

UW HEALTH JOB DESCRIPTION

Lifestyle Medicine Specialist

Job Code: 430031	FLSA Status: Exempt	Mgt. Approval: M. Waltz	Date: February 2024
Department: Clinical Nutrition		HR Approval: S. Whitlock	Date: February 2024

JOB SUMMARY

The Lifestyle Medicine Specialist is an experienced health care clinician who is responsible for working collaboratively with a multidisciplinary team to coordinate and manage the care of patients' seeking assistance from the Lifestyle Medicine program. This role is responsible for developing and leading shared medical appointments, conducting initial consultations and evaluations of patients, developing tailored health plans, and providing guidance for patients or providers on professionals, programs and services that may be the most beneficial to support the patient with lifestyle changes that can improve health and well-being.

A wide variety of internal and external relationships are involved in assisting patients who are seeking clinical care from specialists such as registered dietitian nutritionists, pharmacists, fitness and wellness experts, community health workers, lifestyle coaches, and behavioral health specialists. Additionally, there are internal and community resources, programs and services that can assist patients with lifestyle changes. It is the responsibility of the Lifestyle Medicine Specialist to be knowledgeable of the various resources and to help the patient, family and/or the medical providers with navigating the systems to ensure success.

This role requires a high degree of professionalism and organizational skills are paramount. In addition to independently planning and scheduling their own daily schedule, the Lifestyle Medicine Specialist must be able to prioritize patient needs and manage a large number of patients at various stages of their Lifestyle Medicine journey to improve their health and well-being utilizing an equity lens and providing weight-inclusive care.

MAJOR RESPONSIBILITIES

- Conduct initial intake and assessment of patient using a whole person health approach and equity lens.
- Interpret health history and biometrics to establish baseline information and patient goals while ensuring patient safety.
- Developing tailored health plans, partnering with Lifestyle Coach to assist patient with implementation of health plan and coordinating care.
- Prepare and analyze intake data, including medical and social histories, and collaborate with other health professionals/disciplines.
- Educate patient and families regarding Lifestyle Medicine concepts, programs and services.
- Make referrals to assist with access to programs and services.
- Communicate with third party payors regarding issues of medical necessity and benefits coverage for patients seeking assistance with lifestyle changes to improve their health and well-being.
- Develop, organize and lead shared medical appointments for Lifestyle Medicine.
- Compose written summaries of Lifestyle Medicine goals and progress.
- Compile and review data for clinical management of patients in the Lifestyle Medicine program.
- Provide continuity of care as the patient seeks programs and services that support the Lifestyle Medicine program.
- Collaborate with medical teams, lifestyle medicine and culinary medicine leadership teams and other health professionals/disciplines facilitate meeting the patient and family needs.
- Partner with lifestyle coaches to support patients and families.
- Provide telephone or video consultation and follow-up.
- Coordinate information management systems and processes to ensure accurate and timely data entry.
- Collaborate in the development of protocols and guidelines for patient management.
- Develop, implement and evaluate comprehensive patient education programs and services that support Lifestyle Medicine. and Culinary Medicine.
- Participate in the development and execution of quality assessment and performance improvement programs and projects.
- Document appropriately to ensure that UW Health remains compliant with program delivery, billing and coding.
- Act as primary liaison to the UW Health primary care and/or medical specialty care clinics that are referring patients to the Lifestyle Medicine program.
- Support planning of and participate in research projects that support the Lifestyle Medicine Program.
- Collect and analyze data for ongoing clinical research projects.
- Incorporate research findings into the Lifestyle Medicine program.
- Maintain knowledge of current practices in lifestyle medicine, culinary medicine, well-being and fitness
- Ensure lifestyle/health coaches are up to date on best practices.

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- Participate in teaching activities at UW Health for physicians, nurses, allied health professionals and students in those disciplines regarding lifestyle medicine and weight-inclusive care.
- Develop and present information to community and regional groups regarding lifestyle medicine. This will require some travel to meet community groups and may require flexibility of work hours to include evenings.
- Participate in the development of marketing information regarding lifestyle medicine.
- Provide consultation to health care professionals who provide care to patients seeking Lifestyle Medicine support/services.
- Provide status report to physicians, community partners and/or third-party payors.
- Compile information and data for reporting as requested.

ALL DUTIES AND REQUIREMENTS MUST BE PERFORMED CONSISTENT WITH THE UW HEALTH PERFORMANCE STANDARDS.

