

Ladies First Heart Health Navigation

Eligible Women (age 30 to 64) – Office Visit

Screenings and Medical Support

- Ladies First Provider Report Form: Consent/Patient Information/ Risk Reduction Counseling & Referral/Medical Evaluation & Workup
- CVD screenings (BP; Cholesterol; Glucose; BMI) – preferably fasting for 9 hrs.
- Provide medical support/Address uncontrolled hypertension

Patient-Centered Risk Reduction Counseling (Begin at time of office visit)

- Give screening results both verbally and in writing
- Provide interpretation of results and recommendations
- Use motivational interviewing
- Facilitate access to medical follow-up and healthy behavior support options

Predisease-Level Values

Cholesterol

- Total Cholesterol = 200-239
- HDL Cholesterol < 40
- Fasting LDL Cholesterol = 130-159
- Triglycerides = 150-199

Glucose (Prediabetes)

- A1C = 5.7-6.4%
- Fasting Plasma Glucose = 100-125

BMI (Overweight and Obese)

- BMI ≥ 25

BP (Prehypertension)

- 120-139 Systolic
- 80-89 Diastolic

HISTORY/BEHAVIORS

- Smoking;
- Physical Inactivity;
- Poor Nutrition
- Medication Adherence & Access

Disease-Level Values

Cholesterol[†]

- Total Cholesterol ≥ 240
- Fasting LDL Cholesterol ≥ 160
- Triglycerides ≥ 200

Glucose[†]

- A1C ≥ 6.5%
- Fasting Plasma Glucose ≥ 126

[†] Refer for medical evaluation if not currently being treated

Uncontrolled Hypertension[†]

- Stage 1**
- 140-159 Sys
 - 90-99 Dias

- Stage 2**
- ≥ 160 Sys
 - ≥ 100 Dias

[†] Refer for medical evaluation if not currently being treated

Alert Values

- Systolic BP > 180
or Diastolic > 110
 - Blood Glucose
≤ 50[†] or ≥ 250[†]
- Medical evaluation and treatment immediately or within **7 days**

[†] Blood glucose alert levels are same regardless of fasting status

Medical evaluation

- Medication Adherence and Access Support (2 o.v. paid by LF)

Ready

Not Ready

Call back at a later date

Lifestyle Program Options – Referrals to Ladies First Lifestyle Coordinator 802-652-4139

Health Coaching

Ongoing coaching sessions that improve/maintain health.
Motivational Interviewing
1. Trained staff locally
2. Member identifies goals

Weight Watchers

Referral to 12 meetings or more if committed and successful
1. Trained staff on site
2. 12-24 weeks

Curves Complete and more....

3-6 month membership
TOPS, YMCA DPP
BP Self-monitoring

Navigation

Follow-Up Assessment – After completion of Lifestyle Programs

Rescreen (12-18 months after previous screening)