



“TAKE CONTROL OF YOUR GOAL.”

Inside Out Program Commitment Agreement

Inside Out is a medically-monitored weight loss program that focuses on achieving healthy weight loss from the inside out and the outside in. We believe our wellness approach to facilitating your goals for weight loss can be safe, effective, and efficient. Your team of health care professionals are dedicated to facilitating personalized lifestyle and behavior changes that are measurable, achievable, and lifesaving. This team includes Mental Health Counselors, Dietitians, Fitness Experts, Nurse Practitioners, and a supporting staff who are of the mindset that only you can take control of your goal(s). We are your biggest advocates.

Participants have the responsibility of informing their personal physician of participation in this program. Additionally, participants understand that the Inside Out team of health care professionals will discuss and review each participant's case at monthly meetings.

Program Requirements/Guidelines/Compliance/Expectations:

Participants who are overweight (BMI of 25-29.9) must have a BMI of 28 or higher and have at least 1 obesity-related morbidity to qualify for Inside Out Program

Participants who are Obese (BMI of 30 or higher) qualify for Inside Out Program

Consideration for Bariatric Surgery will only occur upon 12-month successful completion of Inside Out Program

- 1) Must always maintain monthly Compliance Score (CS) average of 85 out of 100 points
- 2) CS measures 7 weighted Categories monthly:
 1. **Weekly Wellness Visits with Self-Weigh-In Picture** (Worth 20 points total, 5 points for each week)
 2. **Weekly Food Diary** (Worth 10 points, 2.5 points for each week)
 3. **Weekly Fitness Diary** (Worth 10 points, 2.5 points for each week)
 4. **Monthly MedCenter Visit** (Worth 15 points)
 5. **Monthly Emotional Wellness Visit** (Worth 20 points)
 6. **Monthly Weigh-In with InBody Scan** (Worth 20 points, only earned with at least 3lbs weight loss that month, or at least a [.75lb, 3/4lb] increase in lean body mass with at least a [2lbs] decrease in body fat mass)
 7. **Monthly Biochemical/MedCenter Data Collections** (Worth 5 points; earned only if there are clinically significant improvements made in the data collected from previous months or APRN determines other anthropometric/biochemical data improvements are being made based on agreed goals)
- 3) A monthly CS of 60% or less will warrant automatic removal from program and mandatory Compliance Telephonic Call/Meeting with Wellness Health Educator (WHE) or Wellness Manager
- 4) CS average of 95% for 3 consecutive months is needed to qualify for weight loss aids and ***at least 3lbs weight loss average for 3 consecutive months for a minimum total of 9lbs is needed to qualify for weight loss aids***
- 5) ***Modifications to this commitment agreement is at the discretion of the Inside Out Team and can be made at any time to help meet program requirements, guidelines, compliance, and expectations**

Missed Weekly Wellness Visits will not be rescheduled if participant doesn't give 24-hour notice of missing appointment

Missed MedCenter & Emotional Wellness appointments must be rescheduled within 24hrs and be within the 30-day program Start Date Cycle (SDC)

It is the responsibility of the participant to email or leave message on voice mail for specific Wellness Team Member he/she has appointment with if appointment will be missed

As a participant, I understand the above program expectations and will abide by them to maintain participation in the Inside Out Program.

I understand that enrollment is limited in this program and I will forfeit my participation for one year from date listed on Program Removal Letter, or if I do not comply with the above statements.

I, _____, agree to the above program participation terms.

Participants' Name (Print Name) Date

Witness Name (Print Name) Date

Participants' Signature Date

Witness Signature Date



WELLNESS TEAM FACILITATOR

“BRIDGING THE GAP BETWEEN WEIGHT LOSS BARRIERS.”

EXPECTATIONS:

- 1) MEET WITH WELLNESS HEALTH EDUCATOR (WHE) FOR YOUR INITIAL INSIDE OUT MEETING AND PROGRAM REVIEW
- 2) DECIDE IF YOU ARE READY TO COMMIT AND GET STARTED IN PROGRAM
- 3) SCHEDULE APPOINTMENT WITH: 1) MEDICAL WELLNESS, 2) EMOTIONAL WELLNESS & 3) FITNESS ASSISTANT
- 4) SCHEDULE APPOINTMENT WITH WHE TO REVIEW & DISCUSS INBODY ASSESSMENT RESULTS, NUTRITIONAL COUSLING, NUTRITION EDUCATION, AND PROGRAM EXPECTATIONS
- 5) SET INSIDE OUT OFFICIAL START DATE WITH WELLNESS HEALTH EDUCATOR

VIRTUAL VISITS CAN BE SCHEDULED AT ANY POINT IF WARRANTED BY WHE



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Inside Out “Take Control of Your Goal!”

