**Pathways to a Healthy Provider Pledge - Provider**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, hereby affirms our commitment to taking on new opportunities that provide greater access to healthy lifestyles for our patients. We believe it is our responsibility and our duty as a health care provider to improve the lives of the population we serve and encourage strong community norms for healthier living. We are willing to learn more about collaborative approaches to help all patients and community members live longer and better quality lives. We will accept information and assistance from RISE Cowley through *Pathways to a Healthy Kansas*, a Blue Cross and Blue Shield of Kansas initiative, to implement improved processes and protocols that support our patients as they take small steps toward reducing their risk for chronic disease and improving their quality of life.

RISE Cowley shall provide:

* + - * Assistance with the overall implementation;
* publicity in the form of press releases and recognition on the BCBSKS Pathways (bcbsks.com/Pathways) and RISE Cowley websites highlighting changes made related to this initiative;
* materials to promote our involvement in the *Pathways to a Healthy Kansas* initiative to the community;
* and opportunities for shared expertise and interaction with peers.

Health care providers are an integral piece of the community, and we acknowledge our powerful position to assist members of our community both within and beyond our four walls in living healthier lives. We are committed to taking steps toward providing the healthiest possible environment in our establishment.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (health care clinic/entity) pledges to (select one or more):

* **Protocols and Policy –** Implement or update clinic protocols to ensure that patients are assessed for physical inactivity, poor nutrition and tobacco use, then referred to an (internal or external) resource to take steps to address these risk factors for poor health outcomes.
* **Small Steps to Health –** Provide access to wellness coaching, goal setting or health action planning opportunities to increase patient engagement though achievable steps to improve their behaviors around healthy eating, physical activity and tobacco-cessation.
* **Coordination is Key –** Work with community resource partners to implement collaborative approaches such as:
  + Prescriptions for physical activity and/or fruits and vegetables
  + Referrals to tobacco cessation resources
  + Walk with a Doc

We may participate and take advantage of the resources that fit our needs, progress, and interest; we will provide updates to RISE Cowley on our progress toward the adoption of protocol changes affecting patient engagement in healthier lifestyle practices and connections with resources to guide their progress. **We understand we will only be eligible for Achievement Grant funds when the selected activities are fully implemented in our clinic(s). We understand that the Achievement Grant may be used to implement the selected activities or may be used to support other wellness efforts for our patients and staff.**

We have identified a ***primary point of contact*** to participate in this initiative.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(name) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (title) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (phone number) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (email)

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Print Name Organization

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Please sign, retain one copy for your records and return to:

RISE Cowley

c/o City-Cowley County Health Department

320 E. 9th, Suite B

Winfield, KS 67156

[info@risecowley.org](mailto:info@risecowley.org) | 620-221-1430