

CAN DO Frequently Asked Questions

Fairview Physician Associates

How do I or my family member qualify?

- Have a strong motivation to learn about making healthier choices.
- You may need provider recommendation if you have certain pre-existing health conditions.

How do I pay?

- If you are a Fairview employee or dependent insured through Preferred One, the CAN DO fee of \$275 is fully refundable when you complete 80% of the program. (See the Fairview intranet under *Human Resources* → *Weight Management Resources* for details.)
- Otherwise, pay \$275 for the 6-month program.
- Payment will be collected at a one-to-one (1:1) session. CAN DO accepts cash, check or credit.

How does it work?

- CAN DO is a 6-month program focusing on healthy eating and activity.
- You will improve health by changing activity, appetite and attitude. Weight loss can be a desired outcome.
- Meet with a health coach for three face-to-face sessions—one general session (4-6 people) and two 1:1 sessions (one hour each).
- 1:1 sessions focus on the problem as you perceive it, desired outcomes, anticipated or experienced obstacles to healthier living, resources and more. 1:1 sessions help you develop strategies for overcoming obstacles.
- After three face-to-face sessions, clients are responsible for checking in every two weeks by phone or e-mail.
- Further face-to-face sessions are on an as-needed basis determined by client or the health coach.
- Self-report weight at one month, six months and other intervals as designated.

Questions?

- Call Heidi Aarestad, senior administrative assistant at 952-914-1800.
- Visit the FPA website (www.fpanetwork.org).
- Call health coach Cheryl Dornfeld at 952-914-1834 or Sheila Tippie at 952-914-1860.

How do I sign up?

- Complete the registration form located on the FPA website (www.fpanetwork.org/cando).
- Once we receive your registration form, we will call to schedule you for the general session.

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