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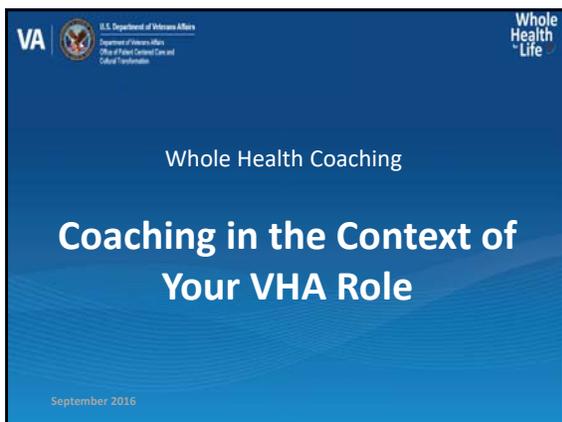
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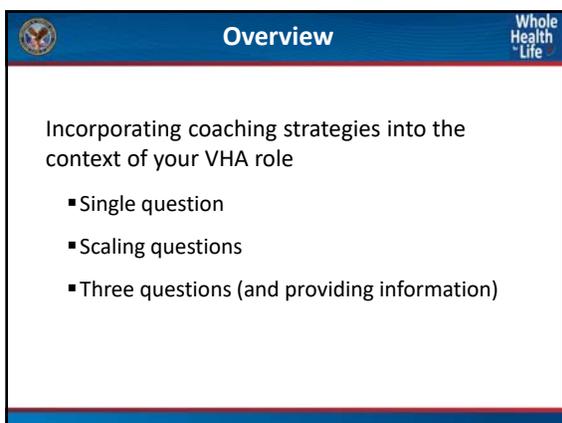
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 **Preparation for Activity** 

Make a list of all your health concerns, issues, behaviors, enhancements

- Anything health enhancement that's important to you
- Consider Circle of Health
- *Things you're willing to share*

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 **Preparation for Activity** 

**Example of a list**

Get more sleep	Increase my cardio
Maintain my weight	Eat less sugar
Reduce my stress	Drink less alcohol
Have better work/life balance	Improve my numbers (cholesterol high, BG high, BP high)

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 **Single Question** 

**Goal** – get at what the patient is primarily concerned about

Acknowledge it might not be what we expect, nor what we think they should focus on/do.

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**Single Question Possibilities** Whole Health Life

What is the best possible outcome of today's visit?<sup>1</sup>

**OR**

If you left today's visit satisfied with our plan, what is one key thing we would have addressed?

*Follow-up Statement: I want to hear what's important to you and how we can meet your needs.*

<sup>1</sup>Simmons, LA (2013). Taking a more personalized approach to the obesity epidemic. Medscape Expert Interview: Genomic Medicine. Available at: <http://www.medscape.com/viewarticle/814710>.

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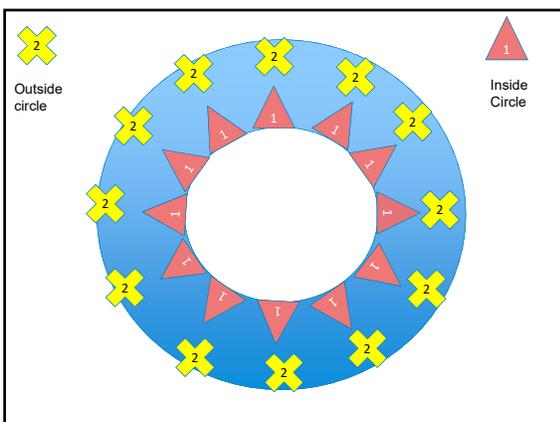
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**Single Question – Practice** Whole Health Life

<p><b>Patient-Partner</b> Bring your list to the session and present it to your provider/coach</p>	<p><b>Provider-Coach</b></p> <ul style="list-style-type: none"> <li>✓ Review the list (as if you were reviewing the chart or referral)</li> <li>✓ Ask your patient-partner one of the questions</li> <li>✓ Listen to response</li> <li>✓ Reflect back what they said</li> <li>✓ Notice your thoughts or reactions to their choice</li> </ul>
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 **Scaling Question Possibilities** Whole Health Life

**Assess where someone is on a scale from 0-10**

- Motivation
- Likelihood of Starting
- Importance
- Confidence
- Other \_\_\_\_\_

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 **Scaling Question Possibilities** Whole Health Life

On a scale from 0-10:

- How motivated are you to make this change?
- How likely are you to start this change in the next week or two?
- How important is it to make this change?
- How confident are you that you can make this change?

