



Healthy Foundations:

A Personalized Program for
Healthier Living

Council Report: December 4, 2013



Mission of Healthy Foundations



Create and sustain opportunities that empower individuals to become their own health care advocate.

We do this by: Delivering intensive, highly mobile chronic care management and improving access to care by offering proactive personalized prevention and wellness through a designated care team.

Large Claims Data



Individuals with claims over \$20,000					
Year	People	Population	Cost	Total	Total Spend
2013	380	4.1%	\$20,544,301	\$40,567,924	50%
2012	363	3.9%	\$20,221,975	\$40,287,604	50%
2011	323	3.4%	\$16,199,894	\$34,394,543	47%
2010	358	3.9%	\$17,294,921	\$37,357,888	46%
2009	283	3.8%	\$14,481,656	\$33,230,520	44%

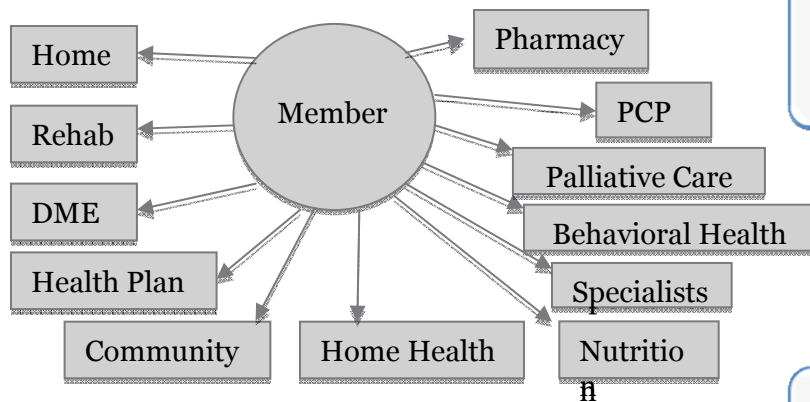
The story begins with an idea



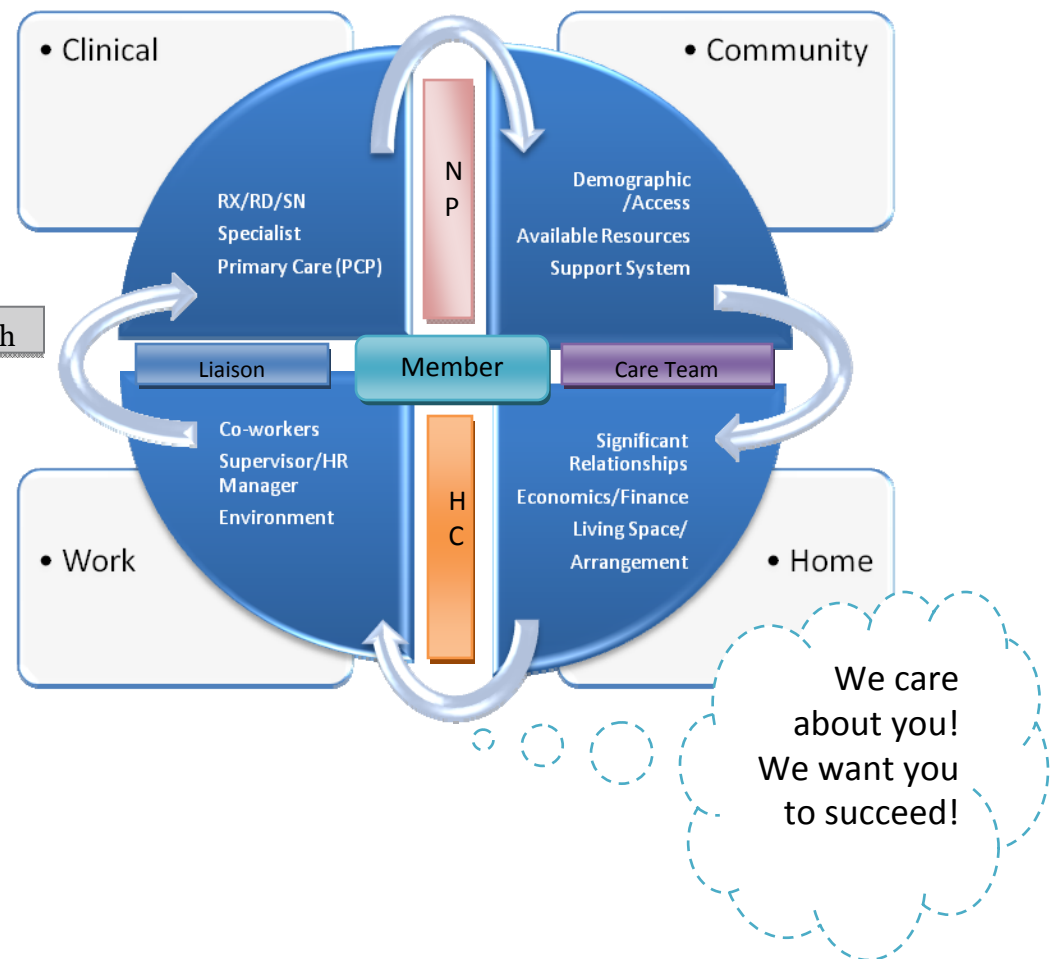
- Outside of the box partnership
- Instead of just focusing on treatment and disease, we begin working upstream
 - Building trust and connection; focusing on the social determinants of health
 - Negative behavioral choices contribute to 40 percent of premature deaths, influencing the health of individuals and populations more so than any other determinant

