



Creating a Healthier Maine

CONTRACTOR COMPLETER RATE SHEET

Completer defined:

An individual who registers for a workshop and attends the minimum (or more) number of sessions to reach completer status as defined by the individual program.

Participant defined:

An individual who registers for a workshop and attends 1 or more sessions but does not meet the requirements of a completer as outlined in the completer rate sheet.

FALLS PREVENTION		
	Completer	Rate per Completer
Tai Chi for Health & Balance (TCHB)	16 or more sessions out of 20	\$XX.XX non-duplicated
A Matter of Balance (AMOB)	6 or more sessions out of 8	\$XX.XX non-duplicated
EnhancedFitness (EF)	A participant who is enrolled in the program for at least 93 calendar days and attends a minimum of 22 sessions before the 133th day. After that status is achieved, NCOA defines an additional completer status to anyone attending at least 1 session per month.	\$XX.XX *HL4ME will reimburse up to 4 times per year if the initial benchmarks every 4 months.
Bingocize®	16 or more sessions out of 20	\$XX.XX non-duplicated
CHRONIC DISEASE SELF-MANAGEMENT		
	Completer	Rate per Non-Duplicated Completer
Living Well for Better Health Chronic Disease Self-Management Program (CDSMP)	4 or more sessions out of 6	\$XX.XX
Better Health Now	4 or more sessions out of 6	\$XX.XX
Living Well with Chronic Pain Chronic Pain Self-Management Program (CPSMP)	4 or more sessions out of 6	\$XX.XX
Better Health Now with Pain	4 or more sessions out of 6	\$XX.XX
Living Well with HIV Positive Self-Management Program (PSMP)	4 or more sessions out of 6	\$XX.XX



HealthMatters	30 or more sessions out of 36 *HealthMatters allows for up to 3 additional sessions to be scheduled to increase completer rates.	\$XX.XX
DIABETES PREVENTION & SELF-MANAGEMENT		
	Completer	Rate per Non-Duplicated Completer
National Diabetes Prevention Program (NDPP)	A participant who attends a minimum of 8 out of 16 core sessions and maintains enrollment for at least 9 months. *At least 35% of the class needs to be diagnosed pre-diabetic based on a blood test (self-reported is OK for CDC recognition) and at the end of the program, we need to retain at least 5 completers. *At least 60% of completers need to have at least one of the following outcomes at the end of the 12 month timeframe: <ul style="list-style-type: none"> - 5% weight loss - 4% weight loss and average 150 minutes of activity minutes per week - 0.2% reduction in A1c 	\$XX.XX
Living Well with Diabetes Diabetes Self-Management Program (DSMP)	4 or more sessions out of 6	\$XX.XX
Better Health Now with Diabetes	4 or more sessions out of 6	\$XX.XX
CAREGIVER SUPPORT		
	Completer	Rate per Non-Duplicated Completer
Savvy Caregiver	4 or more sessions out of 6	N/A
Building Better Caregivers (BBC)	4 or more sessions out of 6	N/A