Woman Matters



Reimbursement Eligibility

- Every Woman Matters & WISEWOMAN (EWM/WW) clients on Health Coaching list who engage in physical activity support and agree to track physical activity, set physical activity goal(s) and/or agree to meet in person for walk/talk sessions. (\$63 per client).
- Women who meet population based screening requirements (Females age 40-64, DOB, height, weight, waist circumference, two blood pressures, total cholesterol, completion of Initial Encounter Assessment and medical questions) and agree to track physical activity, set a physical activity goal(s), and/or agree to meet in person for health coaching walk/talk sessions. (\$63 per client).

Health Coaching

- **3 health coaching sessions** are required (either in person at walk/talk sessions or by phone). Opportunity to provide specific coaching for women enrolled in our program and from the population who meet our age parameters. Motivational interview training is mandatory for all health coaches. In person walk/talk sessions would be facilitated to connect women to other women, develop group rapport and support to extend beyond the 3 health coaching sessions.

Data Entry

Med-It (EWM/WW clients)

- **Enter 3 Physical Activity Walk and Talk entries following each HC session. A total of 3 entries are required in order to be reimbursed. Data entry needs to occur within 72 hrs. following each session.**
- **Post biometrics (weight, 2 BP's)** at or following week 12 (total cholesterol is NOT required for post).
- **Health Coach completes follow-up assessment with client during third HC session.**

Encounter

- **Input pre biometrics, initial assessment and medical questions** for clients from population based venues following week 1. Health Coach must also complete the **medical questions and post biometrics with each client following week 12 to reflect any behavior change.**
- CHH's enter Physical Activity Walk and Talk for each HC session.

Walk and Talk Toolkit

- Tool kit research was conducted by Public Health Solutions with 1422 funding during 2018. Walk and Talk Toolkit was developed and includes promising practices and utilization of a Community Health Worker to establish walking groups while providing small group education. Behavior change components include 1-1 goal setting, accountability and connecting clients to other clients for peer support and sustainability beyond health coaching sessions. Version 5/2019