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### Healthy@Harris Nutrition Counseling Program Guidelines

#### **Statement of Purpose**

The Healthy@Harris Nutrition Counseling Program has been created to provide employees access to individualized nutrition-focused counseling and education with a Registered Dietitian.

#### **Mission**

Empower those affected by diabetes to self-manage their health and prevent future chronic diseases.

#### **Goals**

- Improve nutrition-related knowledge in regards to the diabetic diet recommendations
- Expand access to diabetes support for Harris Health employees
- Promote employees' ability to self-refer for diabetes education
- Facilitate communication and feedback between employees and Healthy@Harris staff
- Promote the American Association of Diabetes Educators (AADE) 7 self-care behaviors among employees who are affected by or at risk for diabetes
- Improve one or more reported risk factors related to diabetes, heart disease or metabolic syndrome

#### **Operating Procedures**

- Eligibility: The program is available to all employees and eligible spouses who have a diabetes diagnosis from their physician and are enrolled in the Livongo program.
- Scheduling:
  - Contact Ashley Smith at Employee Wellness to request an appointment
    - Phone: 713-566-6686
    - Email: [EmployeeWellness@harrishealth.org](mailto:EmployeeWellness@harrishealth.org)
  - Cancellations: please notify Ashley Smith via phone or email at least 24 hours prior to the appointment you need to cancel
- Appointments:
  - Minimum of 3 sessions (1 initial + 2 follow ups)
  - No personal health information is required
  - Initial Consultation:
    - 40 minutes
    - In person at Holly Hall
  - Follow up visit:
    - 20 minutes
    - In person or via phone
  - Every 4-5 weeks or per dietitian discretion or employee availability

**Contact us at [employeeewellness@harrishealth.org](mailto:employeeewellness@harrishealth.org); 713-566-6686**

Harris Health is committed to helping you achieve your best health. Incentives for participating in a wellness program are available to all eligible employees. If you think you might be unable to meet a standard for a incentives under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact Employee Wellness at 713.566.6686 or via email at [employeeewellness@harrishealth.org](mailto:employeeewellness@harrishealth.org) and we will work with you (and, if you wish, with your doctor) to find a wellness program with the same reward that is right for you in light of your health status.



- Additional appointments can be made at the discretion of the dietitian and based on availability
- Participant Responsibilities:
  - Return the completed and signed agreement\* prior to the first appointment
  - Complete a 24-hour food recall\* prior to each visit
  - Complete a goal assessment worksheet\* prior to each follow up visit
  - Complete at least 3 appointments within 6 months of the initial assessment
  - \*All forms are provided by Employee Wellness

**Rewards:**

- All employees and eligible spouses who complete at least 3 visits within 6 months of the initial assessment will receive 50 Premium Points per session, up to 150 Premium Points total.

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