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 **Scaling Question Follow-Up** Whole Health Life

What makes it a \_\_\_\_ and not a \_\_\_\_ (lower number)?

Reflect back their reasons.

What would it take to make it a \_\_\_\_ (a higher number)?

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**Scaling Questions – Practice** Whole Health Life

<p><b>Partner-Patient</b></p> <ol style="list-style-type: none"> <li>1. Bring an issue/health behavior to the mini-session (You may or may not have started to make this change)</li> <li>2. Succinctly state the change to your coach</li> </ol>	<p><b>Coach-provider</b></p> <ol style="list-style-type: none"> <li>1. Ask a relevant scaling question (importance, motivation, etc.)</li> <li>2. What makes it a ___ and not a ___ (a lower number)?</li> <li>3. Reflect back their reasons.</li> <li>4. What would it take to make it a ___ (a higher number)?</li> </ol>
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**Three Questions** Whole Health Life

Vision/values  
Focus  
Goal-setting

AND, if appropriate, provide information in the context of what they've said is important

\*Simmons, L. A. (2013). Listening to the heart: Lifestyle changes. American Heart Association Annual Meeting, Dallas, TX.

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**Three Questions** Whole Health Life

**Query 1:** What are some important things in your life that you need and want your health for?

\*Simmons, L. A. (2013). Listening to the heart: Lifestyle changes. American Heart Association Annual Meeting, Dallas, TX.

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**Three Questions** Whole Health Life

**Summarize:** Let me share what I've learned about you from my exam, your test results, and our conversation and how these may relate to what you've identified as important.

©Simmons, L. A. (2013). Listening to the heart: Lifestyle changes. American Heart Association Annual Meeting, Dallas, TX.

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**Three Questions** Whole Health Life

**Query 2:** When you think about what's most important to you in the context of what I've shared about your health, what behavior are you most ready and willing to tackle?

©Simmons, L. A. (2013). Listening to the heart: Lifestyle changes. American Heart Association Annual Meeting, Dallas, TX.

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**Three Questions** Whole Health Life

**Query 3:** What specific action will you commit to over the next 4 weeks?

©Simmons, L. A. (2013). Listening to the heart: Lifestyle changes. American Heart Association Annual Meeting, Dallas, TX.

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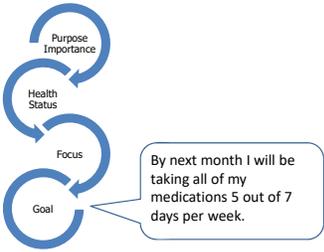
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**Three Questions** Whole Health Life



\*Simmons, L. A. (2013). Listening to the heart: Lifestyle changes. American Heart Association Annual Meeting, Dallas, TX.

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**Three Questions – Practice** Whole Health Life

<b>Patient-Partner</b>	<b>Provider/Coach</b>
1. Bring your list to the session and present it to your provider/coach	1. Review the list 2. What are some important things you need/want your health for? 3. Provide info about health in context of clinical info/expertise (if appropriate) 4. What behavior are you ready/willing to tackle? 5. What specific action(s) are you willing to begin? (May follow this up with check-in of support and offer of resources)

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**VHA Office of Patient Centered Care & Cultural Transformation**

