

Connect for Health Pediatric Weight Management Program

Clinical Training Tools

- Newsletters
- Electronic Health Record Tip Sheets
- Clinician Telehealth Guidance
- Medical Assistant Training Video Script
- Medical Assistant FAQ
- Badge Backer Example

Connect for Health



During this pandemic, many families have let routines slip, when they're more important than ever for mental and physical well-being. All families benefit from encouragement to get enough sleep, be active, limit recreational screen time, and establish a balanced nutrition plan. Instead of focusing on weight, emphasize the importance of healthy behaviors and use Connect for Health materials and the text messaging campaign to support your message.

What is available:

Patient materials and text messages are now available in English, Spanish, and Haitian Creole!

Access them by going to:

1. The *Pediatric Weight Management with Texting* order set (under 'Educational Materials')
2. The [Connect for Health](http://C4Hprogram.com) website, C4Hprogram.com (in 'Health Professionals' section)
3. CARMA (search 'Connect for Health')
4. And soon to be accessible through the MGHfC Patient Education Library on *Apollo*.

The Connect for Health Virtual Learning Community

- Check it out to learn more about Connect for Health and pediatric weight management.
- Access at: <https://cpd.partners.org/content/connect-health-virtual-learning-community>

As a reminder, you can use Connect for Health tools to:

- Place lab orders
- Make referrals for follow-up care
- Sign families up for the Connect for Health Text Messaging Program (by making a referral: **REF 12431**)
- Add patient education handouts and resource guides to the AVS

Other tools available:

- A guide on how to best make use of the Connect for Health tools during virtual visits.

Have questions about Connect for Health?
Need a refresher or on how to access
Connect for Health tools or on what's available?

Support is here for you! Please contact:

- [Insert contact information here]

Connect for Health



Connect for Health Pediatric Weight Management tools are live in Epic to help guide conversations around weight management during Well Child Checks.

What is available:

Patient materials and text messages are available in English, Spanish, and Haitian Creole!

Access them by going to: (*Sites can add location of their materials; below are examples*)

1. The *Pediatric Weight Management with Texting* order set (under 'Educational Materials')
2. CARMA (search 'Connect for Health')
3. The [Connect for Health](http://ConnectforHealth.com) website, C4Hprogram.com (in 'Health Professionals' section)

What is the texting program?

- The text messaging program includes educational tips to help families work towards behavior change goals. Minor modifications have been made to ensure messages reflect COVID-19 limitations (closed facilities, the need to social distance, etc.).
- **Messages available in English, Spanish, and Haitian Creole!**

Click below to watch the Connect for Health Introductory video!

Have questions about Connect for Health?
Need a refresher or on how to access
Connect for Health tools or on what's available?

Support is here for you! Please contact:

[Insert contact information here]

Connect for Health



Connect for Health Pediatric Weight Management tools are live in Epic to help guide conversations around weight management during well child checks.

Connect for Health is here to offer support as you encourage your patients to get back on track and focus on healthy behaviors during this pandemic and other stressful times.

Connect for Health Virtual Learning Community!

The Connect for Health Virtual Learning Community is an eight module course geared towards primary care providers who see pediatric patients and would like to expand their knowledge base to include tools to manage pediatric obesity.

This program is free.

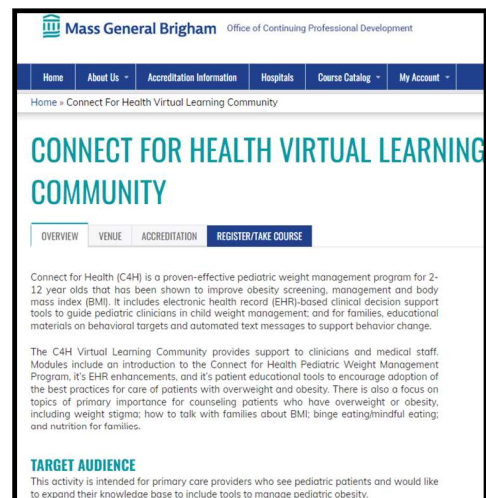
How do I enroll in the Virtual Learning Community?



1. Visit the [Connect For Health Virtual Learning Community](#), hosted by MGB Office of Continued Professional Development.
2. Log in using your Partners ID and password.
3. Select "Enroll".

