

***BiW4Teens* Program License for Healthcare Clinics**

Back in Whack for Teens [*BiW4Teens*] is an evidence-based multi-component pediatric weight management intervention for tweens (ages 9 through 12) and teens (ages 13 through 18). The *Back in Whack Program License for Healthcare Clinics* entitles a clinic to unlimited use and access to online *BiW4Teens* program videos and the downloadable PDF version of the *BiW4Teens Workbook* for 12 months. Program resources and materials are only to be used in the clinic, free of charge to patients. Under no circumstances are any parts of the program materials and resources to be sold for money or exchanged for other goods or services.

The fee for the *BiW4Teens* Program License is \$495.00 for one clinic location. If an organization has two or more clinics locations for which they would like to purchase licenses for, the fee will be \$295 per each additional clinic.

The program license includes all of the following program materials and resources.

I] Clinic Materials Included:

1. *BiW4Teens Program Implementation Checklist*
2. *BiW4Teens Patient Referral Process*
3. *BIW Program Billing Codes* – lists ICD10 and procedure codes for clinic visits and phone consultation
4. *BiW4Teens EMR Template*
5. Forms used during clinic visits:
 - a. *Prescription for a Healthy Weight*
 - b. *BiW4Teens Clinic Brochure*
 - c. *BiW Health Habits Assessment Form*
 - d. *BiW4Teens Detailed Documentation Forms Packet* which includes:
 - i. Initial Contact
 - ii. Pre-Visit Chart Review
 - iii. Initial Visit
 - iv. Implementation Phase – Clinic Visit
 - v. Maintenance Phase – Clinic Visit
 - e. *BiW4Teens Patient Progress Log (Short)* – includes list of sessions completed and list of healthy habits
 - f. *BiW4Teens Patient Progress Log (Long)* – includes list of sessions completed and list of healthy habits plus learning objectives for each session
 - g. *HCP-Parent-Teen Program Commitment Contract*
 - h. *BiW4Teens Multi Patient Log*
 - i. *BiW Health Questionnaire Form*
 - j. *BiW4Teens Wacky Words Key*
6. Program promotion materials:
 - a. *BiW4Teens clinic poster*
 - b. *BiW4Teens news article template*
 - c. *“Make Your Next BiW4Teens Appointment” post card template*
7. Dedicated webpage on the Positive Patterns for Life website which will contain participant materials listed in [II] below. Clinics will be given the opportunity to personalize this page for their clinic – listing clinic names, providers, motivational messages for youth, and more.

II] Participant Materials Included:

1. Website link to downloadable PDF version of the *BiW4Teens Workbook*
2. Website link to all 27 *BiW4Teens* interactive health coaching videos

III] Participant Materials NOT Included:

1. Three-ring binders
2. Copy paper and printing costs for the workbooks
3. Program incentive gifts – given when youth complete all 27 program sessions and hand in completed Wacky Words Form
4. Optional participant materials:
 - a. Pen or pencil
 - b. Highlighter
 - c. Journal
 - d. Bracelet
 - e. Program completion gift – given when youth have followed the maintenance phase of the program for at least 4 months, which includes monthly contact with clinic staff (ideally via clinic visits)

IV] Staff Training and Materials Included:

1. Four-part program orientation via webinar to include:
 - a. Overview of childhood obesity (health issues related to childhood obesity and key habits that impact a child's weight)
 - b. Overview of *BiW4Teens* program components
 - c. Two program phases
 - d. How to talk to parents and youth about a touchy subject
 - e. Program outcomes and benefits
 - f. Steps to implementing a successful *BiW4Teens* program in the clinic
 - g. Program referral process for patients
 - h. Facilitating a successful clinic visit
 - i. Importance of program incentive gifts
 - j. Using *BiW4Teens* documentation forms
 - k. Billing for sessions
2. *BiW4Teens Program Curriculum*
3. *BiW4Teens Program Outline*
4. *BiW4Teens Habit Explanation Cue Card*
5. *BiW4Teens Program Introduction cue card*
6. Certified Back in Whack Coach (CBIWC) Training - This training prepares qualified* licensed healthcare professionals to become a CBIWC for the *BiW4Teens* Program. The training typically takes 9 to 10 hours to complete. Qualified healthcare professionals complete the CBIWC Exam while they work through designated training materials and complete training tasks.

V] Clinics receive ongoing program support from Positive Patterns for Life company.

***Note** – Qualified **licensed** healthcare providers need to have “health education” included as part of their scope of practice (i.e. registered nurses, registered dietitians, physical therapist, behavioral health counselors, nurse practitioners, physician assistants, and medical doctors). Please note that health education includes assessing educational needs, development of the educational plan, implementing the plan, and evaluation of the outcome.

Non-qualified healthcare professionals (i.e. certified nurse assistants, licensed practical nurses, physical therapy aids) who complete the training and exam for the Certified Back in Whack Coach will receive a “Back in Whack Training Certificate of Completion.”