



A national patient lifestyle change program that offers lifestyle coaching and patient care tools

About the Program

What is the Healthy Together Program?

Healthy Together is a FREE lifestyle change program that enables health centers to increase the impact of your diabetes prevention and control efforts by optimizing technology and taking a whole-person, culturally sensitive approach. Family or support members who are living with diabetes or are at-risk for diabetes are encouraged to participate in the program and gain the skills and tools needed to improve their health together.

Healthy Together is designed for health center patients who have high blood sugar (patients with diabetes or at-risk for diabetes). It follows the Centers for Disease Control and Prevention's (CDC) approved curriculum with a focus on healthy eating, physical activity, and managing stress.

Your health center is conducting this program in collaboration with your state primary care association and/or health center-controlled network, the national association representing health centers across the country (NACHC), and national experts in diabetes prevention and control, including the Association of Diabetes Care & Education Specialists (ADCES).

How it Works

How Does the Healthy Together Program Work?

Through Lifestyle Coaching, **Healthy Together** provides patients with support and tools needed to lower blood sugar and improve overall health. The program includes:

One year of online group sessions. Group sessions, led by trained National Lifestyle Coaches from ADCES and enhanced by sessions offer by your team after appropriate training, teach patients, in a group setting, about how to eat healthy, exercise, and reduce stress. Sessions will be offered online, with additional in-person support provided by health center according to the below schedule:

Feb. 1–Apr. 30, 2022
Once weekly
1 ½ hours

May 1– Aug. 31, 2022
Twice per month
1 ½ hours

Sept. 1, 2021–Jan. 31, 2023
Once per month
1 ½ hours

Patient Self-Care Tools.

Participating patients receive self-care tools (e.g., scale, pulse oximeter, blood pressure cuff, etc.) to help support valuable lifestyle changes. Active participants who attend program sessions and regularly submit their weight, exercise, and food intake may keep the tools following the program.

Coaches at All Levels

What is the Role of the Lifestyle Coach?

Lifestyle Coaches play a critical role in the success of the **Healthy Together** program. Lifestyle Coaches deliver a Centers for Disease Control and Prevention (CDC)-approved curriculum, meet with and support participating patients, and connect patients to additional services and support, when needed. The Healthy Together program is unique because there are Lifestyle Coaches at multiple program levels, each of whom play a slightly different but equally critical role. Below is a summary of the different roles and responsibilities of the Lifestyle Coaches at each level of this national program.



National Program Coordinator (NACHC). Oversees the **Healthy Together** program operations and coordination. Provides support to the national, state/regional, and health center Lifestyle Coaches and to ensure the program meets quality performance outcomes. Submits data and required reports to CDC.



National Lifestyle Coach (staff at ADCES). Delivers the core 1-year lifestyle change curriculum. ADCES Coaches train health center, PCA, and HCCN staff to also serve as Lifestyle Coaches. They offer subject-matter expertise in lifestyle change curriculum and review program data prior to NACHC's submission to CDC.



PCA/HCCN Lifestyle Coach (staff at PCA/HCCN). Supports development and delivery of the lifestyle coach program at participating health centers. This includes supporting the design of workflows and systems to share participant data with the patient's care team and in the electronic health record (EHR). Aids in the identification of services or partnerships to address the social needs of participating patients. The PCA/HCCN will also document the unique service delivery models of each participant health center.



Health Center Lifestyle Coach (2 staff at each participating health center). Prior to program start-up, the Lifestyle Coach will work with others at the health center to identify and recruit 12-15 eligible patients to participate in the curriculum. They will participate in each lifestyle change session delivered by the National Lifestyle Coach and facilitate a discussion group of his/her health center patients at the conclusion of each national session. The Health Center Lifestyle Coaches (approximately 24 across the project's 12 participant health centers) will rotate responsibility for conducting make-up sessions (one make-up session per live session throughout the year); this translates into leading or co-leading approximately two (2) sessions during the year. The Health Center Lifestyle Coach will offer virtual and in-person support to participating patients and train them to use the self-care tools. They will also connect patients with local resources (as needed), and help patients meet their healthy eating, exercise, and stress reduction goals. Health Center Lifestyle Coaches will also assist patients with entering data into the program app or portal.

Benefits

What are the Benefits of Receiving Lifestyle Coach Training?

Training to become a Lifestyle Coach is a great professional development opportunity. Staff who complete the 10-hour Lifestyle Coach training officially become “trained Lifestyle Coaches” with a certificate of completion from ADCES, which holds a Memorandum of Understanding (MOU) with CDC. According to CDC’s Diabetes Recognition Program Standards, coaches should receive two hours of continuing education every year (“advanced lifestyle coach training”) from a CDC MOU entity to continue serving a Lifestyle Coach. The **Healthy Together** program provides ample opportunity to use and apply coaching skills during the 26 lifestyle curriculum sessions offered to participating patients during the year.

What to Expect

What is the Process for Getting Started?

Your health center will:



Attend the Welcome Call and ongoing project calls.



Identify patients with diabetes and those at-risk for diabetes who may be eligible to participate. Eligible patients include those who have had a telehealth video visit since June 2020 and have access to a smartphone, tablet, or computer that can be used for the virtual program curriculum.



Develop workflows to onboard patients, outline communication processes for the care team and EHR, and train patients to connect to virtual lifestyle coach sessions.



Invite patients to participate in the **Healthy Together** program. Individuals with diabetes will need a referral from their provider to participate. Patients must sign a Participation Agreement and commit to attending sessions and recording their weight, exercise, and nutrition progress in the program’s app or online portal weekly for one year.



Provide education and instruction to patients in how to use the self-care tools and enter data into the program app/portal.

This program was developed with support from the Centers for Disease Control and Prevention (CDC) cooperative agreement #NU380T000310. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement by, the CDC or the U.S. Government."