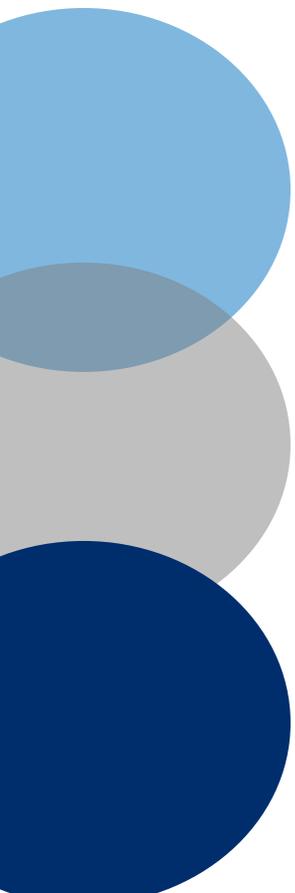


FIND YOUR FIT

Take Action Guide

Individual Pledge

ACCESS TO CARE





Individual Pledge Access to Care

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Individual Pledge

By downloading this Take Action Guide, you've decided that something needs to change in the healthcare conversation in our community. Find Your Fit as part of Healthy Tri-County is designed to give you the tools and resources you need to be an agent of change. You're encouraged to take the pledge at <https://www.healthetricounty.com/take-pledge> to demonstrate your commitment.

Thank you for your part in improving health and well-being in the Tri-County.

I pledge to participate in improving the health and well-being of myself, my family, and my community by taking action and by taking care.

I pledge to educate myself and others, using safe and reputable resources, on any health topics prior to making lifestyle changes or long-term healthcare decisions.

I pledge to familiarize myself with local resources and services available in my community.

I pledge to hold myself accountable for my own healthcare outcomes.

Healthy Tri-County

Mission: Improve the health and well-being of every person and community within the Tri-County region

Healthy Tri-County (HTC) is a regional initiative to improve the health and wellbeing of every person and community in Berkeley, Charleston and Dorchester counties. This initiative grew out of collaborative work by MUSC Health, Roper St. Francis Healthcare and Trident United Way on the 2016 Tri-County Community Health Needs Assessment. It became clear that facilitating impactful health efforts would require the engagement of diverse community stakeholders using the principles of collective impact.

HTC realized that the potential to achieve real change as outlined in [Our Health, Our Future: Tri-County Health Improvement Plan 2018-2023](#) (TCHIP) would be made more effective if put into the hands of the community. Find Your Fit supports HTC in achieving the goals and recommendations of the TCHIP, the first comprehensive health improvement plan in our region that provides concrete recommendations and action steps for improving health outcomes that can be carried out by a wide range of local organizations, groups and individuals.

HTC is powered by Trident United Way in equal partnership with Roper Saint Francis Healthcare and MUSC Health.



Available Services

- If you are a student, talk to your school/department about conducting a student health clinic
 One-time action
- Talk to your friends about their issues with accessing appropriate care – try and help them achieve solutions
 Annually
- Ask your doctor when it is appropriate to use the Emergency Room and what to do for other illnesses
 One-time action
- Find a ‘minute clinic’ near you
 Annually, or as locations change
- Talk to your doctor about available services in their office and nearby
 Annually at your yearly physical

Insurance

- Ask your insurance company if they cover ‘telehealth’
 At the start of new coverage
- Talk to your insurance company about services covered under your plan
 At the start of new coverage

Personal Accountability

- Donate money and/or resources to local free health clinics
 Discretionary
- Download healthy lifestyle smartphone apps
 Ongoing  [List of recommended apps provided on page 5](#)
- Keep an updated calendar of all appointments with reminders so you can plan ahead
 Ongoing

Transportation

- Ask a friend to drive you to an appointment
 As needed
- Use driving services such as taxis, Uber or Lyft to help you get to your appointments
 As needed



Available Services

- Ask local government for funding for a community center
 One-time action
- Promote community health programs in the Spanish-speaking community
 Ongoing
- Talk to your local schools about opening health centers on their premises
 One-time action Data to support your conversation provided on page 7

Insurance

- Attend a health literacy or insurance class/ webinar
 Annually Reference materials provided on page 9

Personal Accountability

- If you are bilingual, volunteer at local community health events, shelters or health clinics
 Ongoing
- Work with local health clinics/groups to translate materials into Spanish
 Ongoing