JOB REQUIREMENTS

Education	Minimum	Bachelor's Degree in Nutrition, Dietetics, Health Education, Community Health or equivalent
	Preferred	Master's Degree
Work Experience	Minimum	Three (3) years clinical experience.
	Preferred	Progressive healthcare leadership experience with demonstrated success
Licenses & Certifications	Minimum	<ul style="list-style-type: none"> • Registered Dietitian by the Commission on Dietetic Registration • Certified Dietitian in the State of Wisconsin and Illinois • Lifestyle Coach, certified through program approved by CDC within six (6) months of hire
	Preferred	<ul style="list-style-type: none"> • Certified, American College Lifestyle Medicine • Certified, Diabetes Care and Education Specialist (CDCES) • Board Certified-Advanced Diabetes Management (BC-ADM) • Certified, Interdisciplinary Obesity and Weight Management by the Commission on Dietetic Registration
Required Skills, Knowledge, and Abilities		<ul style="list-style-type: none"> • Strong organizational skills with attention to detail • Ability to independently research issues and make effective recommendations using critical thinking skills • Excellent verbal and written communication skills • Effective analytical ability to solve complex problems and issues • Excellent customer service skills and ability to work with a diverse group of people • Track record demonstrating ability to function independently and as a team member, and consistently deliver quality outcomes • General knowledge of the principles and practices of human resources management • Excellent organizational skills, time management, and attention to detail • Competent in MS Outlook, Word, Excel, and PowerPoint

AGE SPECIFIC COMPETENCY (Clinical jobs only)

Identify age-specific competencies for direct and indirect patient care providers who regularly assess, manage and treat patients.

Instructions: Indicate the age groups of patients served either by direct or indirect patient care by checking the appropriate boxes below. Next,

<input type="checkbox"/>	Infants (Birth – 11 months)	<input checked="" type="checkbox"/>	Adolescent (13 – 19 years)
<input type="checkbox"/>	Toddlers (1 – 3 years)	<input checked="" type="checkbox"/>	Young Adult (20 – 40 years)
<input type="checkbox"/>	Preschool (4 – 5 years)	<input checked="" type="checkbox"/>	Middle Adult (41 – 65 years)
<input type="checkbox"/>	School Age (6 – 12 years)	<input checked="" type="checkbox"/>	Older Adult (Over 65 years)

JOB FUNCTIONS

Review the employee's job description and identify each essential function that is performed differently based on the age group of the patient.

PHYSICAL REQUIREMENTS

Indicate the appropriate physical requirements of this job in the course of a shift. *Note: reasonable accommodations may be made available for individuals with disabilities to perform the essential functions of this position.*

Physical Demand Level	Occasional Up to 33% of the time	Frequent 34%-66% of the time	Constant 67%-100% of the time

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x	Sedentary: Ability to lift up to 10 pounds maximum and occasionally lifting and/or carrying such articles as docket, ledgers and small tools. Although a sedentary job is defined as one, which involves sitting, a certain amount of walking and standing is often necessary in carrying out job duties. Jobs are sedentary if walking and standing are required only occasionally and other sedentary criteria are met.	Up to 10#	Negligible	Negligible
	Light: Ability to lift up to 20 pounds maximum with frequent lifting and/or carrying of objects weighing up to 10 pounds. Even though the weight lifted may only be a negligible amount, a job is in this category when it requires walking or standing to a significant degree.	Up to 20#	Up to 10# or requires significant walking or standing, or requires pushing/pulling of arm/leg controls	Negligible or constant push/pull of items of negligible weight
	Medium: Ability to lift up to 50 pounds maximum with frequent lifting/and or carrying objects weighing up to 25 pounds.	20-50#	10-25#	Negligible-10#
	Heavy: Ability to lift up to 100 pounds maximum with frequent lifting and/or carrying objects weighing up to 50 pounds.	50-100#	25-50#	10-20#
	Very Heavy: Ability to lift over 100 pounds with frequent lifting and/or carrying objects weighing over 50 pounds.	Over 100#	Over 50#	Over 20#
Other - list any other physical requirements or bona fide occupational qualifications not indicated above:				

Note: The purpose of this document is to describe the general nature and level of work performed by personnel so classified; it is not intended to serve as an inclusive list of all responsibilities associated with this position.