

Healthy Living Resources - OMC

Program Name	Diabetes Self Management Individual & Group	Medical Nutrition Therapy (MNT) Individual	Nutrition Facts/Skills Classes	New You Program	Lactation Service Consult	Prenatal & Family Education Breastfeeding Class Perinatal Fitness	Tobacco Cessation – General	Tobacco Cessation - OB patients	Adjustable Gastric Banding Surgery for Weight Loss	Center for Weight Loss & Wellness
Program Contact	Rynn Geier	Fawn Hangge	Fawn Hangge	Fawn Hangge	Penny Ness	Amy Fry	Kelly Owens	Kelly Owens	Fawn Hangge or Kathy Ney	Anna Maxon Debra Kelm
Contact Phone	507.287.2768	507.292.7156	507.292.7156	507.292.7156	507.529.6758 (office) 507.421.4758 (cell number for providers only, not patients)	507.529.6757	507.529.6657	507.529.6657	507.292.7156 507.529.6729	507.292.7155
Alternate Phone	507.288.3443 x2593	507.288.3443 x2593	507.292.7176 (registration phone)	507.292.7176 (registration phone)	507.529.6758	507.529.6759	507.288.3443 x2593	Same as above	Same as above	Same as above
Fax	507.287.2791	507.287.2791	507.287.2791	507.287.2791	N/A	507.529.6940	N/A	N/A	507.529.6732	507.252.0723
Program Website	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	www.olmmed.org/bariatrics	www.omcweight loss.com
Office Hours	Monday-Friday 7:30-4:30	Monday-Friday 8:00-5:00	Monday-Friday 8:00-5:00	Monday-Friday 8:00-5:00	Monday-Friday 8:00-4:00	Monday-Thursday 9:00-5:00	Monday-Friday 8:00-5:00	Monday-Friday 8:00-5:00	Monday-Friday 8:00-5:00	Monday-Thursday 8:00-6:00 Friday 8:00-5:00 Saturday 9:00-12:00
Service Area (where education can occur)	Rochester Southeast *Chatfield Clinic *Pine Island Clinic * Offered at specific dates and times	Rochester Southeast *Chatfield Clinic *Pine Island Clinic *Offered at specific dates and times	Rochester Southeast *Chatfield Clinic *Pine Island Clinic *Offered at specific dates and times	Rochester Southeast is the main location, but will take patients from all areas	All OMC locations	All OMC locations 1:1 Prenatal Education sessions are typically at the hospital, however educators will travel to other sites if needed	All OMC locations	All OMC locations	All OMC locations	All OMC locations
Other languages	Yes, with interpreter	Yes, with interpreter	No interpreter available	No interpreter available	Yes, with interpreter	Yes, with interpreter	Yes, with interpreter	Yes, with interpreter	Yes, with interpreter	No interpreter available

