



Focus On Wellness - An Annual Review

Engive®, a health and lifestyle management company that focuses on transforming the health of individuals through education and empowerment, has partnered with Centurion to provide health coaching services to patients in correctional facilities. This award-winning coaching program, called *Focus On Wellness*, helps patients with diabetes by providing telephonic education and support to promote medication compliance, adherence to treatment guidelines, healthy behaviors, and improved health outcomes. *Focus On Wellness* complements the care that Centurion's on-site chronic care teams already provide.

How does it work?

Once the patient consents to participate, they will have an initial coaching call to identify clinical risks and educational needs. The patient is then assigned to a specialty health coach who is either a registered nurse or registered clinician.

What to expect?

The health coach will complete an initial assessment and develop an individualized care plan based on the patient's knowledge of their condition, their lifestyle behaviors, and their readiness to change. After that, coaching calls will typically occur every four to six weeks. Components of the program include, but are not limited to:

- How the patient's medication works and how to take it correctly
- How to understand test results and biometric values
- How to recognize signs and symptoms
- How to eat better, exercise, and stay at a healthy weight
- How special education materials can help the patient better understand their condition

Next Steps?

Focus On Wellness health coaches support the patient's treatment plan by providing guidance on how the patient can gain control of and improve their health. In this way, the health coaches are an additional resource for on-site chronic care teams when it comes to educating patients on self-monitoring and helping them set and reach their health goals. Contact a site health services administrator to learn more about opportunities for patient health support and health coaching services, or to make a referral.

Centurion *Focus On Wellness* 2019 Annual Review:

BY THE NUMBERS

Average A1C
reduction of
2.4 points



79 program
graduates



148 patients in
the program



100% patient
satisfaction*



22 participating facilities
with **913** completed calls



Data representative of January - December 2019 program year.

*Based on post-program evaluations

“ See what
our patients
are saying:

I think this is a great program and is vital to someone newly diagnosed with diabetes.

The program helped me to be accountable. I learned a lot and I feel like my health improved.

Thank you for allowing me the opportunity to participate in such a life-changing program!

Ms. Kristina is an amazing health coach! I learned so much about my condition and was able to apply it to my everyday life. With her help my A1C and weight are down. Thank you for the motivation, knowledge, and the extra push I needed.

This program is amazing!

**Real talk
from real
people!**



Accomplishments and More



More Programs, More Places

Focus on Wellness launched in two new states (FL and VT) in 2019



Always Growing

Five new sites added in 2019



Even More Help

Nurse Connect services launched in MN in 2019



Program Expansion

Nurse Connect services expanding to FL in 2020