



## Community Health Hub Update

December 2020

**NEBRASKA**

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

*Every Woman Matters*



NEBRASKA OFFICE OF WOMEN'S HEALTH

Quick Links

### **UPDATE:** Check. Change. Control. Blood Pressure Tracker

Over the past year or so the Every Woman Matters Program has been utilizing the American Heart Association's (AHA) online blood pressure tracker. We received information this past month that AHA will be closing down the on-line tracker at the end of the year. Here is the statement from AHA:

*"With continued, unwavering commitment to uncontrolled high blood pressure, the American Heart Association is in the process of updating our Check. Change. Control. (CCC) initiative. The refresh of this experience will maintain emphasis on AHA's trusted scientific content. However, as of January 1, 2021, the AHA will no longer provide a digital tracker for program participants to record their readings. Recognizing the importance of consumer choice in an*

[Every Woman Matters](#)

[Nebraska Colon Cancer Screening Program](#)

[Women's Health Initiatives](#)  
[Community Health Worker Training](#)

[National Breast and Cervical Cancer Early Detection Program](#)

On the [Community Health Hub Web Page](#) you'll find tabs that give you important information. The page is divided this way so that you can easily find what you're needing.

[Community Health Hub Contact Information](#)

*ever-increasing landscape of digital tracking options, participants will be encouraged to select a tracking tool that works best for them. There are a variety of 3rd party apps that individuals can use to track their health, including apps that sync with BP devices. Additionally, the AHA has a downloadable form that participants may use. In lieu of tracker data, outcomes will be assessed via a standardized online survey. Additional information on the CCC update will be available in November."*

The Every Woman Matters Program is working with its internal IS&T on a blood pressure tracker systems similar in nature to our online Healthy Lifestyle Questionnaire. Our hope as we continue discussions and test out some features, is that it will be up and functional in 2021. Please stay tuned for further information on this new and exciting project.

**SUPPLIES: Cholesterol Screening Supplies**

When CHHs are ready to start health coaching duties again, please let your technical support contact know that you would like to receive cholesterol screening supplies.

**FORMS: Progress Reports Due**

The next Progress Report is the end of January 2021. If you need an extension please send your TA a request.

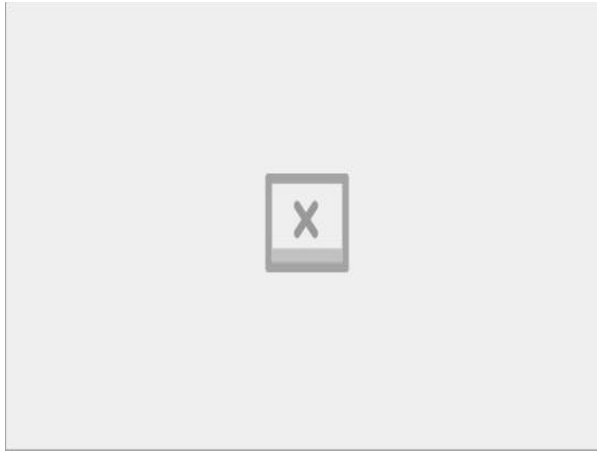
**TRAINING: Community Health Worker Course**

The Fall 2020 Community Health Worker Course started the week of August 10th and finished up virtual sessions on November 18th. Motivational Interviewing 1.0 is always a part of the training for CHHs to refresh their skills or have new staff participate who are a part of the health coaching efforts.

A previous virtual training opportunity for CHH was offered at the end of September and early October. Motivational Interviewing 2.0 was facilitated by Kara Meisinger to assist CHHs with their health coaching efforts and professional development as a Health Coach. The two 1 1/2 hour trainings were recorded and the materials utilized in the training are available as well. Please reach out to Natalie Kingston at 402-471-0568 or Natalie.Kingston@nebraska.gov for further information.

**RESOURCE: Community Garden**

This animated public service announcement counters myths and excuses people use to avoid getting screened for colorectal cancer.



Community Garden (:60)

## UPDATE: Medicaid Expansion

The program continues to educate our clients on the option of enrolling in Medicaid Expansion. When mailing out program rescreening packets we include information for clients on Medicaid Expansion.

More information regarding Medicaid Expansion can be found [here](#).

Currently, Medicaid provides coverage for the following groups: low-income children and some of their parents; pregnant women; certain low-income seniors and some individuals with disabilities who are under age 65. Medicaid Expansion means that Nebraska residents, ages 19-64, whose income is at or below 138% of the federal poverty level (for 2020, this is an annual income of \$17,609 for a single person and \$36,156 for a household of four) will be eligible to apply for expanded coverage.