Modules 1 & 2 include preview:

- An introduction to Connect for Health, the EHR enhancements and patient educational tools.
- Instruction on counseling patients who have overweight or obesity, including weight stigma and how to talk with families about BMI.



Based on the proven effective **Connect for Health Randomized Controlled Trial**

Understanding Weight Stigma

Fatima Cody Stanford, MD, MPH, MPA, FAAP, FACP, FANA, FTOS
Pediatric Endocrinology & Nutrition | Massachusetts General Hospital/Harvard Medical School

Need a refresher on Connect for Health or on how to access the available tools?

Support is here for you!
Please contact:

- Insert contact information here

Connect for Health Virtual Learning Community



Activity Description: The C4H Virtual Learning Community provides support to clinicians and medical staff. Modules include an introduction to the Connect for Health Pediatric Weight Management Program, it's EHR enhancements, and it's patient educational tools to encourage adoption of the best practices for care of patients with overweight and obesity. There is also a focus on topics of primary importance for counseling patients who have overweight or obesity, including weight stigma; how to talk with families about BMI; binge eating/mindful eating; and nutrition for families.

Learning Objectives: Upon completion of all eight modules, learners will be able to:

- Apply motivational interviewing and change talk strategies during follow-up visits with patients and families.
- Discuss and promote strategies for improved nutrition, physical activity, sleep, and screentime behaviors.
- Assess families' readiness for change and create goals with families.

Target Audience: This activity is intended for primary care providers who see pediatric patients and would like to expand their knowledge base to include tools to manage pediatric obesity.

Course Directors: Massachusetts General Hospital for Children and Harvard Medical School

Agenda: Modules will include

- Connect for Health Program overview
- Talking with families about BMI/Weight stigma
- Nutrition for families
- Binge eating/mindful eating
- Screen time, sleep, and physical activity counseling
- Social and emotional wellness
- Motivational interviewing
- Follow-up weight management visits

Have you checked out the
Connect for Health
Virtual Learning Community?

➡ Created for pediatric primary care providers;

➡ Offers guidance on managing pediatric obesity;

Modules include:

1. Program Overview
2. Understanding Weight Stigma
3. Binge Eating & Mindful Eating
4. Nutrition for Families
5. Screen Time, Sleep, & Physical Activity
6. Social & Emotional Wellness
7. Motivational Interviewing
8. Follow-Up Weight Management Visits

There are two ways to access the learning modules:

1. Scan the QR code with your phone. ➡

OR

2. Go to: bit.ly/Connect4HealthVLC



[SITE LOGO GOES HERE]



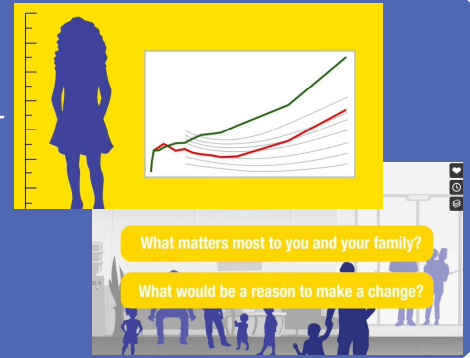
Connect for Health Telehealth Features

In response to the changing landscape of primary care, Connect for Health pediatric weight management Epic tools that support both visit conducted in-person and virtually.



Materials for Families Available

- Two short videos, summarizing the Connect for Health program and a guide to follow up weight management, which can be added to an AVS.
- Curated Online Resource Handout, guiding families to trusted, multi-modal resources for pediatric weight management.

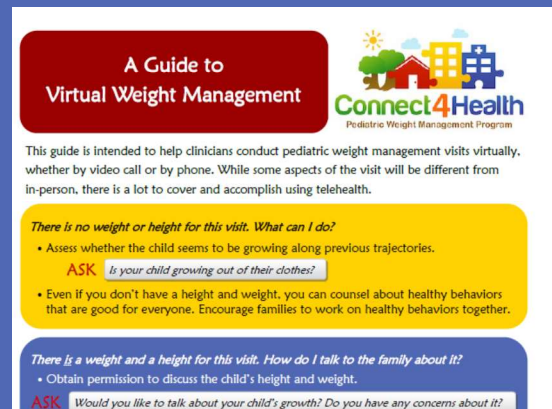


Epic SmartSet tools available

- Last ordered function added to labs, referrals, and the Connect for Health text messaging order, for streamlined follow up visits

[screenshot of last ordered]

- Automatically populated telephone number for Connect for Health text messaging order
- Updated best practice and guidance on conducting well child checks via phone or video visit.
- Additional overweight and obesity diagnosis codes available in the SmartSet



Questions?

