



## 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 connect members with community resources for a successful outcome. Furthermore, members receive rewards for achieving different milestones they set for themselves and upon program completion. Target mailers, Member's handbook, UHC FL Community Plan website, providers and case managers spread awareness regarding the Healthy Behaviors program. Members can join the program by calling the Healthy Behaviors dedicated line or through Member Services. UHC Case managers can also send referrals by following an internal process.

The Weight loss program is available for members diagnosed with overweight or morbid obesity. Data from July 2022 to June 2023 showed that there are **167 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 the health coach, **18 %** successfully completed their weight loss journey.

The Tobacco cessation program helps members who want to quit smoking, chewing tobacco or vaping. Our certified tobacco treatment specialist health coach assesses the member's over-all health and customize a plan of care to help with their goals to quit. Our health coach teaches our member techniques and provides education on how to manage cravings and overcome barriers. Because of these interventions, there are **93** members who participated in the Smoking Cessation program, and **20%** have been successful in their tobacco cessation goal.

There are **14** members who joined the Substance use cessation program. Health coaches offer listening ears, constant follow up and encouragement. Any barriers that prevent members from seeing their counselors or treatment providers are addressed by the health coach. With the constant guidance from the health coach who works side by side with our behavioral health advocates, **21%** have successfully achieved their quit goal.

The goal may be to quit tobacco use or vaping, lose 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 support, consistent encouragement, and factual health teachings. There are **44** enrolled members who expressed that the Healthy Behavior program gave them emotional support and encouragement as they made lifestyle changes. There are **66** members who developed accountability for personal choices related to health and **73** 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 **274 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 enrollees
Decreased smoking	4
Better breathing and sense of taste	31
Improved general well -being and fitness	46
Improved relationship with others and better finances	3
Medically Directed Weight Loss Program:	Total number of enrollees
Decreased weight	66
Increased in self-confidence and developed healthy habits	97
Improvement in general mood and better sleep	43
Increase in energy level and better management of chronic conditions	21
Medically Approved Alcohol or Substance Abuse Recovery Program:	Total number of enrollees
Improvement in health and quality of life	8
Gained trust and improvement at work or work prospects	8
Reconnected with friends and demonstrated dedication to quitting	8

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>.