



# Walk With Ease – Options for Delivery

## Options for WWE Delivery

WWE is an evidence-based, physical activity program developed by the Arthritis Foundation. It was originally designed to support older adults with arthritis but is now endorsed by the CDC as a healthy lifestyle management program for individuals 18 and older. Generally, there are 3 ways that you can connect individuals to a WWE program.

1. **WWE Promoter and Referral Source** – You can strategically promote the statewide self-directed WWE program and refer individuals to get enrolled. To do so, you can make a referral to the HUB as a self-referral or on behalf of someone else. **\*See Self-Directed – Brown below**
  - a. There are several ways to make a referral to the HUB:
    - i. Website Referral – Click the ‘*Make a Referral*’ button at the top right of the screen and fill out a referral form. <https://iacommunityhub.org/>
    - ii. If you’d like to explore other methods, email Renee – HUB Administrator at [rallard@iacommunityhub.org](mailto:rallard@iacommunityhub.org)
2. **Referral Source + Lead Informal Group Walks** – You can strategically promote and refer to the statewide self-directed WWE program (see above) providing individuals with the opportunity to work on increasing their physical activity on their own time. But if you are able, you can enhance their success by organizing group walks within your community or neighborhood. You can also point participants to an online social walking group called [The HUB Walking Club](#) for connection with other walkers to share their experiences. **\*\*See Self-Directed Enhanced – Green below**
3. **Become a Certified WWE Instructor and Lead Group Programs** – By becoming a certified WWE Instructor, you can provide your community/colleagues/members/residents/etc., the support they need to increase their physical activity within a group format. Once certified, you can offer WWE 2-3x/week from anywhere in the community. Here is a link to onboard your organization within the HUB to access WWE certification support and training: [Onboarding Form](#) **\*\*\*See Group – Pink below**

## WWE Delivery Options

### \*\*\*Group

In the instructor-led group format, participants meet 3 times per week for class sessions that last 1 to 1.5 hours each time. This format of the 6-week program is delivered by a trained and certified Walk With Ease Instructor. If necessary, the program can be delivered 2 times per week, as long as 18 sessions are delivered.

### \*\*Self-Directed Enhanced

In the self-directed enhanced format, individuals participate in the 6-week program on their own while a designated leader or coordinator utilizes engagement strategies (e.g., group walks) to keep participants organized and motivated. Participants complete the Guidebook, walk on their own and can join designated group meeting times.

### \*Self-Directed

In the self-directed format, participants read the WWE Guidebook on their own over the course of 6 weeks, completing the various tasks.  
  
See page 2 for other support provided by the HUB for participants in the Self-Directed format.

## Additional Support Provided by the HUB for Participants in the Self-Directed WWE

Below is what individuals can choose as additional support going through our Iowa Self-Directed WWE.

Self-Directed Book Only	<p>Participants are assisted by a HUB Navigator for enrollment in the program and helps them order their WWE guidebook. A HUB Navigator checks in with individual in 6 weeks to document completion.</p> <p>HUB Navigators will connect participants to other resources within their community to address any other social care needs.</p>
Self-Directed Online/Text Support	<p>Participants are assisted by a HUB Navigator for enrollment in the program and helps them set up access to the WWE Portal where they will receive weekly emails and ongoing access to videos, handouts, and other resources. The portal is available in English or Spanish. The HUB Navigator also helps them order their WWE guidebook.</p> <p>Participants can also receive weekly text messages to further encourage engagement through the program.</p> <p>HUB Navigators will connect participants to other resources within their community to address any other social care needs.</p>
Self-Directed HUB Navigator Check-Ins	<p>Participants are assisted by a HUB Navigator for enrollment in the program and helps them order their WWE guidebook. The HUB Navigator can schedule regular check-ins with the participant throughout the program to further support their participation and successful completion as needed.</p> <p>HUB Navigators will connect participants to other resources within their community to address any other social care needs.</p>

### [About the Community HUB](#)

The Iowa Community HUB is a nonprofit operating as a community care hub working with network partners to connect Iowans with meaningful evidence-based programs with a focus on reducing health disparities for priority populations experiencing greater obstacles to health. We work with the Iowa State University U-TuRN team to connect individuals in your community with the Walk With Ease (WWE) Program.