



Suffolk Partnership

for a Healthy Community

Positive Lifestyle Commitment Program

Listed below are some of the most frequently asked questions regarding the Positive Lifestyle Commitment Program (PLCP).

1. I am concerned about confidentiality. If I have my lab work done, will others be able to know my results?
*No - the program is set up where you have to sign in with your email address and your own specified password. As long as you do not release that sign-in information to anyone else, the only individuals who will have access to that information is you, the United States Preventive Medicine, and the Partnerships Nurse Manager. Peer Advocates or peers will **not** have access to this information. The Partnerships Nurse Manager is a Registered Nurse and she is bound by confidentiality/HIPAA requirements just like your own physician! This is the same type of program Sentara uses in the MyHealthMyChart system. The same goes for your health risk responses.*
2. Will my Physician be notified of my test results?
Not unless you send the results to him/her yourself. The program has no permission or mechanism to send the results to your physician. However – we do encourage you to share your results with your physician. You simply have to print them off and send them to your physician.
3. What if one of my test results is dangerously high or low?
The United States Preventive Medicine (USPM) physician will contact you and advise you to see your personal physician immediately.
4. How will the USPM and Partnership utilize my risk assessment and test results?
After one year, all participants test results and risk assessment data will be compiled into one large document that will then be statistically analyzed. For example: it will say that out of 100 participants 12% lowered their total cholesterol value. 50% increased their daily activity level. 10% reduced their alcohol consumption. 15% increased their seatbelt usage. It will not say that you as an individual did or did not make changes. It is aggregated data that is analyzed for change.

5. You say I have to make a one year commitment. What does that mean?
It means that we need you to commit yourself to one year of making efforts toward improving your health by utilizing the PLCP program. The Partnership needs you to commit for one year. Why? This program is provided to you by grant funds and we need individuals to utilize the program for one full year so that we can demonstrate how successful the program was to the grant funders. It is our desire that we can show enough success to be able to apply for larger grants and therefore provide this opportunity for many more people in future years.
6. What if something happens and I cannot fulfill this one year commitment?
Nothing will happen to you personally. It will impact the Partnership's ability to collect data and show success. This can ultimately mean that we will not be able to apply for future funding. This is why we want you to understand in the beginning that we need your help. BUT remember – the purpose of this project is to improve YOUR health and therefore improving our community's health.
7. Do I have to sign a contract?
Yes – but it simply states what was indicated in questions 5 and 6. That you understand that we providing you a program at no cost and that you intend to utilize the program for at least one year. It will also say that there is no personal financial consequence to not honoring this contract.
8. What is a peer advocate?
He/She is someone you know that will be there to support you. They will help you utilize the program. They will encourage you to remain involved with the program.
9. Will my sponsoring agency (Church, Employer, Group) know my risks? Results? Habits?
Absolutely NO!! *They will only receive the information from the entire group as indicated in question 4.*
10. Why is my sponsoring agency doing this?
This first year is a pilot to prove the program's success. Milestones accomplished this first year will enable the Partnership to solicit more funding and expand the program to more residents in the future. The Partnership approached your organization/group and they agreed to assist the Partnership by offering this program to you. Note: Ultimately - It is for YOU to learn about your health concerns and learn how to make changes that will improve YOUR health risk. YOU identify and make the changes. YOU are in charge.
11. I have more questions or want to ask a personal question. Who do I call?
The Nurse Manager is Nancy Cisco, RN. Her cell phone number is 757-630-7142.