

# A PATIENT'S GUIDE TO WEIGHT-MANAGEMENT PROGRAMS



**BeWell** | FOR  
LIFE

Operated by  
 QuadMed

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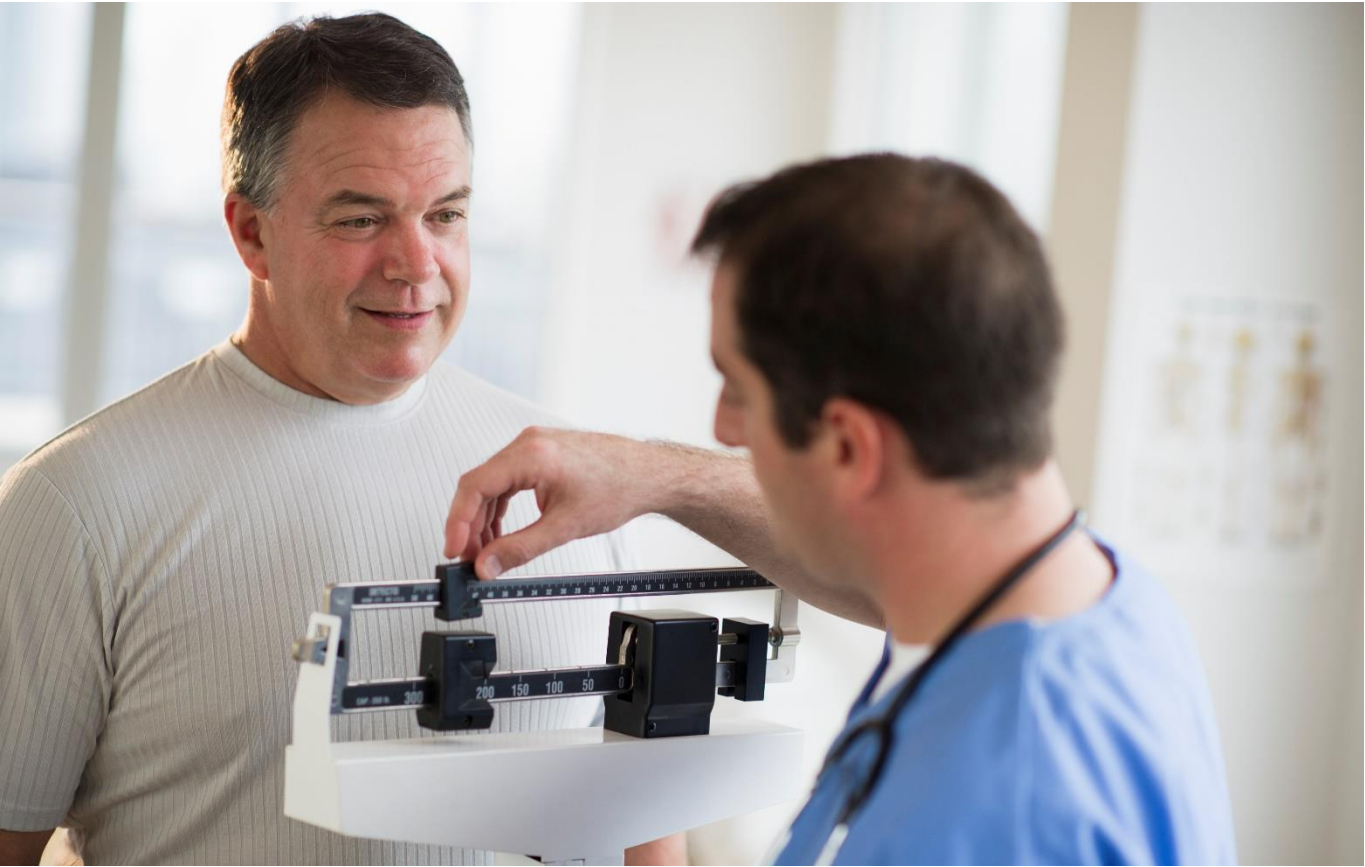
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## Options for Completion of a Weight Management Program

Starting April 1, 2023, CVS insurance will require Prior Authorization for weight loss medications as required by HII. Prior Authorization will involve meeting certain "Coverage Criteria" that include participation in a weight management program, age, BMI, weight and weight loss, and others, depending on the medication. This process is meant to ensure safe and appropriate use of medications and control healthcare costs. The QuadMed Family Health Centers will work with patients to make the process as smooth as possible. Below are the options for weight management programs offered through BeWell for Life, Operated by QuadMed.