- Reach out to us any time by email at:

Clinician TIP SHEET



WHAT IS CONNECT FOR HEALTH?

Connect for Health (C4H) is a pediatric weight management program with the goal to improve the screening, management and quality of care for patients ages 2-12 with a BMI \geq 85th percentile. Connect for Health is designed to make it easy for clinicians to deliver high quality, evidence-based care to standardize management of overweight and obesity in primary care.

Clinician-facing tools:

1. Flagging of children with body mass index (BMI) \geq 85th percentile
2. Clinical decision support tools to guide screening and management
3. Clinician training and support

Family-facing tools:

1. Educational materials to support behavior change
2. Text messaging program
3. Community resource guide

*All tools can be accessed through **Pediatric Weight Management Orders with Texting***

ELECTRONIC HEALTH RECORD TOOLS

1. **Best Practice Alert** to add visit diagnoses, Open Pediatric Weight Management Orders.
2. **Pediatric Weight Management Orders with Texting** for text messaging, labs, referrals, and all patient materials.

Good News!

Using some of these tools counts towards HEDIS measures and Internal Performance Framework (IPF) criteria.

Look for the stars below to see what counts!



HEDIS



IPF

[Insert flagging system name for Elevated BMI (e.g. BEST PRACTICE ALERT)]

[*Note: Please insert site specific screenshot of flagging system such as a "Best Practice Alert (BPA)" that fires based on height and weight, and the child's BMI; include instructions on how to use flagging system]

 Documenting diagnosis counts towards HEDIS measures.

 Opening and utilizing Order Set meets Internal Performance Framework (IPF) criteria.

PEDIATRIC WEIGHT MANAGEMENT ORDERS WITH TEXTING

*Note: Customizable
[insert screenshot of clinical decision tool options available and include instructions on where to go]

*Note: extra space to add additional screenshots or steps on what orders to use.

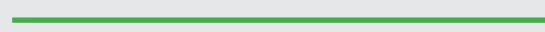
When placing text referral make sure to:

- 1 Confirm preferred language & phone number
- 2 Show fact sheet
- 3 Obtain verbal consent

How can I place a text message referral if I'm not using the Best Practices Alert or Order Set?

Search "Connect for Health" in the **orders section** as if ordering a lab

How can I find the Order Set outside of the Best Practice Alert?

- 1 Go to the **Plan** tab 
- 2 Search for "Pedi Weight" under "SmartSets"
- 3 Select "Pediatric Weight Management Orders with Texting"
- 4 Right click to "Open" or "Add to Favorites" to save in the plan tab.

[insert screenshot of location]

How can I pull-up Connect for Health handouts if I'm not using the Order Set?

- 1 Go to the **Wrap-Up** tab
- 2 Scroll down to "Patient Instructions"
- 3 Type "C4H" in SmartText box for all handouts

[insert screenshot of location]

For more information & clinician education visit c4hprogram.com For support, training and questions email:
[insert site-specific IT or service desk email or add phone number]

Connect4Health(C4H) Tip Sheet for Providers

What's Happening?

***Note:** The following is a template Please customize to site-specific description.



In [month] clinical decision tools will be going-live with a pediatric obesity intervention called "Connect for Health" (C4H). During well child checks for 2-12 year olds, when the MA enters height & weight, if the patient's BMI is \geq the 85th percentile then the EHR will then fire a new BPA for the MA that will recommend either 1) enrollment in a text message program (and text message handout), 2) specific labs, or 3) a 1-page C4H patient education document. Additionally, providers will have access to additional tools for pediatric obesity management.

