



Our Plan for HOPE

Helping our Patients Engage (HOPE) in Weight Management

HOPE utilizes evidence-based Intensive Behavior Therapy (IBT) for Obesity (i.e. weight management) and is designed to support primary care providers in implementing healthy lifestyle and behavior change counseling in a way that works for individual practices and their patients. HOPE offers three primary models of delivery, curriculum and learning communities, and the opportunity for our team to create adaptations that will improve delivery and effectiveness in our practice.

WHICH primary model are we using? Choose one.

- Individual visits with a Billing Clinician
- Individual visits with a Health Coach
- Group visits

WHO will deliver the weight management sessions/visits directly to patients? Choose one or more.

- MD/DO
- Advanced Practice Provider (NP or PA)
- RDN
- RN
- Health coach
- Behavioral health provider (e.g., clinical social worker, psychologist, licensed counselor)
- Other: _____

WHEN will the person delivering the weight management do this? Choose one or more.

- During regular patient visit times with billing clinician (like other medical visits)
- During regular patient visit hours, but as an additional separate visit with a provider acting as a health coach
- Group in daytime
- Group in evening
- Other: _____

HOW will we organize this care? Choose one or more.

- Regular Patient Care
- Weight Prioritized Visits (focus only on weight for the visit, although other topics may come up)
- Groups as a shared medical appointment
- Groups as an educational program (not a medical appointment)
- Other: _____

HOW will we offer/advertise weight management services? Choose one or more.

- Placards/Flyers at front desk, waiting room, exam rooms
- Outreach to patients via phone
- Outreach to patients via patient portal/messaging
- Other outreach to patients (specify): _____
- Offered during otherwise scheduled office visit (well visit or for other reason)
- Other: _____

WHICH patients do we plan to focus on? Choose one or more.

- Any patient with a BMI of 30 or more
- Patients who see/respond to marketing materials/messages and inquire
- Specific patient groups by age, condition, gender, insurance, et. (specify): _____
- Other: _____

WHO will coordinate activities happening with weight management in the practice?

Name of person: _____
Their role: _____

WHERE will we provide this program/service? Choose one or more.

- Clinic
- Other Location: _____
- Virtually (via video conference)
- Telehealth (via telephone)

HOW will we get reimbursed/paid for providing weight management? Choose one or more.

- Insurance Billing (specify plans/codes if known): _____
- Quality improvement or performance payment program (specify): _____
- Patient self-pay (expected amount per visit/service): _____
- Selling products such as supplements, meal replacements, other services (specify): _____
- Other: _____

WHAT other treatment options and considerations will we make available in addition to what HOPE will provide for healthy lifestyle and behavior change counseling for any patients? Choose one or more.

- Specific diet guidance such as: DASH, Mediterranean, high protein/Atkins, restricted time eating, intermittent fasting, other (specify): _____
- Obesity medications (specify): _____
- Structured exercise options (walking group, etc.)
- Meal replacements and/or supplements
- Review of medications that affect weight
- Review of medical conditions that contribute to weight concerns (e.g. sleep apnea)
- Behavioral health interventions
- Other: _____