



## Florida Community Plan Healthy Behaviors Program

**The Healthy Behaviors program** includes tobacco cessation, weight loss and substance use cessation programs and is available to eligible members to jump start their goals in achieving healthier lifestyles. These programs offer health coaching, health education, medication support, behavioral health services and community resources to help our members become successful. Furthermore, members receive rewards for achieving milestones they have set for themselves and upon program completion. Members are made aware of the program through targeted mailer, Member's handbook, the health plan website, through their providers and case managers. Members can self-refer to the program by calling the Healthy Behaviors dedicated line or through Member Services. Case managers can also send referrals by following an internal process.

The Weight loss program is available for members diagnosed with morbid obesity. Data from July 2021 to June 2022 showed that there are **158 members** who joined the weight loss program. Through comprehensive health teachings to address any knowledge deficit regarding healthy nutrition and active lifestyle; and supportive guidance from health coaches, **83 %** successfully completed their weight loss journey.

The Tobacco cessation program helps members who want to quit smoking, chewing tobacco or vaping. Health coaches assess the member's over-all health and customize a plan of care to help with their goals to quit. Members are taught techniques and are provided education on how to manage cravings and overcome barriers. Because of these interventions, there are **90** members who participated in the Smoking Cessation program, and **85%** have been successful in their tobacco cessation goal.

There are **32** members who joined the Substance use cessation program. Health coaches offer listening ears, constant follow up and encouragement. Transportation issues are addressed as well as any barriers that may prevent members from seeing their counselors or treatment providers. With health coaches and behavioral health advocates working together to provide support, **81%** have successfully achieved their quit goal.

The goal may be to quit tobacco use or vaping, loss some weight, or quit using alcohol or drugs—our members need all the support that they can get to achieve this. Our members



appreciated being enrolled in the Healthy Behaviors program because it gave them a whole-person care structure, consistent encouragement, and factual health teachings. There are **90** enrolled members expressed that the Healthy Behavior program gave them emotional support and encouragement as they made lifestyle changes. There are **82** members who developed accountability for personal choices related to health and **107** members acquired knowledge on healthy strategies that they can apply in their everyday lives. With awareness, skills-building and maintenance approaches taught by our health coach, a total of **235 members** enrolled in the Healthy Behaviors program have been successful in their quest for a healthier lifestyle.

**Health benefit outcomes of the Healthy Behaviors Program**

Medically Approved Smoking Cessation Program	Total number of Members
Quit smoking	77
Decreased smoking	13
Better breathing and sense of taste	37
Improved general well -being and fitness	38
Used Nicotine replacement therapy	11
Medically Directed Weight Loss Program:	Total number of Members
Met weight loss goal	132
Decreased weight	101
Increased in self-confidence and developed healthy habits	102
Improvement in general mood and better sleep	51
Increase in enenergy level and better management of chronic conditions	18
Decrease joint pains and improvement in memory	2
Increased exercise and made nutritional changes	42
Medically Approved Alcohol or Substance Abuse Recovery Program:	Total number of Members
Quit using alcohol or drugs	26
Improvement in health and quality of life	34
Gained trust and improvement at work or work prospects	34
Reconnected with friends and demonstrated dedication to quitting	34

Let us help you get started on a healthier lifestyle! Call our Healthy Behaviors line anytime at 800-825- 8792 or Member Services at 888-716-8787, TTY 711, 8am, - 7pm., Monday- Friday. Visit us online: <https://www.uhccommunityplan.com/fl/medicaid/community-plan-mplus-mma>.