

Whole Health Action Management (WHAM)

WHAM programs are group activities that help people reach their health goals. Designed for people with chronic (long-lasting) physical and behavioral health conditions, WHAM gives participants the tools they need to effectively manage their condition through group activity and skill training.

Anyone in need of recovery services, support services, or interventions may benefit from WHAM. Since 2012, more than 3,000 people have used WHAM to help self-manage their whole health.¹

How WHAM works

WHAM teaches members self-management that can help them cope with their health condition. Weekly WHAM group meetings give attendees a chance to discuss their concerns with their peers and use group problem-solving skills to address their needs. By joining WHAM, you will learn to:

- Identify strengths and supports.
- Write a health goal.
- Develop a weekly action plan.
- Create new health behaviors.
- Manage stress.
- Avoid negative thinking.
- Understand basic whole health screenings.
- Use shared-decision making skills.

How to join

WHAM groups meet regularly and one is available near you. To find out when the next meeting is being held, call AmeriHealth Caritas Louisiana's Member Services at **1-888-756-0004 (TTY 1-866-428-7588)**, 24 hours a day, seven days a week.

Location information on reverse side.



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Source:

1. "Whole Health Action Management," The National Council for Behavioral Health, <https://www.thenationalcouncil.org/training-courses/whole-health-action-management>.


AmeriHealth Caritas
Louisiana

www.amerihealthcaritasla.com

Location information:

Shreveport

Days: Every third Tuesday

Time: 1 p.m. – 2:30 p.m.

Contact Frank Newsome III at **1-318-381-4195** for location information.

New Orleans

Days: Every third Thursday

Time: 1 p.m. – 2:30 p.m.

Contact Chrishone Terro at **1-504-508-4227** or Torland Garrison at **1-504-439-8100**.

There will be virtual options available.

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You can have this information in other languages and formats at no charge to you. You can also have this interpreted over the phone in any language. Call Member Services 24 hours a day, seven days a week, at **1-888-756-0004 (TTY 1-866-428-7588)**.

Usted puede tener esta información en otros idiomas y formatos sin costo alguno para usted. También puede recibir la interpretación por teléfono en cualquier idioma. Llame a Servicios al Miembro al **1-888-756-0004 (TTY 1-866-428-7588)** las 24 horas del día, los siete días de la semana.

Quý vị có thể có thông tin này bằng các ngôn ngữ và định dạng khác miễn phí. Quý vị cũng có thể yêu cầu thông dịch thông tin này ra bất kỳ ngôn ngữ nào qua điện thoại. Xin gọi ban Dịch vụ Hội viên phục vụ 24 giờ/ngày, 7 ngày/tuần, theo số **1-888-756-0004 (TTY 1-866-428-7588)**.

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