

To: AmeriHealth Caritas Louisiana Providers

Date: June 21, 2019

Subject: Whole Health Action Management (WHAM) Program Available to AmeriHealth Caritas Louisiana Members

WHAM programs are group activities that help people reach their health goals. Designed for people with chronic (long-lasting) physical and behavioral health conditions, WHAM gives participants the tools they need to effectively manage their condition through group activity and skill training.

Anyone in need of recovery services, support services, or interventions may benefit from WHAM. Since 2012, more than 3,000 people have used WHAM to help self-manage their whole health.ⁱ

How WHAM works

WHAM teaches AmeriHealth Caritas Louisiana members self-management that can help them cope with their health condition. Weekly WHAM group meetings give attendees a chance to discuss their concerns with their peers and use group problem-solving skills to address their needs.

By joining WHAM, AmeriHealth Caritas Louisiana members will learn to:

- Identify strengths and supports.
- Write a health goal.
- Develop a weekly action plan.
- Create new health behaviors.
- Manage stress.
- Avoid negative thinking.
- Understand basic whole health screenings.
- Use shared-decision making skills.

WHAM Meetings are currently held in Alexandria, Baton Rouge, Lafayette, New Orleans, and Shreveport.

How to join

WHAM groups meet regularly. To find out when the next meeting is being held, members can call AmeriHealth Caritas Louisiana's Member Services at 1-888-756-0004 (TTY 1-866-428-7588), 24 hours a day, seven days a week.

Questions:

Thank you for your continued support and commitment to the care of our members. If you have questions about this communication, please contact AmeriHealth Caritas Louisiana's Provider Services department at 1-888-922-0007 or your Provider Network Management Account Executive.

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ⁱ Sources: "Whole Health Action Management," The National Council for Behavioral Health, <https://www.thenationalcouncil.org/training-courses/whole-health-action-management>