

BiW4Teens Clinic Resource Package

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 Clinic Resource Package supports clinics who plan to follow youth/parents who have purchased the online BiW4Teens program. This package contains everything a clinic needs to successfully launch the BiW4Teens program in the clinic.

Materials in the Clinic Resource Package are only to be used by the clinic who purchase the package. 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* Clinic Resource Package is \$129.00.

The Clinic Resource Package includes all of the following program materials and resources.

A] Clinic Materials Included:

1. Step-by-step Guides to Help Establish Program in the Clinic:
 - a. BiW4Teens Program Implementation Checklist
 - b. BiW4Teens Patient Referral Process
 - c. BIW Program Billing Codes – lists ICD10 and procedure codes for clinic visits and phone consultation
 - d. BiW4Teens EMR Template
2. Program promotion materials:
 - a. Prescription for a Healthy Weight
 - b. BiW4Teens Clinic Brochure
 - c. “Make Your Next BiW4Teens Appointment” post card template
 - d. **Scholarship form for low-income families to complete and potentially receive a \$50.00 discount on the program**
3. Forms used during clinic visits:
 - a. BiW Health Habit Assessment Form
 - b. BiW4Teens Detailed Documentation Forms Packet which includes:
 - c. Initial Contact
 - d. Pre-Visit Chart Review
 - e. Initial Visit
 - f. Implementation Phase – Clinic Visit
 - g. Maintenance Phase – Clinic Visit
 - h. BiW4Teens Patient Progress Log (Short) – includes list of all 27 program sessions and list of healthy habits
 - i. BiW4Teens Patient Progress Log (Long) – includes list of all 27 program sessions and list of healthy habits plus learning objectives for each session
 - j. HCP-Parent-Teen Program Commitment Contract
 - k. BiW4Teens Multi Patient Log
 - l. BiW Health Questionnaire Form

B] Staff Training Resources Included:

1. Four-part staff orientation program via video presentations 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 and two program phases
 - c. Program outcomes and benefits
 - d. Steps to implementing a successful BiW4Teens program in the clinic
 - e. Program referral process for patients
 - f. How to talk to parents and youth about a touchy subject (obesity)

- g. Facilitate a successful clinic visit
 - h. Importance of program incentive gifts
 - i. Using BiW4Teens documentation forms
 - j. Billing for sessions
2. BiW4Teens Program Curriculum
 3. BiW4Teens Program Outline
 4. BiW4Teens Habit Explanation Cue Card
 5. BiW4Teens Program Introduction cue card

C] Clinics receive ongoing program support from staff at Positive Patterns for Life company.