

### CCC Program Requirements

- Check. Change. Control. is a free, on-line blood pressure (BP) monitoring program by the American Heart Association (AHA). It is replacing former self-monitoring BP supports.
- Session Zero(s) are initiated to promote CCC and collect required pre-biometrics on population based clients. During Session 0 the Health Coach will assess if client has access to regular BP checks in their community and/or identify if client is a viable candidate for in-home BP monitoring.
- Health coach to provide 1 to 1 education when a BP monitor is needed using Check. Change. Control. (CCC) materials available on the AHA website [www.heart.org](http://www.heart.org). Health coach demonstrates use of equipment and provides 5-digit activation code. Client is responsible for registering online using the code provided. They will be asked to create a username and password plus provide their name, gender, ethnicity, date of birth and zip code. Clients enter their BP readings via text, smart phone or computer. If the patient would like to enter their ongoing BP readings via text, they will need to also confirm that they would like to send/receive text messages after the registration process is complete.
- DHHS may provide some initial BP monitors to health hubs initiating CCC as funding allows.
- If client has ability to monitor their BP using local community resources, activation code and explanation of CCC is provided during first health coaching session.
- A complete CCC client consists of 3 CCC entries over the course of 12 weeks.

### CCC Eligibility (must be female age 40-64)

- Pre-hypertensive ( $\geq 120/80$ ) with additional risk factor - obesity, smoking, diabetes, etc.)
  - Recurrent uncontrolled ( $\geq 140/90$ )
  - Stage 2 hypertension ( $> 160/100$ )\*
  - Alert values ( $\geq 180/110$  please contact Physician immediately)\*
- Every Woman Matters/WISEWOMAN (EWM/WW) clients with an alert value will also be contacted by WW Program Nurse to arrange a follow-up office visit.

### CCC Reimbursement

- EWM/WW clients highlighted on Health Coaching list whom you engage in CCC and their first health coaching session (\$63 per client). Please note client's on your EWM/WW HC list who had a recent provider visit, may have already received a CCC activation code from their provider.
- Women who meet population based screening requirements (Female age 40-64, DOB, height, weight, waist circumference, two blood pressures, total cholesterol, completion of initial Encounter assessment and medical questions) engage in CCC and first health coaching session (\$63 per client).

### Health Coaching

- 3 health coaching sessions are required over the course of 12 weeks. 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.*
- Provider involvement as a health partner is important for sharing results. Health coaches can use the *Letter of Commitment* and have clients from population based venues sign waiver in order to share results with health care provider. EWM/WW client consent is already part of the HLQ enrollment form.
- Clients can continue monitoring their BP indefinitely using the CCC code.

### Data Entry

#### Med-It (EWM/WW clients)

- Enter 3 health coaching sessions by selecting **Check. Change. Control.** as the HBSS.
- Daily, every other day or weekly entry of blood pressure online as agreed upon w/ Health Coach.
- Enter post biometrics (weight and 2 BP's) at or following week 12 (total cholesterol is not required for post biometrics).
- Health coach completes follow-up assessment with client during third HC session.

### Encounter

- Input pre biometrics, initial assessment and medical questions for CCC participants from population based venues following Session Zero or first health coaching session. Health coach must also complete the medical questions and post biometrics with client following week 12 to reflect any behavior change.