

# North Carolina Lifestyle Coach Network



**Thursday, August 20, 2015  
11:00am – 12:00pm**

## NOTES FROM THE CALL

### Presenters

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<u>Item</u>	<u>Facilitator</u>	<u>Time</u>
About The Lifestyle Coach Network	Sharon	<p>By definition a network is a group of people or organizations that are closely connected and that work with each other. That is exactly how the Lifestyle Coach Network (LSCN) will function. It will keep us connected and help us work better with each other and within our communities of service as we navigate and expand Diabetes Prevention Programs across the State of North Carolina.</p> <p>The network has been created to coordinate collaboration, provide updates about the DPP Program, and notify all of CDC Recognized Lifestyle Coach training opportunities within the State. The NC – LSCN aims to assist your program in three (3) areas:</p> <ul style="list-style-type: none"> <li>• (L)ifestyle Coach Trainings and class offerings – This network will provide you with training opportunities as they are received, and advertise your class offering on our State-Wide website</li> <li>• (S)ustainability – This network is designed to help identify barriers and recommend solutions to strategically support the planning and implementation of your program focusing on sustainability.</li> <li>• (C)onnection – This network will be instrumental in bringing it all together. From training to reporting, there is not an issue that we will not discuss. Not to mention, the invaluable opportunity of connecting and sharing with other Life Style Coaches.</li> </ul> <p>We hope to become as close a one group can be without being in the same place. We look forward to working with you all! Please let me know if you have any questions.</p>

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<p>Qualities of a Lifestyle Coach</p>	<p>Sharon</p>	<ul style="list-style-type: none"> <li>• Strong interpersonal and communication skills. <ul style="list-style-type: none"> <li>○ Ability to guide behavior change efforts in others without prescribing personal actions or solutions.</li> <li>○ Ability to communicate empathy for participants, who will likely experience difficulty and frustration at times when trying to adopt and sustain healthy lifestyle behavior.</li> <li>○ Ability to build strong relationships with individuals and build community within a group.</li> <li>○ Flexibility to work with people from all walks of life.</li> </ul> </li> <li>• Knowledge of basic health, nutrition, and fitness principles.</li> <li>• Knowledge of the principles of behavior change, including motivational interviewing techniques.</li> <li>• Commitment to the mission of the organization that is offering the program.</li> <li>• Attention to detail and data collection</li> </ul> <p style="text-align: right;">Source: <a href="http://ceacw.org/">http://ceacw.org/</a></p>
<p>Billing -Scholarships - Billing Codes</p>	<p>April</p>	<p>Medicaid scholarships will now be reimbursed in 2 parts – ½ upon enrollment and ½ after completion of 9 classes. Only Health Director Regions 1, 7, 8, 9, and 10 are eligible for this funding, and the proper forms must be completed in order to receive reimbursement, and the service provider must be listed in CDC Registry of Recognized Programs.</p> <p>The State Health Plan is working to offer DPP to State Employees as a covered benefit in 2016; however, this has not been approved. We will keep you posted.</p> <p>Private Pay though United Healthcare Group reimburses for DPP. Some DPP providers have been successful with using the Obesity Counseling Code and MNT codes to get reimbursement for DPP, but the provider must be credentialed – exact codes used are unknown.</p>
<p>Lifestyle Change</p>	<p>Caroline B.</p>	<p>A webinar on use of the Diabetes Prevention data management</p>

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Program Data Management		system through Wake Forest University School of Medicine is scheduled for Thursday, August, 27 <sup>th</sup> , 2015 from 2:00pm – 3:00pm.
Questions/Comments	All	<ul style="list-style-type: none"><li>- The CDC Registry of Recognized Programs - You must apply to CDC for pending recognition to become an “ACTIVE” site. You must to begin your first class within 6 months from the date of obtaining “pending recognition” to remain an ACTIVE site. You may apply for recognition from the CDC via Diabetes Prevention Recognition Program (DPRP) website: <a href="http://www.cdc.gov/diabetes/prevention/recognition/application.htm">http://www.cdc.gov/diabetes/prevention/recognition/application.htm</a> The first class must be held on or before the end of the 6 month period.</li><li>- Please look at the employee Prevent Diabetes STAT toolkit on the American Medical Association’s website: <a href="http://www.ama-assn.org/sub/prevent-diabetes-stat/index.html">http://www.ama-assn.org/sub/prevent-diabetes-stat/index.html</a></li><li>- Medicaid Eligible definition needs updating. As it is written right now if a person doesn’t meet the income requirements, but their Medical Home is one of the following:<ul style="list-style-type: none"><li>o Local Health Department</li><li>o Federally Qualified Health Center</li><li>o Rural Health Center</li><li>o Free Clinic</li></ul>They can receive a scholarship. Sharon, April, Sarah, and Jill to discuss and possibly revise.</li></ul>

**Next Meeting Date: Thursday, September 24, 2015 from 10:00am – 11:00am**