

YOU FIRST

Screening and support for heart disease, breast and cervical cancer.

Spring 2022 Provider Newsletter

You First pays for and connects [eligible](#) Vermonters to breast, cervical and heart screenings, diagnostic tests and heart healthy lifestyle programs. Members ages 30-64 can get free memberships to WW® (Weight Watchers), TOPS® and local gyms, farmers' market coupons, state park passes and more.

Our Patient Navigator guides members from breast and cervical cancer screening to diagnosis to treatment. The Lifestyle Program Coordinator & Health Coach helps members achieve their fitness and nutrition goals for better heart health. You First provides 90-day retroactive coverage from the application signature date.

You First is a program of the Vermont Department of Health and is grant-funded through the Centers for Disease Control and Prevention.

Can You First Members Also Have Insurance?

Yes! You First accepts members regardless of their insurance status. Here is how You First works with different types of coverage:

You First Only

You First members with no other insurance coverage simply take their You First membership card to eligible appointments and show it at check in. The provider then bills You First through the Vermont Medicaid system. Benefits of You First membership are access to breast and cervical cancer screenings, heart health screenings, navigation, transportation, health coaching and lifestyle programs.*

You First Plus Private Insurance

For members with private insurance like Blue Cross Blue Shield or MVP, You First is the payor of last resort. The other insurance is billed first, then You First pays the remainder, up to our allowed amount. We can also pay deductibles and copays. While insurance is required to cover screening mammograms and Pap/HPV testing in full, they do not always cover follow ups or diagnostics in full. Benefits of You First membership for those with other insurance are coverage for those diagnostics, as well as navigation, transportation, health coaching and lifestyle programs.*

You First Plus Medicaid

For members with Medicaid, You First cannot pay for clinical services, but Medicaid pays for all of the same clinical services we could cover. The benefits of You First membership are navigation, transportation, health coaching and lifestyle programs.*

Note that when Medicaid becomes active in MMIS, You First will show as closed. This is because You First is billed through the Medicaid system. Lifestyle programs are paid manually, and navigation is free. To verify You First coverage for a patient, please call You First at 800-508-2222.

You First Plus Medicare Part B

For members with Medicare Part B, You First cannot pay for clinical services due to a law that prohibits two different federal funding sources from paying for the same service. The benefits of You First membership are navigation, transportation, health coaching and lifestyle programs.*

***Heart health screenings, health coaching and lifestyle programs are available to members aged 30-64.**

Heart Health Program



Who Is Eligible?

This program is for those aged 30-64 who meet all other [You First eligibility guidelines](#).

What Can You First Do for My Patients?

The goal of You First's heart health program is to promote heart healthy behaviors to reduce the risk of heart disease and stroke. You First covers the cost of annual screening of height, weight, blood pressure, cholesterol, and blood glucose. Members then participate in one-on-one health coaching by phone, email or in person to help them improve or maintain their heart health. Members can participate in lifestyle programs to help them achieve the goals they set through health coaching.

What Lifestyle Programs are Available?

Lifestyle program options vary a bit by area and are tailored to the member's needs and goals. Options can include:

- home blood pressure monitoring equipment
- gym memberships
- online fitness programs
- weight management programs like WW® (Weight Watchers)
- farmers' market coupons or vegetable CSA shares
- fitness equipment like exercise bands, step counters, or videos
- state park passes

Call You First at **800-508-2222** for more information about options in your area.

Check out the You First Facebook page for great resources you can share to encourage heart healthy habits and program enrollment!



Looking for More Resources for Patients?

My Healthy VT can help your patients take action on diabetes - whether it's understanding their risk or taking steps to prevent or manage their condition.

Here are three things providers can do:

1. Refer patients to the online, prediabetes risk [quiz](#) to assess their risk.
2. Encourage them to sign-up for a free My Healthy VT [workshop](#) on preventing or managing diabetes.
3. [Order](#) My Healthy VT materials, like posters and rack cards, for your practice.

Check out [My Healthy VT's website](#) for more information on diabetes management, as well as resources for management of hypertension, smoking cessation, chronic disease, chronic pain, and emotional wellness.

You First Member Highlight



In 2020, Julie, already a survivor of necrotizing fasciitis, was diagnosed with breast cancer, resulting in a mastectomy and hormone therapy. She had limited mobility, high blood pressure, high cholesterol, and her Hgb A1c was well into the diabetes range. She knew she had to make some changes but did not know where to start. At an office visit early in the next year, Julie's provider looked her in the eye and asked if she was leading the life she wanted in her sixties. Julie did not even have to think about it and firmly answered, "No."

By springtime 2021, Julie was working with a physical therapist, and together they worked on low impact cardiovascular activity, body resistance training, and walking. With guidance and support from You First, Julie explored the offerings of her local gym. Regular health coaching was provided by a certified personal trainer funded by the You First program, an opportunity that eventually changed Julie's life. Julie and her personal trainer/health coach, Julia, started working together in July of 2021 and have met weekly to work on cardiovascular fitness, overall body strengthening, and walking. The team is most proud of Julie's incredible progress with walking. When Julie first started working on stair-climbing with Julia, she could not complete 2 steps. Most recently, she independently climbed 22 steps – something they both celebrated.

In addition to becoming more physically active, Julie has also made nutrition changes to lower her risk for cardiovascular disease and diabetes. In response to her need to add more produce to her meals, You First was able to supply a weekly veggie share from a local farm to support her goal. The veggie share was conveniently delivered right to the gym.

A recent provider visit confirmed some of the health benefits resulting from the lifestyle changes Julie has made with You First support. Her provider commented that Julie is now eating more slowly, eating more whole foods, and drinking more water, resulting in a significant weight loss over the last year. Julie has also reduced her A1c by almost one full point and is well on her way to normal blood sugar control. Julie's provider has said that at the next visit they can discuss reducing or discontinuing some of her medications due to the favorable impact of the lifestyle changes she has made.

Julie is thrilled with the progress she is making and is looking forward to what lies ahead. She is planning for her sixties (and beyond) to truly be her best decade ever. You First is elated to see Julie's motivation and dedication propel her to reach her heart health goals and looks forward to witnessing what she will accomplish next.

YOU FIRST

VERMONT DEPARTMENT OF HEALTH

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