MA Work *(completed before providers see the patient):*

If the patient is 2-12 years old, BMI \geq 85th percentile

The BPA will prompt the MA to ask the parent if he/she wants to enroll in the C4H text message program, which will text the parent 1-2 times per week with tips and information on topics like healthy eating, exercise, and sleep.

- Within the BPA, the MA will enter the preferred cell phone number and document preferred language (only English and Spanish offered at this time).

Additionally, If the patient is 10-17 years old, BMI \geq 95th percentile

the BPA will prompt the MA to order these screening labs (if the patient has not received them before):

- HgA1c recommended because of BMI (completed once every 3 years)
- ALT recommended because of BMI (completed once every 3 years)
- Lipid panel recommended because of BMI (completed once)



Provider work:

- Know and understand what MA BPA delegated tasks will be in case families ask follow-up questions.
- Continue counseling on weight as part of your Well Child Checks.
- Start using the "pediatric obesity" smart set for additional tools.
- If you receive an abnormal lab result from this screening, remember that often the recommended treatment is lifestyle change.



Thank you for your help in addressing the childhood obesity crisis!

For questions and support with Connect 4 Health, email: [INSERT EMAIL HERE]



Epic Connect4Health(C4H) Tip Sheet for Providers

Open SmartSet:

***Note:** Customize with site specific list of content in the clinical decision support tools

[Insert site specific screenshot on how to look up clinical decision support tools such as using the search bar and typing in name (e.g. "Smart Set name is search by Pediatric obesity")]

***Note:** This page is included as an example, we invite you to edit and add your own images.

What's included in the pediatric obesity SmartSet plan:

***Note:** Customize with site specific list of content in the clinical decision support tools

[Insert site specific screenshot of clinical decision support tools such as "Smart Set" that displays the orders available]

Alternatively, you can search for Connect for Health orders:

***Note:** Customize with site specific list of content in the clinical decision support tools

[Insert site specific screenshot of other locations where orders can be found outside of clinical decision support tool.]

Epic Connect4Health(C4H) Tip Sheet for MAs

What is Connect for Health (C4H)?

The C4H program is an obesity program for children aged 2-12 years that includes an educational text messaging program, patient goal setting, and connection to community resources.

What are Providers responsible for?

Providers are responsible for:

- Talking about pediatric obesity with patients
- Co-signing lab orders
- Providing patient education tailored to the needs of the family and child

The [insert clinical decision tool name (e.g. Pediatric Obesity Smart set)] will guide providers through these steps.



What are MAs responsible for during Well Child Checks?

Epic has been programmed to do most of the work! MAs only have to do a few steps.



MA's Tasks

1

Enter height and weight. Click Well Child Check as reason for visit.

2

Enroll parents in the Text Messaging Program (if the parent consents) with the order in MA Delegated Tasks. Verify the parent's cell phone number and indicate English or Spanish.

3

Sign the pre-checked lab orders in MA Delegated Tasks (even if the parent does not want the text messages).

EHR Tasks

Then the EHR calculates Body Mass Index, which triggers the MA Delegated Tasks BPA.

Epic automatically adds a Text Messaging Program Handout to the AVS and also a C4H Program Handout.

The EHR shows pre-checked lab orders, so the MA does not need to choose labs. The EHR displays the signed orders for the provider to co-sign.

How will our clinic flow change because of C4H?

Impact on clinic flow will be minimal. MAs need to enter height and weight *before* reviewing the MA Delegated Tasks BPA. MAs need to sign up the parent for text messaging *and* order the pre-checked labs *before* the provider sees the patient. MAs or providers need to give the parent the AVS since it will contain important handouts.

What should MAs do if parents react negatively to this script?

The MAs are not responsible for talking with parents about their child's weight or childhood obesity. If there is any resistance from parents, the MA should respectfully redirect the parent by saying something like:

- "It sounds like you have some concerns. Your provider will tell you more about this program. Then you can decide if you want to sign up."
- "It sounds like you would like to learn more about the program before signing up. I'll let your provider know."

