

Priority enrollment for participants with Blue Cross Blue Shield of Michigan (BCBSM) health insurance*

PROGRESS

Toward Wellness



Epilepsy is a brain condition that causes seizures. It can also affect mood, memory, and other aspects of health. Dealing with epilepsy can be hard, but there are many things that people can do to have fewer seizures and better health.

Epilepsy Foundation of Michigan can help.

We are pleased to offer a FREE phone-based program called **PROGRESS Toward Wellness** that helps adults manage their epilepsy. Participants learn a step-by-step process for choosing and working toward personal wellness goals. A Health Coach calls every two weeks to help guide participants through this process. The program takes four to six months to complete.

Take the first step toward living well with epilepsy. Contact Epilepsy Foundation of Michigan. 



PROGRESS Toward Wellness

A FREE program for adults with epilepsy who want to better manage their...

- seizures
- stress
- sleep
- medications
- depression
- memory problems
- overall health



**EPILEPSY
FOUNDATION**

Michigan

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*Those without BCBSM insurance are encouraged to enroll, but there may be a waiting period.

PROGRESS Toward Wellness is made possible by grants from the Michigan Health Endowment Fund and the DMC Foundation and is offered in collaboration with Blue Cross Blue Shield of Michigan.

Introduction to *PROGRESS* Toward Wellness

The *PROGRESS* Toward Wellness program was developed to help adults with epilepsy manage the effects of epilepsy and its treatment on overall health and wellbeing. Epilepsy Foundation of Michigan's Health Coach will call you every two weeks during the program to help you develop an Individual Wellness Plan (IWP). The IWP will help you identify and reach health-related goals that are important to you. You may choose to develop and implement just one IWP or more than one during the course of the program. IWPs will focus on any of the following problem areas: Stress, Sleep, Medication Management, Depression, or Memory & Thinking. Progress toward goals in any of these problem areas is likely to bring about improvements in overall health and wellbeing. It may also contribute to improved seizure control.

Individual Wellness Planning and Coaching Calls

During the first scheduled call with the Health Coach, you will complete an Epilepsy and Wellness Assessment. You will answer a series of questions about yourself, your epilepsy, and your health. You'll complete this same assessment at the end of the program. This will allow us to see if the program improved your health and quality of life.

On this same call, you will also complete an Epilepsy Self-Management Assessment. This will assess your understanding and management of epilepsy and its consequences. The assessment will get you thinking about changes you might be able to make during the program to improve your health.

On the next call, one week later, you will work on the first three steps in the IWP process: Problem Identification, Reflection, and Observation. The Health Coach will discuss your thoughts on possible problem areas you'd like to focus on. After selecting a problem, you will develop a plan to observe your behaviors, feelings, and thoughts related to that problem, along with the influence of your environment on the problem. Over the next two weeks, you'll make these observations without changing your behavior.

The remaining coaching calls will work through the other steps of the IWP process. For each problem you select, you will set a goal, identify barriers and resources, and develop steps to reach your goal. You will then put your plan into action. The IWP process will take place at your own pace. Throughout the process, you will review your progress and revise your plan as needed. You may choose to work on one problem at a time, or multiple problems together.

At the four-month mark, the Health Coach will talk with you about your progress toward your goals, your comfort with the IWP process, and whether you'd like additional time to work with the Health Coach on your goals. If you've made a lot of progress and you feel you've mastered the IWP process, you may choose to finish the program at that point. If you need more time and support, you can stay in the program for up to two additional months.

Optional Group Conference Calls

The program also periodically offers supportive Group Conference Calls for program participants. Separate calls are offered for each of the five problem areas. These calls will give you the chance to share challenges, successes, and suggestions with other participants. Each call will provide an excellent opportunity to both learn from other *PROGRESS* Toward Wellness participants and to help others. The Health Coach leads each call and asks questions to promote discussion.

***PROGRESS* Individual Wellness Planning Steps:**

Problem Identification
Reflection
Observation
Goal Setting
Resource Identification
Elimination of Barriers
Strategy Development
Strategy Implementation