

Whole Health Action Management (WHAM)

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.¹

How WHAM works

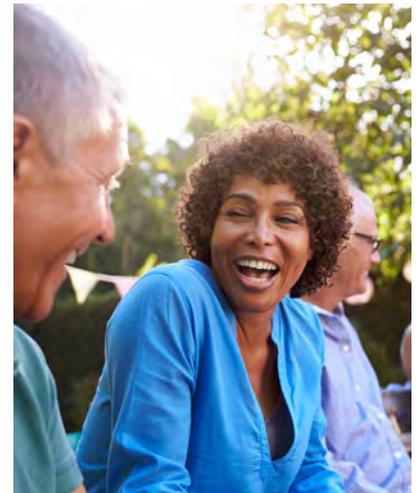
WHAM teaches members self-management that can help them cope with their health condition. Weekly WHAM group meetings give attendees a chance to discuss their concerns with their peers and use group problem-solving skills to address their needs. By joining WHAM, you will learn to:

- 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.

How to join

WHAM groups meet regularly and one is available near you. To find out when the next meeting is being held, 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.

Location information on reverse side.



**WHAM groups meet
regularly and one is
available near you.**

Source:

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


AmeriHealth Caritas
Louisiana

www.amerihealthcaritasla.com

Location information:

Lafayette

Contact Lora Bonnet (1-337-366-2830) or Corey Janlouis (1-337-522-2661) for details.

Shreveport

Days: Every second and fourth Tuesday

Time: 1:00 p.m. – 2:30 p.m.

Contact Sharron Griggs (1-225-892-3115) for location information.

New Orleans

Days: Every first and third Thursday

Time: 1:00 p.m. – 2:30 p.m.

Contact Torland Garrison (1-504-439-8100) for location information.

Baton Rouge

Days: Every first and third Wednesday

Time: 11:00 a.m. – 12:30 p.m.

Contact Antoinette Johnson (1-225-335-9339) for location information.

Alexandria

Days: Every second and fourth Wednesday

Time: 11:00 a.m. – 12:00 p.m.

Contact Veronica Thomas (1-318-451-4866) for location information.

Coming summer 2019: Houma and Lake Charles area!

AmeriHealth Caritas Louisiana complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, gender identity, religion, or ability to pay.

You can have this information in other languages and formats at no charge to you. You can also have this interpreted over the phone in any language. Call Member Services 24 hours a day, seven days a week, at **1-888-756-0004**. For TTY, call **1-866-428-7588**.

Usted puede tener esta información en otros idiomas y formatos sin costo alguno para usted. También puede recibir la interpretación por teléfono en cualquier idioma. Llame a Servicios al Miembro al **1-888-756-0004** las 24 horas del día, los siete días de la semana. Para TTY, llame al **1-866-428-7588**.

Quý vị có thể có thông tin này bằng các ngôn ngữ và định dạng khác miễn phí. Quý vị cũng có thể yêu cầu thông dịch thông tin này ra bất kỳ ngôn ngữ nào qua điện thoại. Xin gọi ban Dịch vụ Hội viên phục vụ 24 giờ/ngày, 7 ngày/tuần theo số **1-888-756-0004**. Đối với người sử dụng TTY, xin gọi số **1-866-428-7588**.

All images are used under license for illustrative purposes only. Any individual depicted is a model.

ACLA_201038711-1



www.amerihealthcaritasla.com