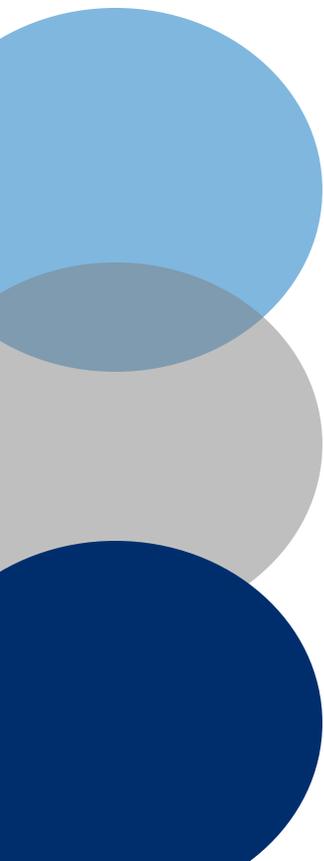
Transportation

- Work with transportation offices or a group of friends to take those in need to appointments
 As needed

FIND YOUR FIT

Appendix

ACCESS TO CARE





RESOURCE

Recommended Healthy Lifestyle Apps



My Fitness Pal

Available on iOS, Android

MyFitnessPal is a smartphone app and website that tracks diet and exercise to determine optimal caloric intake and nutrients for the users' goals and uses gamification elements to motivate users.



HEADSPACE

Headspace

Available on iOS, Android

Headspace is a smartphone app and website used in a number of clinical trials investigating the effects of mindfulness training. A study found a significant increase in wellbeing, reductions in anxiety and depressive symptoms, significant reductions in diastolic blood pressures, significant increases in perceived job control, as well as a significant reduction in sleeping problems.



Sleep Cycle

Available on iOS, Android

Relax, sleep better and wake up feeling rested with Sleep Cycle, the smart alarm clock. Track sleep from bedtime to morning, and get detailed analysis with the app that makes waking up in the morning just that bit easier.



Fooducate

Available on iOS, Android

Find out what's on your food with Fooducate, the only app that scans & grades foods based on their ingredients. Learn nutrition basics and get recommendations for healthy alternatives. Track your calories, macros, and workouts. Get motivation from the most supportive community in the world.



Happify

Available on iOS, Android

Happify's science-based activities and games can help reduce stress, overcome negative thoughts, and build greater resilience by providing effective tools and programs to improve emotional well-being.



RESOURCE

Support for School-based Health Centers

What are School-based Health Centers (SBHCs)? “School-based health centers (SBHCs) provide a variety of health care services to youth in a convenient and accessible environment. Over the past 40 years, the growth of SBHCs evolved from various public health needs to the development of a specific collaborative model of care that is sensitive to the unique needs of children and youth, as well as to vulnerable populations facing significant barriers to access. The SBHC model of health care comprises of on-school site health care delivery by an interdisciplinary team of health professionals, which can include primary care and mental health clinicians. Research has demonstrated the SBHCs' impacts on delivering preventive care, such as immunizations; managing chronic illnesses, such as asthma, obesity, and mental health conditions; providing reproductive health services for adolescents; and even improving youths' academic performance.” *from sciencedirect.com/science/article/pii/S1538544212000545*