**Information & Resources**

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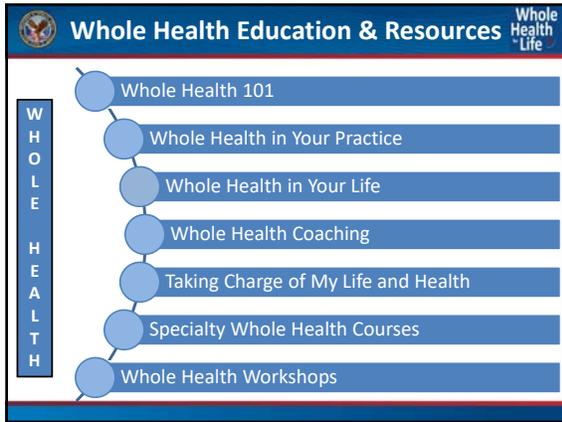
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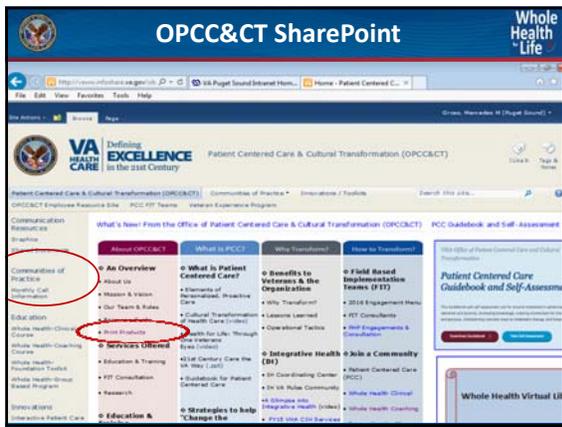
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 **Integrative Health Coordinating Center (IHCC)** 

- Guide and support development of Integrative Health throughout VHA
  - Clinical Innovation, Research & Evaluation, Education
  - Policy, Human Resources, Veteran Benefits, Metrics
  - Seamless integration with existing OPCC, VHA, VA initiatives
- Demonstrate improved health outcomes and return on investment



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 **Health Coaching Research** 

- VA's Office of Health Services Research & Development (HSR&D) has **more than 80 ongoing research projects to determine the efficacy of various IH services (CIH)** to treat and address a variety of conditions. For more information visit: [http://www.hsrdr.research.va.gov/research/portfolio\\_description.cfm?Sulu=24](http://www.hsrdr.research.va.gov/research/portfolio_description.cfm?Sulu=24)
- Three VA health systems that are leaders in CIH are also part of the research network called **PRIMER (Patients Receiving Integrative Medicine Interventions Effectiveness Registry)**, a multi-institution project designed to uniformly collect patient-reported outcomes and extracted electronic health record data into a large national registry. [http://www.bravewell.org/current\\_projects/bravenet/bravenet/](http://www.bravewell.org/current_projects/bravenet/bravenet/)
- The **NIH National Center for Complementary and Integrative Health** formed a working group with DoD and the VA and recommends large-scale collaborative research into pain management to focus on nondrug approaches to help active military and Veterans.
- VA CIH research funded in 2014 <https://ncclih.nih.gov/news/press/09232014?nav=upd>
- CIH in Veterans articles in Medical Care journal <http://journals.lww.com/ww-medicalcare/toc/2014/12001>

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 **Health Coaching CPT Codes** 

- Individual Health Coaching - licensed/credentialed providers may use: 99401-99404 (range covers 15-60 minute sessions)
  - *Preventive medicine, individual counseling code and/or risk factor reduction intervention(s) provided to an individual*
- Group Health Coaching - licensed/credentialed provider may use: 98962
  - *Education and training for patient self-management by a qualified, non-physician health care professional using a standardized curriculum, face-to-face with the patient (could include caregiver/family) each 30 minutes; 5-8 patients*

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 **Codes for Non-Licensed Providers** 

- Non-licensed, non-credentialed health coach providers use an S-code to close the encounter
  - S9445: “Patient education, not otherwise classified, **non-physician provider, individual**, per session”
  - S9446: “Patient education, not otherwise classified, **non-physician provider, group**, per session”

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 **Health Coaching Clinic Set-Up** 

- Stop Code 139 - Health and Well-being Services
- Group or Individual
- If provided by a non-licensed/non-credentialed provider, the clinic must be set-up as non-count (Non-Count CBO)
- Use CHAR 4 code to define the type of Health and Well-being Service provided.
- Whole Health Coaching CHAR4 Code: WCHC

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 **Health Coaching Clinic Set-Up** 

- Stop Code 139 should only be used as a **primary Stop Code** when an approach is well-being in nature and provided within a Well-being Program where clinical providers are labor mapped to that program/clinic. Thus, if well-being services are provided in a standalone Well-being Program, Stop Code 139 should be used in the primary position.
- Stop Code 139 should be used as a **secondary Stop Code** in all other circumstances where well-being CIH approaches are used, including for specialty clinics where well-being CIH services are provided but the clinical staff is labor mapped to a non-CIH specialty clinic (e.g., pain clinic, mental health, etc.)

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