### Option 1: Individualized Coaching/RDN

This option includes 1:1 coaching and/or Registered Dietitian Nutritionist (RDN) sessions, which last for at least six months to sustain engagement. [Click for content overview.](#)

### Option 2: Weigh Beyond Program

This option is available through group coaching or 1:1 coaching. Participants can fulfill the Prior Authorization (PA) criteria by completing the Weigh Beyond program and follow-up coaching or RDN sessions to show a total of six months of sustained engagement. The program offers various start dates and sessions that cover topics such as understanding personal nutrition needs, managing emotions, prioritizing movement, and more. [Click for content overview.](#)

### Option 3: Prevent T2 Program

This option is available through group coaching or 1:1 coaching with a Diabetes Prevention Program certified coach. Cohorts begin in January and May. Completing the first six months of the program fulfills the PA requirements. The program helps participants achieve moderate weight loss by eating well and being active. By the end of the first six months, the goal is for participants to lose at least 5 to 7 percent of their starting weight and get at least 150 minutes of physical activity each week. [Click for content overview.](#)

### Option 4: Wellness Online Digital Coaching Programs

This option is available on-demand 24/7 and is accessible through MyChart's single sign-on feature. Participants must complete the Weight Management and Stress Management interactive learning program modules and track their progress in developing healthy habits. They must also complete 1:1 coaching and/or RDN counseling to demonstrate skill mastery and sustained engagement for a total of six months. [Click for content overview.](#)

### Option 5: Heart of Steel Plus Coaching Program

Heart of Steel entails follow-up coaching or Registered Dietitian Nutritionist (RDN) sessions that demonstrate a sustained engagement of six months or more in the program. [Click for content overview.](#)

## Content by Program

### *Individualized Coaching/RDN Program Content*

- Personalized 1:1 Coaching and/or Registered Dietitian/Nutritionist sessions.
- Engagement for at least 6 months
- Customized approach tailored to individual needs and goals.
- Continuous support and guidance to help individuals achieve and maintain their health objectives.
- Focus on building sustainable habits and making positive lifestyle changes.
- Regular check-ins to track progress and adjust plans as needed.
- Comprehensive education and resources to enhance knowledge of nutrition and health.
- Emphasis on long-term success and overall well-being.

### *Weigh Beyond Program Content*

#### **Session 1: Understanding Your Why**

- Overview of the Stages of Change
- Introduction to Tiny Transformations
- Setting SMART Goals



#### **Session 2: Understanding Your Personal Nutrition Needs**

- Essential Nutrition: emphasizing the consumption of whole, nutrient-dense foods, vegetables, fiber, and vitamins and minerals from food sources while reducing sugar, salt, and fat intake.
- Moderation, Balance, and Variety: understanding food quantity and portion sizes, macronutrients (carbohydrates, proteins, and fats)
- Tools to Achieve Optimal Nutrition: use of The Balanced Plate or "My Plate," serving sizes and portion sizes, reading Nutrition Facts labels, and different types of food logs, journals, and diaries.

#### **Session 3: Understanding Your Emotions**

- Physical and Emotional Hunger
- Overeating
- The Hunger Scale
- Cravings vs. Urges

#### **Session 4: Understanding What Moves You**

- Why Prioritize Movement
- Motivation
- Developing a Plan

### **Session 5: Facilitator's Choice**

- This session is at the discretion of the facilitator, who may choose from these options:
  1. Inviting a weight loss success participant or small panel to share their story and participate in a Q&A session.
  2. Inviting a guest speaker (such as a PCP, PT, or EAP counselor)
  3. Conducting a Kitchen/Pantry Makeover
  4. Conducting a Virtual Grocery Store Tour
  5. Discussing a recent article related to weight loss/health.

### **Session 6: Connecting to Your Why**

- Reinforcing Motivation
- Strengthening Willpower
- Practicing Mindfulness
- Recognizing Non-Scale Victories

### **Session 7: Connecting to Your Personal Nutrition Needs**

- Developing a Grocery List and Meal Planner

### **Session 8: Connecting to Your Emotions**

- Practicing Take Five or More and Intuitive Eating

### **Session 9: Connecting to What Moves You**

- Discussing the FIIT Principle
- Determining How Much Activity is Needed
- Developing a Plan and Understanding Workout Components

### **Session 10: Connecting it All Together**

- Discussion of the "Why Not Me?" Article

### **Session 11: Regroup Discussion**





This program is comprised of 16 session modules, each designed to provide guidance and support for individuals seeking to prevent Type 2 diabetes. The modules include:

1. **Introduction to the Program:** An overview of the program and its objectives.
2. **Get Active to PreventT2:** Strategies for increasing physical activity.
3. **Track Your Activity:** Methods for monitoring and tracking physical activity.
4. **Eat Well to Prevent T2:** Recommendations for healthy eating habits.
5. **Track Your Food:** Tools for tracking dietary intake.
6. **Get More Active:** Additional strategies for increasing physical activity.
7. **Burn More Calories Than You Take In:** Strategies for achieving a caloric deficit.
8. **Shop and Cook to PreventT2:** Tips for grocery shopping and healthy meal preparation.
9. **Manage Stress:** Techniques for reducing stress and managing emotions.
10. **Find Time for Fitness:** Strategies for incorporating physical activity into a busy schedule.
11. **Cope with Triggers:** Techniques for managing triggers that can lead to unhealthy behaviors.
12. **Keep Your Heart Healthy:** Tips for maintaining cardiovascular health.
13. **Take Charge of Your Thoughts:** Techniques for positive thinking and self-talk.
14. **Get Support:** Resources for seeking support and accountability.
15. **Eat Well Away from Home:** Strategies for making healthy choices when dining out.
16. **Stay Motivated to PreventT2:** Tips for staying motivated and committed to the program.

