



Well-integrated Screening and Evaluation
for Women Across the Nation

Education Corner

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Eating Smart-Being Active Program

- Eating Smart-Being Active (ESBA) is an evidence-based nutrition education and obesity prevention curriculum for low income adults with young children.
- The ESBA Program is offered free of charge to all WISEWOMAN clients and in each county of the state by the University of Missouri Extension (UME) staff.
- In order to make attendance more convenient for the client, the UME staff provides classes at several WISEWOMAN provider facilities.
- The curriculum consists of eight core sessions, each approximately 60-90 minutes in length. Attendance of

six sessions is considered completion for the WISEWOMAN Program and clients completing at least six sessions will receive a special incentive from the ESBA program.

The Lessons

- Lesson 1: Get Moving
- Lesson 2: Plan, Shop, Save
- Lesson 3: Fruits and Veggies: Half Your Plate
- Lesson 4: Make Half Your Grains Whole
- Lesson 5: Build Strong Bones
- Lesson 6: Go Lean with Protein
- Lesson 7: Make a Change
- Lesson 8: Celebrate! Eat Smart & Be Active

Referral Process

- The WISEWOMAN clinic staff provides the client with course information.
- WISEWOMAN clinic staff marks the ESBA referral box on the screening form and enters this in MOHSAIC with the date of the referral.
- WISEWOMAN clinic staff completes the ESBA referral form and faxes the paper referral form to the WISEWOMAN Central Office staff.
- The paper referral form must be filled out and sent to the WISEWOMAN Central Office staff for the referral to be sent to the UME staff. A copy of the paper referral form can be found on page 11.4 of the provider manual.
- The paper referral is sent to the UME staff who will then contact the client regarding the classes.



WISEWOMAN Central Office Staff:

Karen Wallace	Erin Kelly, RN	Jackie Jung	Gayle Dougan
Program Manager	Education Coordinator	Project Specialist	Support Staff
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Question & Answer



Q: Can a client receive health coaching and still attend the ESBA classes?

A: Yes. The ESBA classes can be attended by the client in addition to health coaching provide by the clinic staff at the WISEWOMAN facility.

Q: How does the clinic staff know if a client has completed all six of the necessary sessions for completion of the ESBA program?

A: The WISEWOMAN Central Office staff receives an attendance list at the end of each month and monitors attendance of clients. Once a client has completed six out of the eight total sessions, it will be entered as completion in the MOSHAIC system by the WISEWOMAN Central Office staff and an e-mail will be sent to the clinic staff informing them of the client completion.

Q: Does anyone follow-up with the clients who have been referred but do not attend the classes?

A: Yes. The UME staff does follow-up with clients who have been referred to a class but the client does not attend. They will address any barriers that the client may have with further participation in classes.



WISEWOMAN Program Updates

- WISEWOMAN Annual Training is coming up in June. Everyone should have sent in the RSVP form to the Central Office as to which training your staff is planning to attend. It is mandatory that the WISEWOMAN Coordinator and Biller attend the training; however other staff members involved in the WISEWOMAN

Program at your facility may also attend.

- A reminder that the Annual Training is separate from the SMHW training. The SMHW staff will be sending out more information on their training.
- The WISEWOMAN Program will conclude this grant year on June 30, 2016. Please have

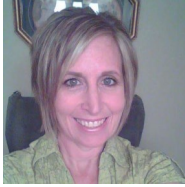


all billing submitted in a timely

manner so the Central Office staff are able to process all claims. If you have any questions regarding your clinic's funding, please contact Erin Kelly.

- Thank you to all of our facilities for all of your hard work this past grant year!

Meet the WISEWOMAN Staff



Karen Wallace, Program Manager

Karen joined the WISEWOMAN team in November 2015. She obtained her bachelor's degree in Psychology from Columbia College in 1992 and her master's in Guidance and Counseling from Lincoln University in 2014. Karen brings with her over 20 years of experience in the mental health field and over 10 years of prevention related work.

Karen has a passion for assisting people with making positive behavioral changes to improve their overall health and wellness.