Wellness Team Facilitator Objectives/Significance

- 1) Explain Inside-Out Weight Loss Program Interdisciplinary Approach, Purpose, and Goal
- 2) WHE coordinates all participants with the program to facilitate success
- 3) Review program compliance and participant's expectations
- 4) Determine participant's readiness and motivation throughout duration of program
- 5) Work with Wellness Team to help Participant be successful
- 6) Settle disputes and concerns of participants

Expectations of Wellness Team Facilitator

- 1) Assists in keeping participant accountable for their own goals, self-monitoring/reporting for progress
- 2) Meet monthly with Wellness Team to evaluate participants' wins and opportunities
- 3) Refer clients to other members of Wellness Team if more meetings are warranted
- 4) Review Compliance Scores with Wellness Team
- 5) Manage client file and Program Compliance
- 6) Discuss with Wellness Manager participants eligible for program removal based on noncompliance score or other factors





MEDICAL WELLNESS SUPPORT

“HELPING YOU MEET YOUR GOALS FROM WITHIN.”

EXPECTATIONS:

- 1) **MAKE APPOINTMENT WITH EITHER MAIN OR NORTH CAMPUS MEDCENTER**
- 2) **COMPLETE A FULL HEALTH ASSESSMENT**
- 3) **IDENTIFY AND DISCUSS CHRONIC CONDITIONS**
- 4) **DEVELOP PLAN OF CARE WITH APRN**
- 5) **SET REALISTIC MEDICAL/HEALTH GOALS**
- 6) **MEET MONTHLY WITH APRN**



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Medical Wellness Significance/Objectives

- 1) Overall health improvement
- 2) Monitor and evaluate chronic medical conditions and associated risks
- 3) Manage health conditions and medication(s)
- 4) Relationship between weight loss and improved biochemical and anthropometric data
- 5) Explain correlation between weight loss and reduction of medication(s)

Participant Expectations

- 1) Acknowledged health problem/chronic conditions
- 2) Adhere to plan of care and medication regimen
- 3) Monthly appointments with BMI and waist assessment
- 4) Set medical/health goals with ARNP

Expectations of Medical Wellness (ARNP)

- 1) Establish personalized plan of care
- 2) Order and discuss labs
- 3) Established a 3-month goal for lab results if applicable
- 4) Discuss BMI and waist measurement with monthly goals
- 5) Discuss possible weight loss medications





EMOTIONAL WELLNESS SUPPORT

“GETTING TO THE BOTTOM OF IT TO HELP YOU RISE TO THE TOP.”

EXPECTATIONS:

- 1) MAKE APPOINTMENT WITH EMOTIONAL WELLNESS (EW)
- 2) ESTABLISH GOALS
- 3) IDENTIFY MOTIVATORS AND TRIGGERS
- 4) DISCUSS HEALTHY VS. UNHEALTHY CHOICES AND BEHAVIORS
- 5) IDENTIFY THE RELATIONSHIP DYNAMIC WITH FOOD AND MOVEMENT
- 6) INCREASE KNOWLEDGE OF COPING SKILLS, REFRAMING AND COGNITIVE BEHAVIORAL APPROACHES
- 7) COMPLETE TRAUMA ASSESSMENT
- 8) MEET MONTHLY WITH EW



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Emotional Wellness Significance/Objectives

- 1) Identify the connection between mental health, human behavior and physical health
- 2) Identify and process triggers and barriers to healthy choices
- 3) Increase knowledge and practices of supporting mental health and well being
- 4) Address any contributing secondary or tertiary factors or disorders that may impact weight loss or healthy choices

Participant Expectations

- 1) To be engaged in therapeutic process
- 2) To maintain effort in applying treatment goals and interventions to their wellness journey

Expectations of Emotional Wellness/Therapist

- 1) Provide support, advocacy, therapy and resources to assist clients with their journey to wellness
- 2) To be engaged and knowledgeable regarding factors that contribute to healthy lifestyles





PHYSICAL WELLNESS SUPPORT

“FITNESS GUIDANCE THAT FITS YOU.”