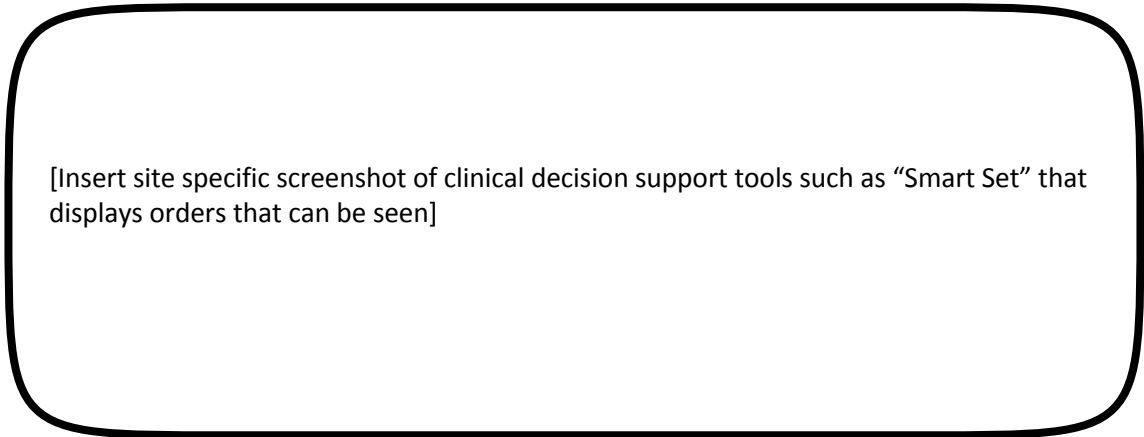
Thank you for your help in addressing the childhood obesity crisis!



For questions and support email: [INSERT EMAIL HERE]

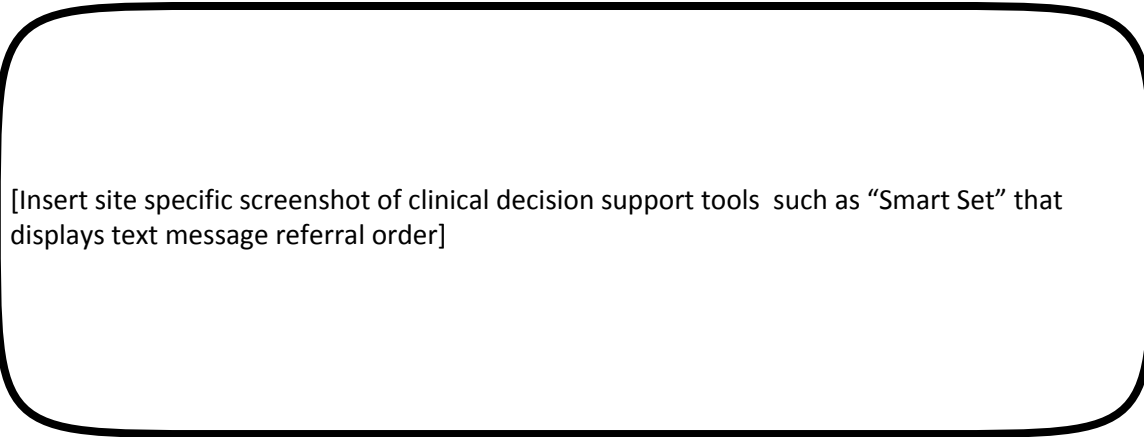
Epic Connect4Health(C4H) Tip Sheet for MAs

Based on the BMI and child's age (from ages 2-12), you will see 3 additional labs to order in MA Delegated Tasks



***Note:** Customize with site specific list of content in the clinical decision support tools

The C4H order for enrollment in text messaging will show in MA Delegated Tasks if the patient is eligible



C4H patient education and text messaging information that will print with the AVS

The graphic features the Connect4Health logo (a house, a building, and a puzzle piece) and the text "Connect4Health Pediatric Weight Management Program". It includes a section titled "What do I do as part of the program?" with a list item: "1. Talk with the health care team today about ways your family can reach a healthy weight. Ask if you should attend the Healthy Life...". Another section titled "What is Connect for Health?" states: "With your doctor, Connect for Health supports families with children ages 2-12 to help them make behavior changes and get the care they need to work towards a healthy weight." A third section titled "Fact Sheet to Receive Unencrypted Text Message Communications for the Connect for Health Program" states: "Your health care center offers families a text messaging program to support healthy behavior change. Here is a fact sheet about the program. Messages are sent twice a week and include tips and information on topics like healthy eating, sleep, and helping kids be active. Messages will not include any personal information." The graphic also includes the text "Learn how" and "www" partially visible.