Program Name	Diabetes Self Management Individual & Group	Medical Nutrition Therapy (MNT) Individual	Nutrition Facts/Skills Classes	New You Program	Lactation Service Consult	Prenatal & Family Education Breastfeeding Class Perinatal Fitness	Tobacco Cessation – General	Tobacco Cessation - OB patients	Adjustable Gastric Banding Surgery for Weight Loss	Center for Weight Loss & Wellness
Eligibility Requirements	<p>OMC Patient</p> <ul style="list-style-type: none"> Referral from an OMC healthcare provider <p>Non-OMC Patient</p> <ul style="list-style-type: none"> Referral from an OMC healthcare provider, patient must secure an OMC provider who will be managing their care 	<p>OMC Patient</p> <ul style="list-style-type: none"> Referral from an OMC healthcare provider <p>Non-OMC Patient</p> <ul style="list-style-type: none"> Referral from an OMC healthcare provider, patient must secure an OMC provider who will be managing their care 	<p>OMC Patient</p> <ul style="list-style-type: none"> No referral needed, just call for an appointment <p>Non-OMC Patients</p> <ul style="list-style-type: none"> No referral needed, just call for an appointment 	<p>OMC Patient</p> <ul style="list-style-type: none"> No referral needed, just call for an appointment <p>Non-OMC Patients</p> <ul style="list-style-type: none"> No referral needed, just call for an appointment 	<p>OMC Patient</p> <ul style="list-style-type: none"> No referral needed, just call for an appointment** <p>Non-OMC Patients</p> <ul style="list-style-type: none"> Do not take at this time – would have to be registered as an OMC patient <p>**Referral is helpful to the Lactation team so they are aware of what the visit is for</p>	<p>OMC Patient</p> <ul style="list-style-type: none"> No referral needed, just call for an appointment <p>Non-OMC Patients</p> <ul style="list-style-type: none"> No referral needed, just call for an appointment 	<p>OMC Patient</p> <ul style="list-style-type: none"> Referral from an OMC healthcare provider <p>Non-OMC Patient</p> <ul style="list-style-type: none"> Referral from an OMC healthcare provider, patient must secure an OMC provider who will be managing their care 	<p>OMC Patient</p> <ul style="list-style-type: none"> Referral from an OMC healthcare provider <p>Non-OMC Patient</p> <ul style="list-style-type: none"> Referral from an OMC healthcare provider, patient must secure an OMC provider who will be managing their care 	<p>OMC Patient</p> <ul style="list-style-type: none"> No referral needed, just call for an appointment <p>Non-OMC Patients</p> <ul style="list-style-type: none"> No referral needed, just call for an appointment 	<p>OMC Patient</p> <ul style="list-style-type: none"> No referral needed, just call for an appointment <p>Non-OMC Patients</p> <ul style="list-style-type: none"> No referral needed, just call for an appointment

Program Name	Diabetes Self Management Individual & Group	Medical Nutrition Therapy (MNT) Individual	Nutrition Facts/Skills Classes	New You Program	Lactation Service Consult	Prenatal & Family Education Breastfeeding Class Perinatal Fitness	Tobacco Cessation – General	Tobacco Cessation - OB patients	Adjustable Gastric Banding Surgery for Weight Loss	Center for Weight Loss & Wellness
Intake/Referral Procedure	Provider completes diabetes referral on IC-Chart and sends to Education Outreach worklist.	Provider completes nutrition referral on IC-Chart and sends to Education Outreach worklist.	No referral is needed, however sometimes beneficial for patients who wish to submit costs of the program to their health-flex accounts. If so, then providers complete the nutrition referral on IC-Chart and sends to the Education Outreach worklist	No referral is needed, however sometimes beneficial for patients who wish to submit costs of the program to their health-flex accounts. If so, then providers complete the nutrition referral on IC-Chart and sends to the Education Outreach worklist	1. Patient can call to schedule and appointment for a Lactation Consultation or 2. Patient can be referred or recommended by provider with a referral sent to Lactation Services worklist or phone call or 3. Patient's can call Lactation Services office phone for consulting over the phone or 4. Lactation staff have daily consults with hospital breastfeeding inpatients	No referral needed for group sessions/ classes. For individual one on one's provider completes the One on One Prenatal Education referral on IC-Chart and sends to Prenatal and Family Education worklist.	1. Provider completes the Tobacco Cessation referral on IC-Chart and sends to the Tobacco Cessation worklist. or 2. If patient is in the office wanting to get an appointment before they leave – call x2593 to schedule an appointment with Greg Hagen or Jamie Michel. Provider still needs to send referral to Tobacco Cessation worklist so it is in the record.	Provider completes nutrition referral on IC-Chart and sends to Tobacco Cessation worklist	1. Phone call to General Surgery reception or 2. Phone call to Holly Wright – Program Coordinator or 3. Clinical message to Dr. Chandra	No referral is needed, however referrals are beneficial for the program coordinators and providers for communication purposes. CWW referral can be found on IC-Chart. Provider then sends it to the CWW worklist.
Cost and Insurance	Visit is submitted to insurance	Visit is submitted to insurance	Not submitted to insurance	Not submitted to insurance	Not submitted to insurance	Not submitted to insurance	Visit is submitted to insurance	Not submitted to insurance	Visit is submitted to insurance	Not submitted to insurance