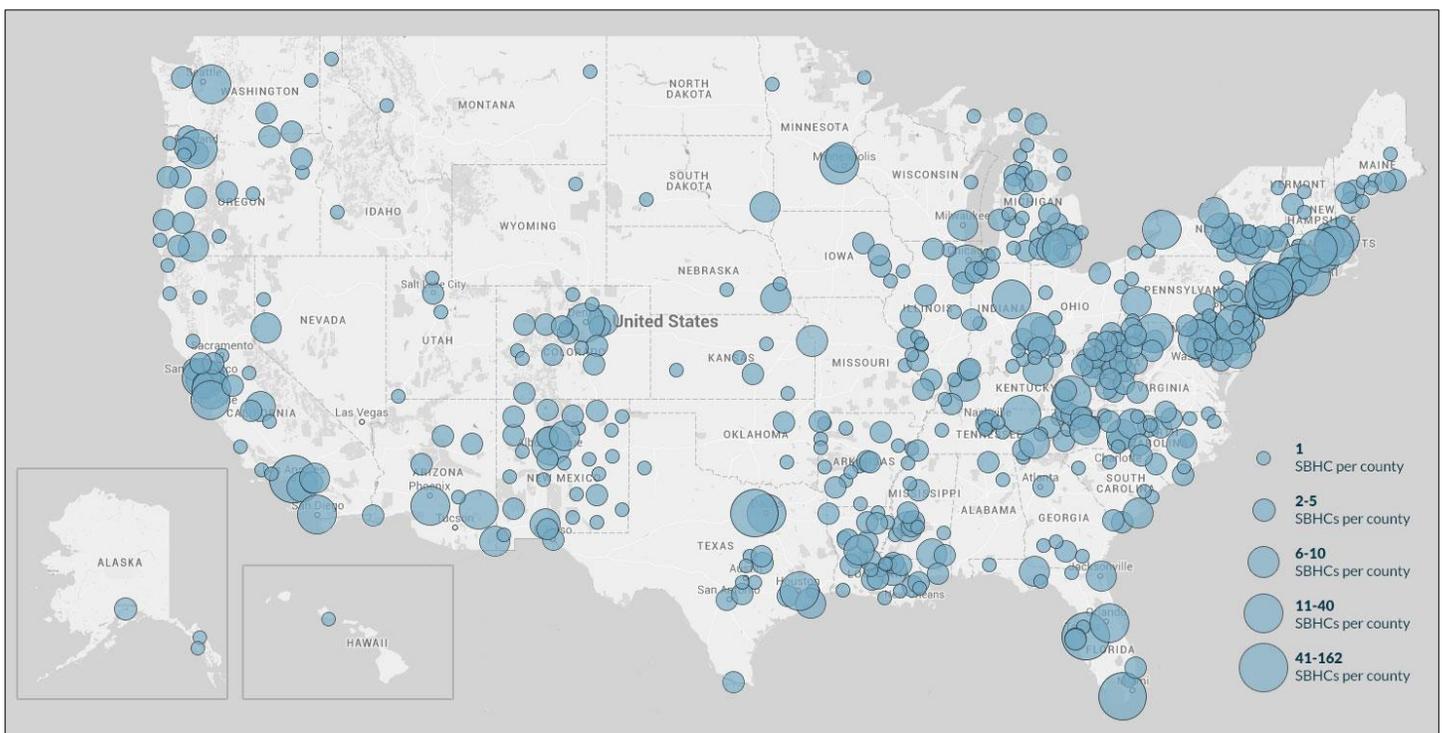
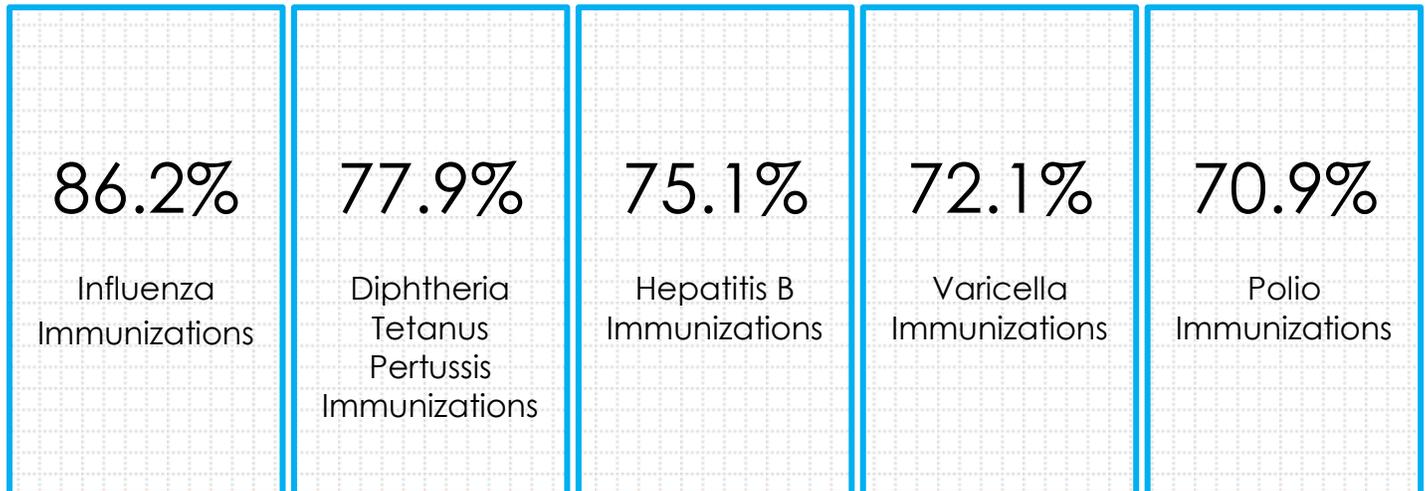


Figure 1 Density Map of SBHCs in the United States, 2014. National School-Based Health Care Census.

