

Florida Community Plan – Healthy Behaviors Program

The Healthy Behaviors Program is a flexible and empowering resource designed to support eligible members in achieving healthier lifestyles. Focused on smoking cessation, weight loss, and substance use cessation, the program allows members to set their own goals and progress at a pace that works for them. Each program offers comprehensive support, including personalized health coaching, educational resources, and medication support when appropriate. Members are also connected to community services and behavioral health providers, fostering a sense of support and belonging throughout their journey.

To encourage participation and celebrate progress, members receive rewards for reaching self-defined milestones and upon program completion. Awareness of the Healthy Behaviors Program is promoted through targeted mailers, member handbooks, the UHC Florida Community Plan website, and outreach from providers and case managers. Members can enroll by calling the Healthy Behaviors dedicated line or contacting Member Services. UHC case managers may also refer members through an internal process.

The Weight Loss Program is available to members diagnosed with overweight or morbid obesity. Between July 2024 and June 2025, **249 members** enrolled in the program. Through personalized health education addressing nutrition and physical activity, and the consistent support of a health coach, **18%** of participants successfully completed their weight loss journey.

The Smoking Cessation Program offers a personalized path for members who want to quit smoking, chewing tobacco, or vaping. Each participant is assessed by a certified specialist who develops a customized care plan tailored to their health needs and quitting goals. This individualized approach ensures members feel understood and supported. Of the **95 members** who participated, **16%** successfully quit smoking with the help of education, coaching, and strategies to manage cravings and overcome barriers.

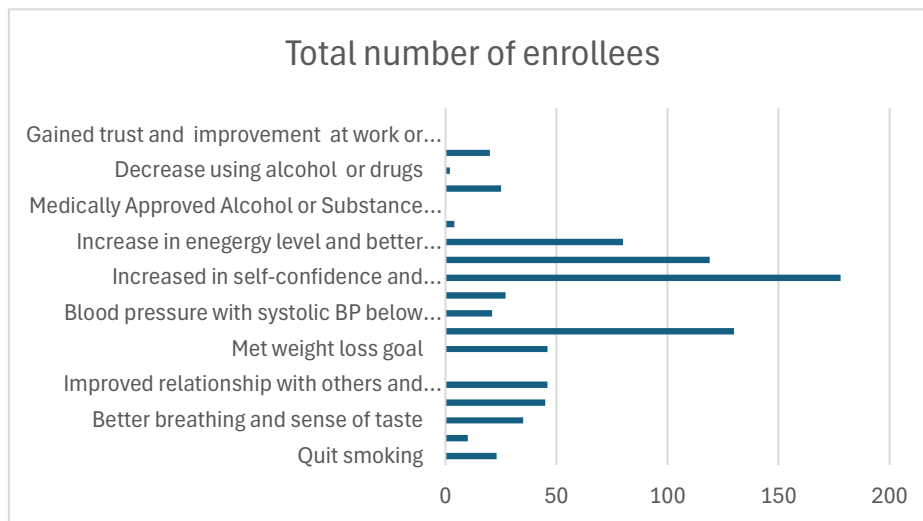
The Substance Use Cessation Program provides a comprehensive support system for members seeking to quit alcohol or drugs. Health coaches work closely with behavioral health advocates to offer emotional support, regular follow-up, and assistance in overcoming barriers to accessing treatment. Among **the 23 members** who joined the program, **57% successfully** achieved their quit goals, demonstrating the impact of this collaborative and compassionate approach.

The Healthy Behaviors Program is designed to meet members wherever they are in their health journey. Whether the goal is quitting smoking, losing weight, or overcoming substance use, members receive consistent encouragement, factual health education, and whole-person care. Many members have shared how the program has positively impacted their lives. **Sixty (60)** members expressed that the program provided emotional support and encouragement during their lifestyle changes. **Eighty-four (84)** members reported developing greater accountability for their health choices, and **79 members** learned practical strategies they now apply in daily life. With awareness, skills-building, and maintenance techniques taught by health coaches, a total of **367**

members enrolled in the Healthy Behaviors Program have made meaningful progress toward healthier living.

Health Benefit Outcomes of the Healthy Behaviors Program

Medically Approved Smoking Cessation Program	Total number of enrollees
Quit smoking	23
Decreased smoking	10
Better breathing and sense of taste	35
Improved general well -being and fitness	45
Improved relationship with others and better finances	46
Medically Directed Weight Loss Program:	Total number of enrollees
Met weight loss goal	46
Decreased weight	130
Blood pressure with systolic BP below 120mmgh	21
Hgb A1c less than 5.7%	27
Increased in self-confidence and developed healthy habits	178
Improvement in general mood and better sleep	119
Increase in enenergy level and better management of chronic conditions	80
Decrease joint pains and improvement in memory	4
Medically Approved Alcohol or Substance Abuse Recovery Program:	Total number of enrollees
Quit using alcohol or drugs	25
Decrease using alcohol or drugs	2
Improvement in health and quality of life	20
Gained trust and improvement at work or work prospects	0
Reconnected with friends and demonstrated dedication to quitting	0



Let us help you get started on a healthier lifestyle! Call our Healthy Behaviors line anytime at 800-825- 8792 or Member Services at 888-716-8787, TTY 711, 8am, - 7pm., Monday- Friday. Visit us online: <https://www.uhccommunityplan.com/fl/medicaid/community-plan-mplus-mma>.