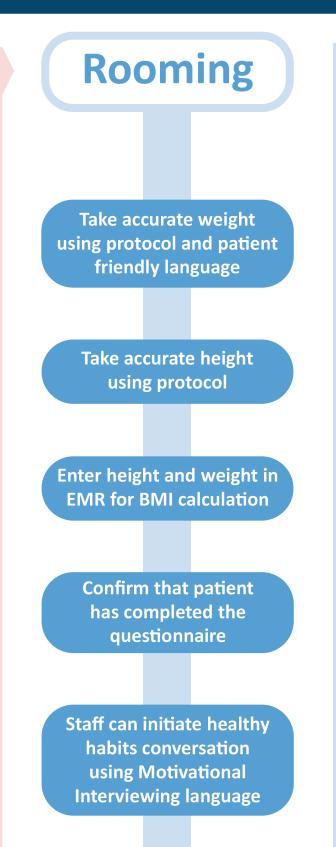
Small Steps Office Workflow for Adult Well Visits

Goals:

- 1. Introduce healthy eating, active living concept with positive messages and inviting environment
- 2. Assess patient's healthy eating, active living behaviors using the questionnaire
- 3. Set goals if the patient is ready, using Small Steps chart





Provider

Review Healthy Habits
Questionnaire with patient

Use Motivational
Interviewing and Small
Steps chart to support
patient goal setting and
document in EPIC

For BMI out of normal range, use .BMIADULTFOLLOWUP to document follow up plan

Use .HEAL smartphrases for resources to be printed on the AVS

Check Out

Print After Visit Summary including goals, follow up plan and resources

Patient takes Healthy Habits Questionnaire home with them

All Staff are:

- Knowledgeable about healthy eating, active living theme Small Steps and key messages: MOVE More, EAT Real, DRINK Water, REST Up for a healthier you
- Aware of weight sensitivity issues
- Familiar with the Healthy Habits Questionnaire and Small Steps chart
- Comfortable with beginning the conversation with the patient about healthy eating, active living

All Staff Front Office Medical Assistant Provider