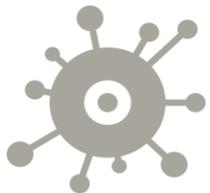
Staffing of these SBHCs are primarily by PCPs and behavioral health providers, which is the hallmark of the formal SBHC model. Continuing to increase is the number of SBHCs where the healthcare team is complemented by experts in other areas of healthcare including nutrition, health education, social services, oral health, and vision care. The services available to youth populations through SBHCs are both widely varied and highly effective as another healthcare touchpoint for the communities in which they serve. *from censusreport.sbh4all.org*

Support for School-based Health Centers Continued

In addition to providing services for individual students, SBHCs can provide prevention, early intervention, and harm-reduction services for the entire school community by following the 8 components of the Coordinated School Health Program model, as described by the Division of Adolescent and School Health of the Centers for Disease Control and Prevention. These 8 components are as follows: (1) health education; (2) physical education; (3) health services; (4) mental health and social services; (5) nutrition services; (6) healthy and safe environment; (7) family and community involvement; and (8) staff wellness. *from the American Academy of Pediatrics paper on School-Based Health Centers and Pediatric Practice*



84.3% Vision Screenings



83.4% Individual Chronic Disease Management

Figure 2 Percentage of SBHCs Providing Immunization, Vision, and Individualized Health Management Services, 2014. Nation School-Based Health Care Census.

Why is it important to fund SBHCs? SBHCs establish a business plan to generate grants, contracts, and billings to match SBHC expenses. Although state funding of SBHCs has almost quadrupled over the past 20 years, finding adequate resources and income remains a challenge for most SBHCs. Sponsors can include pediatricians who provide care to underserved children in their communities by establishing SBHCs as satellites of their practices with financial support from grants and contracts. In addition, local hospitals often provide after-hours and school vacation coverage and financial support for SBHCs. Local hospitals benefit from this arrangement because SBHCs can reduce hospitals' costs by preventing unnecessary emergency or urgent care visits and hospitalizations and enrolling students in public health insurance. *from the American Academy of Pediatrics paper on School-Based Health Centers and Pediatric Practice*



RESOURCE

Attend a Health Literacy or Insurance Class/Webinar _____

What is Health Literacy? Health literacy is generally defined as the degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions. *from health.gov/communication/hlactionplan*

Why is Health Literacy important? Only 12% of adults have proficient health literacy, according to the National Assessment of Adult Literacy. In other words, nearly 9 out of 10 adults may lack the skills needed to manage their health and prevent disease. This limited understanding of the healthcare system and health information results in higher morbidity and mortality among Americans. *from health.gov/communication/literacy/quickguide*

The International Foundation of Employee Benefit Plans is a nonprofit organization, dedicated to providing the diverse employee benefits community with objective, solution-oriented education, research and information. This organization provides an online course that defines health literacy and its importance. The cost of this Health Literacy e-learning course is \$80. *from ifebp.org/education/elearningcourses*

While the lesson plan is structured for educating those already in healthcare fields, its general themes are applicable to the average person and could prove useful when making future healthcare decisions for you or your family.

Health Literacy and Its Importance

Differentiates the various levels of health literacy and shows how low health literacy can negatively impact health and well-being.

Recognizing and Interpreting Cues

Explains how to recognize signs of low health literacy via verbal and nonverbal cues and how different groups are impacted by low health literacy

Challenges Associated with Low Health Literacy

Illustrates how consumers are limited by low health literacy when it comes to accessing health care and understanding difficult insurance plans and concepts

Communicating with Consumers with Low Health Literacy

Provides advice for anyone who counsels consumers through difficult health care decisions on how to eliminate fear, create a welcoming atmosphere and facilitate understanding. Additional topics addressed include overcoming language barriers and jargon.

Click for Health Literacy
e-Learning Course

Click for a List of
e-Learning Courses

Click for CDC Site on Health Literacy

Acknowledgements

Developing Find Your Fit has been a long and intentional process, and required many individuals and organizations to come together.

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Access to Care Sub-Committee of the Tri-County Health Improvement Plan

Behavioral Health Sub-Committee of the Tri-County Health Improvement Plan

Clinical Preventive Services Sub-Committee of the Tri-County Health Improvement Plan

Maternal, Infant & Child Health Sub-Committee of the Tri-County Health Improvement Plan

Obesity, Nutrition & Physical Activity Sub-Committee of the Tri-County Health Improvement Plan

Additional Support Contact Information

Questions or concerns about content you've been provided in this guide, contact FindYourFitCampaign@tuw.org

Interested in becoming more involved in the Tri-County Health Improvement Plan or one of its targeted sub-committees, contact HTCSupport@tuw.org for more information about an upcoming Healthy Tri-County orientation session.

For information on volunteering with Trident United Way, contact volunteer@tuw.org