

Community Health Hubs

Living Well Guidance



Program Requirements

- Completion of Living Well Leader training with certificate of completion from Nebraska Chronic Disease Prevention and Control Program. **Leader training may have been completed in another state. Verification of leader completion and leader status will take place.*
- Establish community partnerships with active Living Well leaders/sites for local Community Health Hub (CHH) to engage and enroll women **age 40-64** in Living Well and capture required data.
- Work with community partners and introduce Session Zero(s) for potential Living Well Program participants, in order to collect required pre-biometrics for population based clients.

Reimbursement Eligibility

- Every Woman Matters & WISEWOMAN (EWM/WW) clients on Health Coaching list who enroll in Living Well and attend week 1 (\$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 attend Living Well week 1 (\$63 per client).

Living Well Program Materials

- The Nebraska Chronic Disease Prevention and Control Program will be providing all Living Well program materials (books, cd's, cling sheets, chart paper, name tags and copies).

Health Coaching

- 3 health coaching sessions are required (can occur before or after Living Well classes and/or by phone) within a 12 week timeframe. 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.
- Completion of follow-up assessment for EWM/WW clients only.

Data Entry

Med-It (EWM/WW clients)

- 3 health coaching sessions, by selecting [Living Well](#) as the HBSS
- Post biometrics (weight, two BP's) at or following week 12
- Complete follow-up assessment with client during third HC session

Encounter

- Input pre biometrics, initial assessment and medical questions for Living Well participants from population based venues following week 1. Each client must also complete the medical questions and post biometrics (total cholesterol is not required for post) following week 12 to reflect any behavior change.
- CHH's enter health coaching sessions, Living Well support and weekly class attendance in their Living Well venue in the Encounter Registry.

QTAC COMPASS

- Web based workshop and data management tool that meets HIPPA standards and CDC requirements. Currently Chronic Disease Prevention and Control Program does all of the data entry for Living Well classes. Sites collect Participant Information Surveys and submit to Julie Chytil at Julie.Chytil@nebraska.gov. This tool enables ease of data collection, generates grant required reports and is provided at no cost through the Chronic Disease Prevention and Control Program.