Karen resides in Jefferson City with her husband, William. She has five children and three grandchildren. In her leisure time, she enjoys spending time with her family, being active and riding her Harley.



Farewell to

Gayle Dougan, Senior Office Support Staff

Gayle joined the WISEWOMAN team in 2014 as the Senior Office Support Staff. She has an Associates Degree in Business and Computers.

Gayle resides in Jefferson City with her husband and son. Gayle loves spending time with her family and being outdoors.

Gayle has accepted another position within the Department of Social Services and we wish her all the best in her new adventure!



Erin Kelly, Education Coordinator

Erin joined the WISEWOMAN team in April 2015. She graduated with an Associates Degree in Nursing from Lincoln University in 2006. She has worked in several areas in the nursing field since graduation such as the Pediatric ICU, Pediatric clinic, Outpatient Surgery, and home IV infusions.

Erin enjoys providing education and helping others around her. She loves learning and creating new ideas. She loves reading and crafting.

Erin resides in Jefferson City. When she isn't with family and friends, you can find her with her lovable 4 year old Golden Retriever, Miles.



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Jackie Jung, Project Specialist

Jackie joined the Section for Community Health and Chronic Disease Prevention in 2008 as a Project Specialist. Jackie has a bachelor's degree from Columbia College in Business Administration with an emphasis in Management.

Jackie has worked with the WISEWOMAN Program on various projects since joining the Section in 2008.

Jackie resides in Jefferson City with her husband, Frank. They have two grown sons, Aaron and Ashley.



Becca Lander, Data Manager

Becca joined the WISEWOMAN team in August 2015. She is the Data Manager and also handles program evaluation. She received her BA in Anthropology and Biology from the University of Iowa, her MA in Forensic Anthropology from Texas State University, and in 2015 her PhD in Anthropology from University of Missouri-Columbia.

In addition to crunching numbers, she enjoys hiking, baking, and playing video games. Becca lives with one very needy dog named Sheldon and one less-needy husband, Sean.



WISEWOMAN™

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**Please Note there will not be
an Education Call in June
2016 due to Annual Regional
Training.**

**The next WISEWOMAN
Education Call will be in
July 2016**

Visit Us on the Web:
[http://health.mo.gov/
living/healthcondiseases/
chronic/wisewoman/
index.php](http://health.mo.gov/living/healthcondiseases/chronic/wisewoman/index.php)

**Thank you
for all you
do!!**

WISEWOMAN Program Reminders



- Please remember to bill any visits as soon as possible or at least within 60 days of the date of service. This is so we can keep up-to-date on provider reimbursement as well as to avoid claims being missed.
- Please be aware that the WISEWOMAN Program is getting closer to the end of the grant year. As we near the end of the grant year, please submit all billing in a timely manner so the Central Office staff is able to process these claims for reimbursement.
- Also a reminder regarding claim forms, if a claim has been submitted, any changes to that form has to be completed by the central office. If you have a form that has been submitted but needs an adjustment made to it, please call or e-mail Erin Kelly.
- Please remember to have your client's WISEWOMAN visit correspond with her SMHW visit. We are only allotted a certain percentage of non-integrated visits from CDC, plus it is more convenient for the client.
- If your facility has any staff changes in regards to the WISEWOMAN Program please let Erin Kelly know as soon as possible. We have to keep our provider database as accurate as possible and need to know of staff changes.
- Client annual visits need to be at least 12 months from her visit the previous year. This way we avoid any discrepancy between WISEWOMAN guidelines and SMHW guidelines as we are unable to pay for a screening that is completed early.
- For the Eating Smart-Being Active Program, and the Diabetes Prevention Program (St. Louis Providers only), please continue to mark the referral in MOHSAIC as well as fax the paper copy of the referral form to the WISEWOMAN Central Office staff at 579-522-2898. This is necessary for the referral to be sent to the UME or YMCA staff to contact your client.
- Please send us your success stories. We love hearing successes of the program in your facility. If you have a success story to share, please email this to Erin Kelly.
- If your facility needs any supplies, please only order what you need for the remainder of the grant year as the program is changing forms and other materials for next grant year.