Program Name	Diabetes Self Management Individual & Group	Medical Nutrition Therapy (MNT) Individual	Nutrition Facts/Skills Classes	New You Program	Lactation Service Consult	Prenatal & Family Education Breastfeeding Class Perinatal Fitness	Tobacco Cessation – General	Tobacco Cessation - OB patients	Adjustable Gastric Banding Surgery for Weight Loss	Center for Weight Loss & Wellness
Visit Cost	\$75/30 minutes for group class Medicare allows and covers for 12 hours of initial education within 12 months of 1 st education visit and 2 hours of education every 12 months afterwards. Education must be completed in group classes unless there is a medical need that makes individual education more appropriate.	\$60 per 15 minutes Eating disorder patients have the option for a “Cash Payment Package” that is not submitted to insurance. Payment is due prior to the first visit. Package cost is \$149/5 sessions.	\$20/class There is a multi-class discount available. Can pay cash or check.	\$149/class Can pay cash or check	No charge to patients	\$10/session Can pay cash or check OMC employees, U-Care, and MA patients are free of charge	\$48/visit	No charge to patients	Note: All appointments are discussed with patients prior to program enrollment after coverage benefits are received from insurance company	Varies depending on weight loss option chosen. Can pay with cash, check, or credit card. The cost will vary person to person. At the orientation, patients are given specific fee sheets that detail the pay schedule for the program. OMC is a fee-for-service program and does not do any direct billing. Some insurance companies will reimburse for lab work, physician visits, and other medical expenses associated with the program.

Program Name	Diabetes Self Management Individual & Group	Medical Nutrition Therapy (MNT) Individual	Nutrition Facts/Skills Classes	New You Program	Lactation Service Consult	Prenatal & Family Education Breastfeeding Class Perinatal Fitness	Tobacco Cessation – General	Tobacco Cessation - OB patients	Adjustable Gastric Banding Surgery for Weight Loss	Center for Weight Loss & Wellness
Program Service Description										
General	American Diabetes Association accredited program and uses evidence-based practice guidelines to coach patients on a variety of diabetes-related health concerns based on patient's level of readiness and personal goals.	MNT uses evidence-based practice guidelines to coach patients on a variety of health concerns based on the patient's level of readiness and personal goals.	Classes work to develop skills and knowledge on the class topic to increase patient's ability to make informed decisions about personal behavior change. Classes include: <ul style="list-style-type: none"> • Good Glucose • Controlling Cholesterol • Controlling Blood Pressure • Serving Sizes • How to make healthy meals • Eating on the Run • Fitness/- Activity 	The New You program starts with an individual assessment with a RD and includes 12 classes over four months. The program ends with a 30-minute individual appointment.	Specialized staff who support and educate women and families who choose to breastfeed their babies. They provide expertise in assisting with various breastfeeding problems and difficulties.	<p>Perinatal Fitness: An introduction to a variety of exercises and relaxation techniques that are safe for the expectant and postpartum mother.</p> <p>Breastfeeding: For the expectant parents that explores the benefits of breastfeeding as well as resources available to them.</p>	<p>Tobacco cessation counseling by a tobacco treatment specialist The following information is discussed:</p> <ul style="list-style-type: none"> • Tobacco use and history • Quit attempts • Barriers to quitting • Support systems • Readiness for change • Nicotine replacement options/- medications 	<p>Tobacco cessation counseling by a tobacco treatment specialist. The following information is discussed:</p> <ul style="list-style-type: none"> • Tobacco use and history • Quit attempts • Barriers to quitting • Support systems • Readiness for change • Nicotine replacement options/- medications • Specifically talk about dangers of smoking for fetus/baby, secondhand smoke, and the benefits of quitting for baby and mom. 	Surgical weight loss program with the adjustable gastric band (Lapband)	<p>Medical Supervision: A healthcare provider works with the patient to get rapid, significant, and safe weight loss.</p> <p>Healthy Solutions: Promotes weight loss without medical supervision. This program combines fruits and vegetables with nutritionally complete HMR weight loss shakes, entrees, and nutrition bars.</p> <p>HMR at Home: Self-directed version of the Healthy Solutions plan using HMR weight loss shakes, entrees, nutrition bars, fruits and vegetables.</p>

