

## Arthritis Council

### Arthritis Council WWE Work Group Call

Monday, April 19, 2021, 11:00 a.m. ET / 10 a.m. CT / 9 a.m. MT / 8 a.m. PT

**Workgroup Participants:** Amy Michael, Co-Chair (MN), Allison Harris (Oregon State), Caitlin Gurney (NY), Celsa Bowman (UT), Colleen Pittard (NRPA), Heather Murphy (NACDD), Katie Potestio (NY), Lisa Erck (NACDD), Melissa Dale (MT), Nadia Mazza (NC), Nick Turkas (Arthritis Foundation), Serena Weisner (OAAA).

**Guests:** Audrey Semel (WVU), Erin Reid (Active Southern WV), India Krawczyk, Jen Post, Jessica DesRosiers (YMCA of Central NY), Melanie Seiler (Active Southern WV), Paige Hughes (Alliance of New York State YMCAs), Samantha Shawley Brzoska (WVU), Sara Johnson, Veronica Crosier (Active Southern WV), James Vance (WV DOHHR)

**Workgroup Charge: Provide a platform for discussion among council members on:**

- **WWE in the work site**, with a specific focus on state employee groups/employees, looking at ROI and data for WWE in the worksite
- **WWE as a support for other EBIs** (e.g. DPP); package WWE to help expand EBI efforts, possibly through the development of a process map or flow chart; tie in referral and counseling linking with Electronic Health Records.
- **Comorbidities of arthritis** and collaboration with other state programs (e.g. 1817, 1815); also how physical activity EBIs (like WWE) could be used to support these arthritis comorbidities.

#### I. Introductions/Welcome

Heather shared that the format for today's call will be a little different and that we will hear from partners in two states that are working to couple WWE with the Blood Pressure Self-Monitoring Program. Partners from New York and West Virginia will share information on their efforts to date.

#### II. WWE as a support for other EBIs

- WWE as a support for Blood Pressure Self-Monitoring Program

New York efforts --

- [Katie Potestio](#), New York State Arthritis Program introduced [Paige E. Hughes](#), Director of Healthy Living, Alliance of New York State YMCAs.
- Paige shared that the Alliance promotes and advocates for the member YMCAs throughout NY.
- The New York State YMCA Foundation is a sister organization and is set up to receive grants.
- The Alliance works to support chronic disease programs and interventions that support as many participants as possible.
- Over the last year the Alliance has been focusing on building community to clinic linkages.

- Joann Donnelly, Evidence-based Health Intervention Consultant for the Alliance of New York State YMCAs shared that the idea for coupling WWE and BPSMP came about from a Cornell study that looked at diabetes and co-morbidities.
- The team began to think about engagement, health disparities, convenience with BPSM and how to couple this with DPP. Integration idea was raised with DOH and they agreed to fund at one YMCA. Looked at staff leadership, experience with health interventions, etc. Jessica was at the top. Needed to look at which programs and determined WWE and BPSMP.
- [Jessica DesRosiers](#), Associate Executive Director of Health Strategies, YMCA of Central New York oversees evidence-based interventions in NY through the Y.
  - Jessica shared that they are currently in week 5 of the project.
  - Rolled this out through an email blast with a 38% open rate.
  - Reached about 3,800 people.
  - Participants that signed up received enrollment in the program and a four-month membership to YMCA along with one-on-one support.
  - What draws people to program – relationships and facilitating those among group.
    - Have 6 people currently in the group with avg age of 77.
    - What was motivation and what were goals? Participants were motivated to move more, increase stamina, learn correct way to exercise. Goals - wanted to learn to live with arthritis, gain strength, feel better and improve quality of life.
    - How do we sustain this? For cost, the Y does provide assistance, need to figure out how to sustain this type of program without grant funding. Have been offering SMBP program for about two years and sees the need to continue to offer these types of programs.

#### West Virginia efforts --

- [Melanie Seiler](#), Executive Director, Active Southern West Virginia shared that they recruit individuals to lead physical activity programs across many sectors and for a variety of age groups.
  - Recently adopted WWE program.
  - Recruitment through a current mailing list.
  - WWE is being implemented at community level as well as in workplace wellness settings.
  - State DOH partner, James Vance is working to implement WWE and advertising to 6,000 state employees.
  - Partner WV University and WV Health Connection provides support for data collection and community-clinical linkage.
- [James Vance](#), West Virginia Department of Health and Human Resources shared that the 1815 program is working to kick off SMBP program at worksites.
  - Planning to include information on WWE in the BPSM stations.
- [Samantha Shawley-Brzoska](#) and [Audrey Semel](#), West Virginia University - West Virginia Health Connection
  - WV Health Connection provides support for community-clinical linkages across the state.
  - They have a partnership with a local YMCA to track blood pressure with participants in the DPP program.
  - Bring expertise in pairing public health programs to look for effectiveness and sustainability.

- Workshop Wizard has 48 curricula and is able to look at metrics for programs.
- For SMBP have a pre-survey that participants take, along with daily tracking, as well as check-in points.
- Questions & Answers / Discussion
  - How are you approaching payers in WV?
    - For DPP focused on having a centralized data set, tracking metrics for site locations throughout state.
    - Looking at data and doing an ROI study so payers can see WV specific data.
    - For DPP looking at reimbursement codes being used to see if they are using and how this can be standardized.
    - Much of the data that is captured by the individual leader may not be shared at the state level; working to put infrastructure in place so more statewide data can be shared.
    - Spent some time talking with the WV Medicaid Director and Insurance Commissioner about data which is why they began the implementation of Workshop Wizard; it is important to know what your payers want in terms of data.
  - What type of data tracking platform do you use in WV?
    - Using the Workshop Wizard platform for programmatic tracking but complement this with other tools (i.e., REDCap, Tableau).
  - When using WV Health Connection and the leader database can you share how you plan to identify gaps and cross training?
    - WV Health Connection and leader database has a certifications piece, so within the next two years will be looking to reach out to leaders and then see if updates on certification have been done; additionally, will be able to see who is cross trained throughout the state.
  - How are referrals coming in – electronically, from provider, etc.?
    - In WV they see all different types of referrals so they try to streamline the process for sharing information with provider; WV Health Connection is a good tool for sharing this information as it is HIPPA compliant.
  - Discussed the coupling of several EBIs in both WV and in NY.
    - Look at metrics when going to payer with more than one program. Need to make sure you have all components in place for curriculum/program(s).
    - Payers for integrated programs will need to see efforts/outcomes from all programs.
  - Discussion on reimbursement – asked Nick Turkas for his thoughts.
    - Ideally reimbursement should be available through private and public health care, and grant funds.
    - Unlocking CMS and insurance reimbursement would really take the reach of these programs to a new level.
    - When compared to the cost of treatment (e.g., hip replacement), programs like WWE are of great value; we need longitudinal studies that can help show the cost savings.

### III. Other/Announcements

- Next call will be June 21, 2021, 11:00 a.m. ET / 10 a.m. CT / 9 a.m. MT / 8 a.m. PT