

The Wellness Program Of Aspire Health Partners


**“If I knew then what
I know now”**

“Changes within the consumers served and Office staff”

- We would have hired a fulltime ANRP instead of a part-time
- Would have contracted a nutritionist to help create meal plans and educate clients on better healthy choices for dieting and nutrition
- Adjust all new referrals with appointments within the present quarter
- Provide periodically certified training to the staff regarding Wellness
- Have peer council committee from the beginning of the program to help advocate on sustainability and peer enrollment
- Generate a discharge follow-up sheet that would be used to follow-up on those clients that completed the program

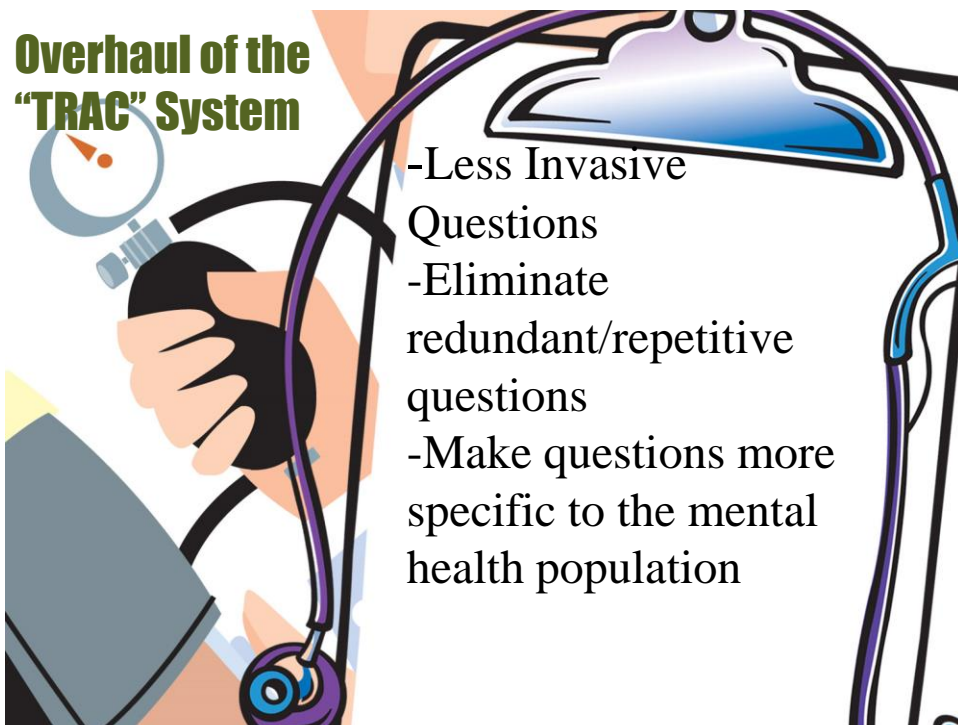
“If I knew then what I know now” SUSTAINABILITY

- Create an action plan into the Wellness Grant from the beginning
- Reach out to all FQHC (federally qualified health center) within the Orlando area to promote sustainability & partnership for the program
- Hire a credible consultant company to strictly focus on the sustainability efforts.
- Advocate to local & state officials about the Wellness Program to broaden awareness



Overhaul of the “TRAC” System

- Less Invasive Questions
- Eliminate redundant/repetitive questions
- Make questions more specific to the mental health population



Thorough Training for Employees

- CONDUCT STAFF TRAINING
READING LABS?
TRAINING ON THE PROCESS OF
APPLYING FOR MEDICAID, SSI,
MEDICARE

Pre-Enrollment Screening Process

1. Face to Face Initial screening assessment
2. Measure Medical Needs/conditions
3. Measure Personal Motivation
4. Measure Necessity for Program
5. Referral Process if doesn't qualify

Increased Experiential Lesson Plans for Wellness groups with gifts and incentives

Simple Recipes/Cooking methods

Low Sodium with Lots of SPICES

Tools/Gifts to Enhance Lessons

Walk/weight loss = NEW SHOES

The collage features a central illustration of a hand holding a black blood pressure cuff. To the left, a hand holds a stress ball. Below the cuff, a grid lists various items: SPF 30 Sunscreen, Stress Balls, Hand Sanitizer Spray, Hand Lotion with Caribiner, Hats, Pedometers, Water Bottles, and Aloe Vera Gel. To the right, a box of spices is shown with the text 'Low Sodium with Lots of SPICES'. Below the spices, a pair of grey and white sneakers is shown with the text 'Walk/weight loss = NEW SHOES'.

Out of the Box Incentives

- Match rewards with program
- Personal nutrition plan
- Paid for first PCP visit at beginning of program
- Walking team to set goals
- Give out Healthy food bags

The illustration shows a close-up of a doctor's face in profile, wearing a blue suit and tie. A green stethoscope is draped around his neck. In the foreground, a wooden crate filled with various fruits and vegetables is shown, with a small sign attached to it.

Facility Amenities

- Lounge area/Break room
- Relaxing environment for employees
- Therapeutic atmosphere



References

Goodman, N. (2014). Thought Reach. Retrieved from <http://thoughtreach.com/good-break-area-vital-happy-employees/>