A Guide to Virtual Weight Management



This guide is intended to help clinicians conduct pediatric weight management visits virtually, whether by video call or by phone. While some aspects of the visit will be different from in-person, there is a lot to cover and accomplish using telehealth.

There is no weight or height for this visit. What can I do?

- Assess whether the child seems to be growing along previous trajectories.

ASK *Is your child growing out of their clothes?*

- Even if you don't have a height and weight, you can counsel about healthy behaviors that are good for everyone. Encourage families to work on healthy behaviors together.

There is a weight and a height for this visit. How do I talk to the family about it?

- Obtain permission to discuss the child's height and weight.

ASK *Would you like to talk about your child's growth? Do you have any concerns about it?*

- To minimize weight stigma, avoid discussing specific weight and BMI values as well as using terms like *overweight* and *obese*. Refer to next page for information on discussing healthy behaviors that are good for the whole family.

What about the physical exam?

- Telehealth visit exams are challenging, but the history can help you evaluate for obesity-related conditions, for example, acanthosis nigricans or obstructive sleep apnea.

ASK *Does your child have any dark areas or lines in their skin (like neck, armpits, groin area)?*

Does your child snore or wake up from sleep gasping for air? Do they seem tired during the day?

Plan for appropriate follow-up.

- Refer to labs and specialists just as you would at an in-person visit.
- Schedule a follow-up visit as needed — virtual or in-person, dependent on patient and provider needs and preferences.

Minimize weight stigma: Remember that obesity is a disease, just like asthma and diabetes. Provide nonjudgmental care and encourage healthy habits and behaviors that are good for everyone.

Ask: *Would it be ok if I ask you a few questions about some things you do every day?* Use the questions below as a guide to open up conversations around healthy behaviors.

Share: [Connect for Health Handouts](#) and videos and enroll them in the text messaging campaign. Handouts can be sent to the After Visit Summary or patients can view them at C4Hprogram.com.



BEHAVIORS	EXPLORE	COUNSEL & TAKE ACTION
SUGARY DRINKS	<i>How many sugary drinks does your child usually have in a day?</i>	<ul style="list-style-type: none"> Recommend using a fun water cup or bottle, or adding fruit slices for taste.
SCREEN TIME	<i>How many hours does your child spend on screens most days? Don't include homework or school time.</i>	<ul style="list-style-type: none"> Encourage replacing screen time with active time and aim for 60 minutes of physical activity daily.
PHYSICAL ACTIVITY	<i>How much time is your child physically active most days?</i>	
BALANCED NUTRITION	<i>How often does your child eat takeout or fast food? How many servings of fruits and vegetables does your child eat most days?</i>	<ul style="list-style-type: none"> Encourage consistent mealtimes. If eating outside the home, look for foods that are not fried and include fruits or vegetables. Refer to local food bank or SNAP if concerned about food insecurity.
SLEEP ROUTINES	<i>How many hours does your child sleep most nights? Do they have trouble falling or staying asleep?</i>	<ul style="list-style-type: none"> Encourage consistent bed times and sleep routines. Consider further evaluation or treatment for sleep disturbances.
SOCIAL & EMOTIONAL WELLNESS	<i>Do you worry that your child is stressed, depressed, or anxious? Is bullying a concern?</i>	<ul style="list-style-type: none"> Encourage socialization through active play (dance parties, fun and active Youtube videos, GoNoodle, etc). Consider mental health referral.

***NOTE:** This document is a template, we invite you to edit as needed.

Connect for Health: Medical Assistant (MA) training Video

Description: This is a script that could be used to create a training video for medical assistants if they are going to use the Connect for health program. This script needs to be customized to your site's specific workflow.