Heritage Health Adult Expansion

Medicaid healthcare coverage for lower income 19-64 year olds

Applications accepted starting: August 1, 2020  
Coverage starts: October 1, 2020

Apply online at: [www.accessnebraska.ne.gov](http://www.accessnebraska.ne.gov)  
Toll Free: 855-632-7633  
Lincoln Local Calls: 402-473-7000  
Omaha Local Calls: 402-595-1178  
TDD: 402-471-7256



Medicaid Expansion materials are included in the packets. These materials include:

- [Flyer \(English\)](#) || [Flyer \(Spanish\)](#)
- [Fact Sheet \(English\)](#) || [Fact Sheet \(Spanish\)](#)
- [Beneficiary FAQ \(English\)](#) || [Beneficiary \(Spanish\)](#)

**EWM Program workflow:** If someone returns a Healthy Lifestyle Questionnaire to the EWM central office, we will assess if they are eligible for Medicaid Expansion. If they are 19-64 and have an income of 0-138%, the program will be sending out a screening card along with additional expansion education, and a 1/2 sheet attached to the screening card. (please see [example of program workflow](#))

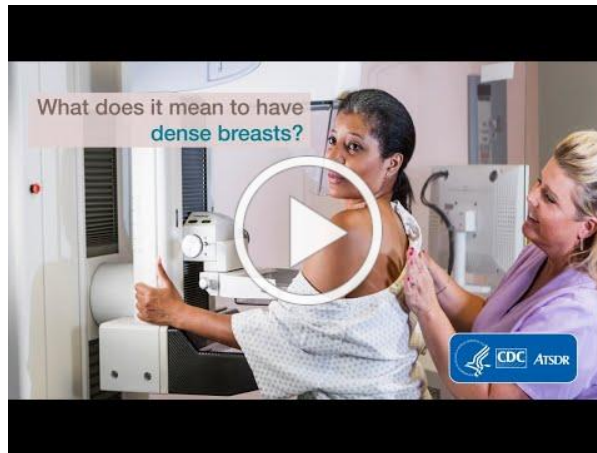
The 1/2 sheet lets clients know that based on the information they provided on the HLQ, they may be eligible to apply for expansion services. If they are choosing expansion services we are requesting that

they send us back the screening card. If clients choose to continue to utilize EWM services, that will be up to the individual as it will be their choice.

If clients do decide to enroll in Medicaid Expansion we are letting them know that they may still be eligible for health coaching and lifestyle programming.

**RESOURCE: What Does It Mean to Have Dense Breasts?**

When you get results of your mammogram, you may be told if your breasts have low or high density. [This video](#) explains what that means and why its important.



What Does It Mean to Have Dense Breasts?

**NOTE: Central Office Updates**

There's been lots of staff changes in the central office. Here's an update:

Lynn Jones, RN has been working with the Women's & Men's Health Programs since Fall 2019. Currently, most of her work responsibilities center around educating and assisting clients & providers on EWM. Lynn is also a Technical Assistant for three Federally Qualified Health Centers (FQHCs) with the program's Health Systems Change project. Since becoming a nurse, and prior to working with EWM, Lynn worked with CHI Health and the Nebraska Immunization Program.

Cathy Dillon has recently joined the program as the team lead for Health Systems Change efforts. This scope of work focuses on clinic and client evidence based interventions to increase screening rates within 7 FQHCs and 2 safety net clinics. Some of you may recognize Cathy, as she was with the team from 2002-2014. Since then, she has worked on statewide diabetes program initiatives, spent time in higher education with Doane University and most recently served as the Director for the Southeast Nebraska AHEC Region.

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Patti Schumann, RN, was the programs Quality Assurance Coordinator and took care of all things colon. She retired from the program in early 2020.

Michelle Heffelfinger moved on to another position outside of state government in February 2020.

Margarita Allen, RN retired from the program in October 2020. She has continued to be involved in program happenings as she is volunteering when she is able to assist.

With great sadness we're letting you know that in early October, Nancy Borchers passed away suddenly. She was responsible for entering all the billing claim data and sending out all the screening/rescreening and provider materials. She just celebrated her 45th year working for DHHS. Her contagious laughter will greatly be missed.

### **NOTE: We Appreciate YOU!**

As the 2020 year comes to a close in the next few weeks, the Every Woman Matters Program would like to take this time to extend our appreciation for you and all that you do!

This year, as we all are aware, has had quite a few curve balls thrown our way. You have been resilient in still serving Nebraskans who are in need of services AND for those of you also taking part in COVID-19 contact tracing, giving important health information to those that need it most.

You have rose above and continue to do the important work. We hope that you all will have an opportunity to either celebrate virtually or in person with those whom you love this holiday season. Please continue to be vigilant about what's happening but take time to enjoy and appreciate all that is around you!

Again, THANK YOU for all that you do!



### **CHH UPDATE: Do you have something to contribute?**

Do you have something that you would like to contribute to the quarterly Community Health Hub Updates?

We continually strive to have the CHH Update in your email boxes on quarterly basis. If you have a submission or an idea please send them to your TA or you can also contact Tracey Bonneau at 402-471-2922 or at [Tracey.Bonneau@nebraska.gov](mailto:Tracey.Bonneau@nebraska.gov).

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