Each module is designed to provide practical tools and information to support individuals in their efforts to prevent Type 2 diabetes.

## *Wellness Online Digital Coaching Program Content*

- Learn how to access the program anytime and anywhere, 24/7.
- Understand how to use MyChart to sign in and access the program with a single sign-on.
- Gain access to supplemental educational content that focuses on building skills and healthy habits, as well as the ability to track progress.
- Demonstrate mastery of weight-management skills by completing the Weight Management Interactive Learning Program Module.
- Demonstrate mastery of stress management skills by completing the Stress Management Interactive Learning Program Module.
- Complete a total of six months of 1:1 coaching and/or RDN counseling to show sustained engagement and mastery of the skills learned in the digital program.
- Recognize that the BSDI program will only be available until June 2023, and will be replaced with different digital coaching programs offered by Virgin Pulse starting July 2023.



## *Heart of Steel Plus Coaching Program Content*



The Heart of Steel coaching program provides participants with the knowledge and tools necessary to make lasting, positive changes to their health and well-being.

- **Fruits and Vegetables:** Learning how to incorporate a variety of fruits and vegetables into daily meals for a well-rounded, nutrient-dense diet.
- **Meat and Protein:** Understanding the importance of protein and learning how to choose lean sources of meat and plant-based proteins.
- **Meal Planning:** Developing meal planning strategies that support a healthy lifestyle and fit individual preferences.
- **Healthy Fats:** Learning how to incorporate healthy fats into meals for optimal nutrition and satiety.
- **Stress Management:** Developing stress-management techniques to support overall health and well-being.
- **Sleep:** Understanding the importance of adequate sleep and developing strategies to improve sleep quality and quantity.
- **Physical Activity:** Learning how to incorporate physical activity into daily routines to support a healthy lifestyle.
- **Salt:** Understanding the role of salt in a healthy diet and learning how to manage salt intake.
- **Sugar:** Understanding the role of sugar in a healthy diet and learning how to manage sugar intake.
- **Cholesterol 101:** Understanding cholesterol and its impact on health and learning how to manage cholesterol levels through lifestyle choices.
- **Blood Pressure 101:** Understanding blood pressure and its impact on health and learning how to manage blood pressure levels through lifestyle choices.



## Summary of All Wellness Programs



### NNS 5k / ING 5k on the Causeway

HII-sponsored 5k walk/run race with administrative support, event planning and implementation provided by QuadMed Wellness.



### Dietitian Visits

Registered dietitian nutritionists provide individual and group nutrition counseling and education to enhance the health and wellness of employees and their families. RDNs conduct nutritional assessments, considering a patient's medical history and provide guidance on specialized diets.

## Eat, Drink & Be Well

Monthly webinar delivered by QuadMed BeWell for Life Wellness Coaches on a variety of health and well-being topics.



Eight-week program offering a clear process to quit smoking for good with activities and assignments to provide skills and techniques to support quitting.



Four-week group coaching session led by QuadMed BeWell for Life Wellness Coaches to identify and adopt realistic lifestyle and behavior changes that promote optimal health and well-being.



Nine-week group program led by QuadMed BeWell for Life Wellness Coaches to help lower the risk of heart disease and improve heart health.



Monthly subscription-based video series that provides guidance to break through barriers and create healthy habits.



Health screening and wellness profile designed to help individuals better understand their health and potentially catch disease before it starts.



**STAY STRONG. LIVE LONG.**

Virtual program providing dialogue around various men's health maintenance and improvement topics led by QuadMed BeWell for Life Wellness Coaches.



Monthly subscription-based nutrition newsletter written by HII Family Health Center registered dietitian nutritionists.



Year-long program designed to prevent or delay Type 2 diabetes by collaborating with other participants and a trained health care provider to learn the skills needed to make lasting changes.



Five-week virtual support program intended to help you and your loved ones who have been touched by cancer by promoting positivity, resilience, and the importance of diet and exercise.



Twelve-week program that teaches skills to achieve and maintain a healthy weight for the rest of your life.



**Wellness Coaching**

Partnership between the patient and a certified wellness coach to bridge the gap between where they are now and where they want to be in various areas, including weight management, general nutrition, tobacco cessation, stress management, sleep, and increasing physical activity. QuadMed wellness coaches can facilitate group coaching sessions, including Healthy Together, Heart of Steel, Weigh Beyond, PreventT2, and Freedom from Smoking.