This video is about the Connect for Health program which began in family medicine, pediatric and school-based clinics in late 2019 and early 2020. In this video you'll learn about:

- The purpose of the C4H program and how it helps patients
- What you need to do as a Medical Assistant
- What providers need to do
- How to see your clinic and your individual data on satisfying C4H BPAs

C4H is an evidence-based program for families who have children aged 2-12 years old who have obesity, and includes these services, which are provided during well child checks:

- An educational text messaging program
- Patient goal setting and patient education to support behavior change
- Connecting patients to community resources

The C4H program can be used to ensure that for children and teens ages 10 and older who have obesity also get needed labs at their well child check.

As a medical assistant, here is what you need to do in the EHR:

- Document Well Child Check as a reason for visit, and enter height and weight ***both of these steps must happen before opening MA Sign Orders BPAs***
- Open MA Sign Orders BPA
- **Text Message Enrollment:**
 - Ask the parent or guardian this question "Based on the measurements we took today {name} has too much weight for their health. Your provider will talk with you more about {names} weight. We offer families a text messaging program to support healthy behavior change. Messages are sent twice a week and include tips and information on topics like healthy eating, sleep, and helping kids be active. Would you like to sign up?"
 - If yes, verify phone number or enter correct phone number and document if parent wants to receive texts in English or Spanish
 - Click Accept
 - This is the part of the workflow when you might get some questions, so here are some answers to commonly asked questions:
 - *Am I going to get spammed with lots of texts?* You will only receive 1-2 texts each week and only for 1 year.
 - *What do the text messages say?* Here are some of the texts that parents have really liked:
 - C4H: What does your child like to do to be active? Walk, swim, play ball, run, dance, or bike ride? There's something for everyone. Help get them started.
 - C4H: Build your child's confidence. Ask what she likes about herself. What is she good at? Encourage her to do what makes her feel good about herself.
 - C4H: How much sleep do kids need? 2 year olds need 11-14 hours including naps. 3-5 year olds need 10-13 hours a night, and 6-12 year olds need 9-11 hours.
 - *How can I stop getting texts?* Parents can reply "3" to stop receiving text messages.
 - Other tips for MAs

***NOTE:** This document is a template, we invite you to edit as needed.

- Please don't ask the parent if they have already been referred or signed up for the text messages. If the BPA for text messages fires, it means the family hasn't signed up yet; please ask them if they want to sign up.
- Please try to use the words "healthy weight" or "too much weight for your height". Using the words "obese" or "obesity" can be offensive to parents and children/teens.
- MAs are not responsible for talking to parents about their child's weight or childhood obesity. If there is any resistance from parents, please respectfully redirect the parent by saying something like:
 - It sounds like you have some concerns. Your provider will tell you more about this program. Then you can decide if you want to sign up.
 - It sounds like you would like to learn more about the program before signing up. I'll let your provider know.
- **Labs:** If the child is 10 years or older, you may also see some MA Sign Orders BPAs to order labs. **Sign** the pre-checked lab orders including HgA1c, ALT, or Lipid Panel
- **Patient Education:** All patient education will automatically print with the after-visit summary (AVS) including:
 - A handout about text message enrollment if the parent enrolled in text messaging
 - A handout about the C4H program will automatically print for both parents who are enrolled in text messaging and also eligible parents who are not enrolled in text messaging.
 - A "Stressful Times" about healthy living during the COVID-19 pandemic will now automatically print out for parents who are enrolled in the text message program and also eligible parents who are not enrolled in text messaging

If you're interested in learning how often you or your clinic are enrolling parents in text messaging or ordering labs, then check out the video on [*add site specific location where they can locate videos*].

If you have any questions about the C4H program, you can email [INSERT EMAIL HERE]

Connect4Health (C4H) Frequently Asked Questions

General Information

What is Connect 4 Health?

The C4H program is a pediatric weight management program for children aged 2-12 years. It includes clinical decision support tools for our health care teams and an educational text messaging program, patient goal setting and connection to community resources for families.

Why offer Connect 4 Health to families?

Too many pediatric patients have too much weight for their health. Connect 4 Health provides tools for our health care team and resources for families to promote healthy lifestyles and keep kids growing at a healthy weight.

How do I describe Connect 4 Health to families?

Connect 4 health takes a positive approach to health and proposes a whole-family health lifestyle plan with recommendations for sleep, healthy drinks, physical activity, healthy foods, self-care and screen time. C4H empowers parents to be the policy makers in their own home and teaches children healthy habits now that will benefit them for their whole lives. In addition, C4H helps families connect to resources in their communities that can support their healthy habits.