EXPECTATIONS:

- 1) **MAKE APPOINTMENT WITH FITNESS ASSISTANT**
- 2) **COMPLETE INBODY SCANNING & BASIC FIT TEST**
- 3) **DEVELOP PHYSICAL FITNESS ROUTINE**
- 4) **SET START DATE FOR PHYSICAL FITNESS**
- 5) **LOG PHYSICAL ACTIVITY AND SEND TO WELLNESS HEALTH EDUCATOR WEEKLY**
- 6) **FOLLOW-UP WITH FITNESS ASSISTANT IF NEEDED**



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Inside-Out “Take Control of Your Goal!”

Physical Fitness Significance/Objectives

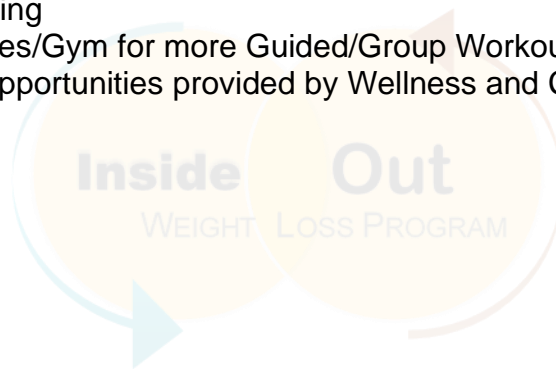
- 1) Physical Activity is just as important to health as proper nutrition.
- 2) The goal of a fitness program is to reduce body fat and increase lean muscle mass.
- 3) Components of a physical fitness program are cardiovascular endurance, flexibility, muscular strength, muscular endurance, and body composition.

Participant Expectations

- 1) Meet with Fitness Assistant at least once for Initial Consult and InBody Test
- 2) Be Physically Active (moderate-intensity) at least 150 minutes a week, and
- 3) At least 2 days per week of Muscle-Strengthening Activity, or
- 4) At least 75 minutes of vigorous-intensity Aerobic Activity with at least 2 days per week of Muscle-Strengthening Activity
- 5) Logging Physical Activity through Smart Device/Fitness Apps and sending data to Wellness Health Educator

Expectations of Fitness Assistant

- 1) Encourage Physical Activity Guidelines and F.I.T.T Principles
- 2) Provide at least one Consultation
- 3) Conduct one Basic Fit Test
- 4) Discuss InBody Results and Fitness Goals
- 5) Write-Out Monthly Fitness (Workout) Plan/Routine
- 6) Provide Guidance not Personal Training
- 7) Encourage Participants to Join Classes/Gym for more Guided/Group Workouts
- 8) Inform Participants of other Fitness opportunities provided by Wellness and County Programs and in the Community





NUTRITION WELLNESS SUPPORT

“DON’T DIET, DO-IT—MAKE IT A LIFESTYLE.”

EXPECTATIONS:

- 1) **COMPLETE FOOD AND FITNESS DIARY WEEKLY**
- 2) **SEND DATA ELECTRONICALLY TO WELLNESS HEALTH EDUCATOR**
- 3) **WEEKLY WEIGH-INS WITH YOUR PICTURE ON THE SCALE**
- 4) **WEEKLY ONE-ON-ONE MEETINGS WITH WHE**
- 5) **MONTHLY ON SITE INBODY SCAN AND WEIGH-IN AT MAIN MEDCENTER/RISK MANAGEMENT BLDG**



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Nutrition Counseling and Education Significance/Objectives

- 1) Before any diet and physical activity program can be personalized and implemented, a nutrition assessment is needed.
- 2) Assess participants readiness to change and motivation.
- 3) Identify and describe a specific nutrition problem that can be resolved or improved through treatment/nutrition intervention.

Participant Expectations

- 1) Meeting with Wellness Health Educator Weekly for 15 minutes virtually or telephonically
- 2) Forthcoming with information (factors) associated with weight management (past history of exercise, pregnancy, health conditions, dieting history, emotional wellness, physical activity, goals, etc.)
- 3) Adherence to wellness guidelines and personalized dietary plan
- 4) Logging Daily food intake and Physical Activity through Smart Device/Fitness Apps/Website and sending data to Wellness Health Educator weekly (at least 48 hours before appointment)
- 5) 3-4lbs weight loss per month or
- 6) Reduction in Body Fat Mass/Percentage Body Fat and Increase Skeletal Muscle Mass

Expectations of Wellness Health Educator/Dietitian

- 1) Encourage Participation and Compliance
- 2) Nutrition Assessment, Counseling, and Education
- 3) Monitor & Evaluate Progress
- 4) Provide Personalized Dietary Guidance and Planning
- 5) Discuss options for weight loss supplements
- 6) Encourage Participants to take advantage of Wellness Program (Healthy Bucks, Education Seminars, Emotional Wellness, Fitness Center, Classes, etc.)

