

**BULLETIN BOARD**

**LifeWork Strategies**

**Adventist HealthCare (AHC)**

**-Condition Management Programs-**

**Account Lead:**  Mary Walinchus

**Company Program Details**

This is a 12-week program where the clients will register with LWS and must fill out a contract to be dedicated to the program. Clients complete weekly modules and report weekly metrics (eating, weight, activity, biometrics)

**2024 AHC Wellness Requirements**: Participants who are on AHC health plan must complete both Step 1 and step 2 of the wellness requirements to avoid a surcharge.

* *Step 1*: ‘Assess Your Health’ - having an annual physical (no sure of the deadline to have this done)
* *Step 2*: Improve well-being for the 2024 wellness requirements. Participants would need to complete one of the following options: a CM program, 4 coaching sessions, biometric health screening panel, Financial Well-being program.
* All AHC calls will need to be completed by September 15th.
* **Start/End Date Condition Management:** January 1 – December 31
* **Company ID:**  LifeWork Strategies
* **Registration** **codes**: Based upon the program they are enrolled in upon registration.
  + AHC-WM Weight Management
  + AHC-DM Diabetes Management
  + AHC-TC Tobacco Cessation
  + AHC-HTN Hypertension

\*\*In the SOAP notes in ‘S’: note the program and number of calls. Example: DM- call 1/6

* **# sessions: CAP of 6** coaching sessions required to receive credit in the 12-week program.
* **Incentive**: Avoid surcharge
* **Spacing**:  Have coaching calls every other week in that quarter
* **Eligibility:** Both employee and spouse
* **Scheduling calls**: Log in [www.catalystcoaching360.com](http://www.catalystcoaching360.com)
* **Branding:**   introduce yourself as the health coach through LifeWork Strategies
* **Questions/Concerns/Customer Service:** Lifework Strategies at (240)826-2797
* **Start/Deadline**: 4 quarterly cohorts from January 1 - December 31
* **Q1**: Jan 8-Mar 31, 2024
* **Q2**: Apr 8-June 30, 2024
* **Q3**: July 8-Sept 29, 2024
* **Q4**: Oct 7-Dec 29, 2024
* If a client schedules a call before the start of the quarterly cohort, please have them reschedule to the start of the cohort.
  + **12-week program** – CAP of 6 sessions required to receive credit.
    - For those participants who initially registered within the AHC program but are now joining the Condition Management program, we will adjust their codes to depict their new Condition Management category. **Please let Mary know if your client is participating in a CM program.**
* Participants must complete the program in its entirety to receive the incentive through LWS (coursework as well as coaching). If the person does not complete the coursework, they may continue with the balance of 6 sessions of coaching in that quarter (but will not receive the incentive of the CM program). Client can retake the program. They will fulfill the Step 2 requirement for the coaching call
* Please reach out to Mary if:
  + There is a challenging circumstance with your client (language barrier, scheduling issues).
  + An existing AHC client is doing a CM program.
  + Your client is doing a different type of program from previous years and needs a company name change to the current program.
    - For example: last year a client participated in the Diabetes Management program with the company name: LifeWork Strategies::AHC-DM and they want to do the Weight Management program this year.  They need to have their company name changed to LifeWork Strategies::AHC-WM.