Which languages is the Connect for Health program available in?

Only English and Spanish at this time.

Who do I contact if I have questions, comments, suggestions, or need support?

[INSERT EMAIL HERE]

Location of Tip Sheets: [INSERT HERE]

How can patients get questions answered or support with Connect 4 Health?

Text Message and General Questions: [\[INSERT EMAIL HERE\]](#)

English: [INSERT PHONE NUMBER HERE]

Spanish: [INSERT PHONE NUMBER HERE]

Additional Resources www.C4HProgram.com

Text Messaging

What if patients didn't enroll in text messages with the MA and now want to sign up?

The provider should enter an order for the referral.

How do parents un-enroll in text messaging?

Parents can reply "3" to stop receiving text messages.

How can parents change the phone number that receives the text messages?

Parents can change the phone number by contacting the Connect 4 Health program at [INSERT EMAIL HERE] or leave a message at [INSERT PHONE NUMBER HERE] (English) or [INSERT PHONE NUMBER HERE] (Spanish). Families will receive a response within [INSERT RESPONSE TIME HERE].

Why should MAs enroll every child in the text message program and enter a phone number even if a sibling has already enrolled and/or the family is already receiving text messages?

[insert site-specific description]

Medical Assistants

Are there words that I should or shouldn't use when I tell parents about the Connect 4 Health program?

There is recommended scripting included in the BPA to enroll the parent in text messaging. Medical Assistants are encouraged to adapt the scripting so that it flows naturally and feels comfortable for the MA. However, MAs are discouraged from using the words "overweight," "obese," or "elevated BMI," because these words either have a negative connotation or are confusing. It is okay to say "your child has too much weight for their height," or "due to their height and weight measurements today."

What should MAs do if families react negatively to the C4H text messaging program script or want to discuss concerns about their child's weight?

MAs should respectfully redirect the caregiver by saying something like "It sounds like you have some concerns. Your provider will tell you more about the program. Then you can decide if you want to sign up." Or "It sounds like you may like to learn more about the program before signing up. I will let your provider know."

Why do MAs need to enter height and weight for WCC visits (even multiple) before they look at BPAs?

This step is important because it contributes to both physical activity and nutrition counseling. First entering height and weight ensures all eligible families have the opportunity to receive the C4H program that supports healthy habits to keep kids growing at a healthy weight to provide the best care available.

Do MAs sign or pend the recommended Connect for Health labs?

MAs sign the labs that are recommended for each patient.

Will the Connect for Health BPAs fire at sick visits?

No, they will only fire at well child checks, and will be prompted (in part) by the Medical Assistant selecting Well Child Check as a reason for visit.

***Note:** This page is an example, we invite you to edit this document as needed.

Identifiers: (800) 368-9111



Who to refer:

2-12 year olds with BMI \geq 85th %ile

How to refer:

Use "Best Practice Alert" to add visit diagnoses

Open Order Set to:

- Enroll in text messaging
- Order suggested labs
- Refer back for f/u or to specialist
- Print patient handouts

Clinician education and more information:

Visit cdprogram.com and email connectforhealth@partners.org

The following meet internal performance framework (IPF) criteria:

- Placing referral to Nutrition or Weight Management Programs
- Opening and utilizing Order Set
- Using these Smart Links:

PED MU OBESITY COUNSELING: 19964
PHS AMB MU Intervention for addressing BMI: 21784

ATTENDING DOCTOR
DEPT. OF PEDIATRICS



Recommended labs for \geq 85th %ile:

Fasting glucose, A1c, ALT, AST, Lipid Panel. Repeat q2-3 years, if normal

Weight Management Education:

10 - 2 - 1 - 0 +

Sleep:

2 year olds: 11 - 14 hours/night

3 - 5 year olds: 10 - 13 hours/night

6 - 12 year olds: 9 - 11 hours/night

Screen Time: \leq 2 hours/day

Physical Activity: 1 hour/day

Drinks: 0 sugary drinks, drink water

+ Establish a balanced nutrition plan

+ Find people, places, resources to help lower stress

ATTENDING DOCTOR
DEPT. OF PEDIATRICS