Program Name	Diabetes Self Management Individual & Group	Medical Nutrition Therapy (MNT) Individual	Nutrition Facts/Skills Classes	New You Program	Lactation Service Consult	Prenatal & Family Education Breastfeeding Class Perinatal Fitness	Tobacco Cessation – General	Tobacco Cessation - OB patients	Adjustable Gastric Banding Surgery for Weight Loss	Center for Weight Loss & Wellness
Goals	Use evidence-based practice guidelines to provide patients with knowledge and skills to prevent, manage, or correct medical problems associated with diabetes.	Use evidence-based practice guidelines to provide patients with knowledge and skills to prevent, manage, or correct medical problems associated with nutrition.	Use evidence-based practice guidelines to provide patients with knowledge and skills to prevent, manage, or correct medical problems associated with nutrition.	Work to develop skills and knowledge related to weight loss to increase patient's ability to make informed decisions about personal behavior change.	For patients to attain their breastfeeding goals that are personal to them.	Inform and equip the patient to make these practices part of their daily life.	Assist patients with tools to help them quit tobacco and to stay tobacco-free.	Assist patients with tools to help them quit tobacco and to stay tobacco-free.	Help patients learn and practice the lifestyle and behavior skills that are necessary to successfully reach their weight-loss and health-management goals.	Weight loss while learning lifestyle behaviors for long-term weight/health management.
Number of Visits	Variable	Variable	Variable	12 classes and 2 individual appointments	As needed	Perinatal Fitness: 2 classes and ongoing for as long as the patient desires Breastfeeding 1 class	Up to 4 visits, based on patient need	Varies on patient need and desire	Typically 4-6 months of consecutive visits as required by insurance.	Initially 13 sessions with additional sessions based on needs of patient.
Length of each visit	Up to 60 minutes	Up to 60 minutes	60 minutes	60 minutes	Varies	Perinatal Fitness: 1.25 hours Breastfeeding: 2.5 hours	60 minutes	30–60 minutes	Varies by appointment type	60-90 minutes
Credentials of Educators	RD, LD, or RN, CDE	RD, LED	RD, LD	RD, LD	International Board Certified Lactation Consultants (IBCLC) Lactation Educators (LE)	Certified Childbirth Educators, doulas, lactation counselors and/or RN's in labor and delivery	Tobacco Treatment Specialist	Tobacco Treatment Specialist	Dr. Vidhan Chandra, surgeon	Health Management Resources Certified Health Educators

Program Name	Diabetes Self Management Individual & Group	Medical Nutrition Therapy (MNT) Individual	Nutrition Facts/Skills Classes	New You Program	Lactation Service Consult	Prenatal & Family Education Breastfeeding Class Perinatal Fitness	Tobacco Cessation – General	Tobacco Cessation - OB patients	Adjustable Gastric Banding Surgery for Weight Loss	Center for Weight Loss & Wellness
What, if anything is given out	Educational materials as needed	Educational materials as needed	Educational materials as needed	Personalized meal plan, weight loss tool kit (cookbooks, measuring tools, pedometer), education materials, and multiple opportunities to earn additional “reward incentives” based on behavior change.		Perinatal Fitness: Educational packet containing benefits and risks, general perinatal exercise information, and samples of exercises and stretches Breastfeeding: Booklet and educational packet	Educational materials as needed: Addiction education, tips for quitting, goal sheet, etc.	Educational materials as needed: Addiction education, tips for quitting, goal sheet, etc.	Educational materials given to each patient at attendance of informational session	Program specific education materials and record keeping materials. Other: The meal replacements used in the program are available to the general public. Individuals interested in purchasing meal replacements may place orders as walk-in, phone, or website.