How we developed the model

Before



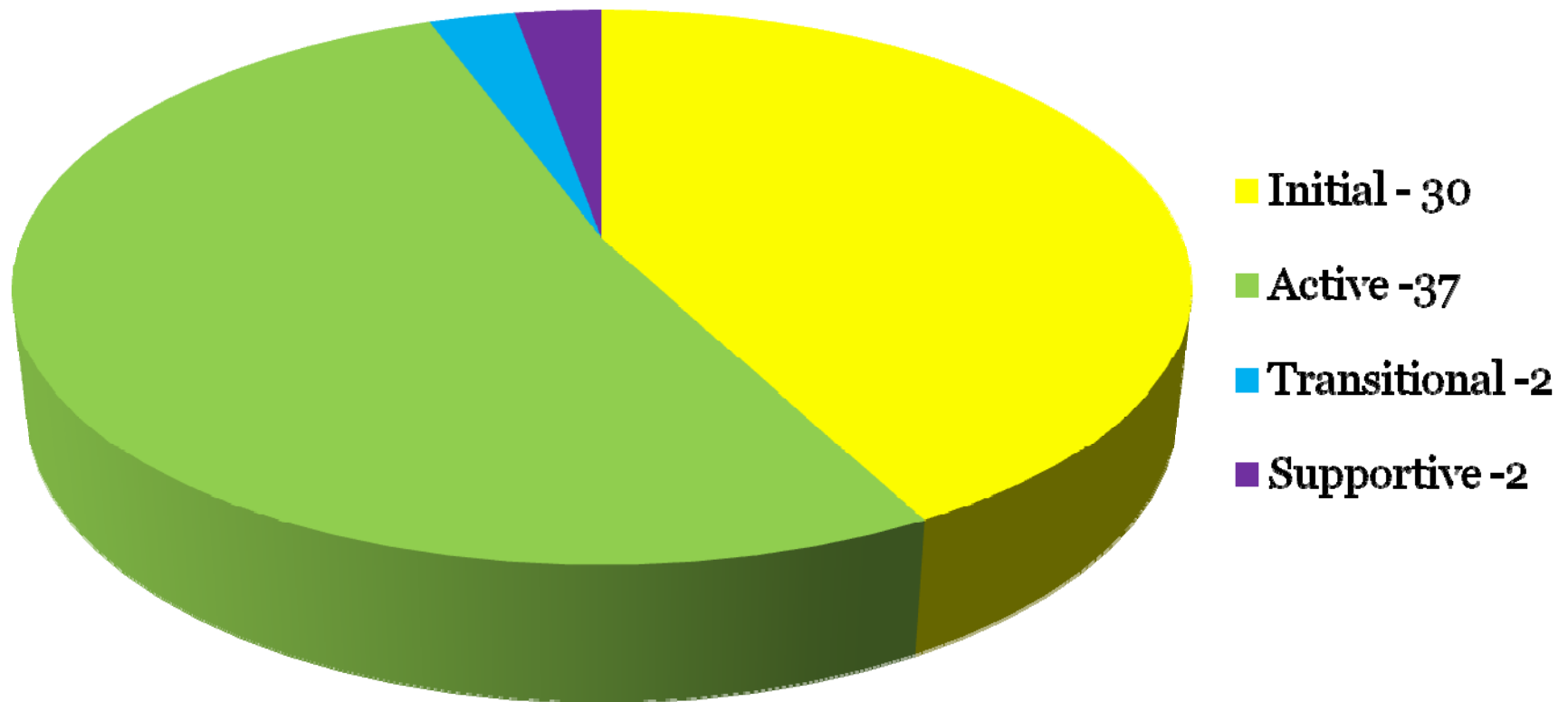
After



71* participants, stages of engagement

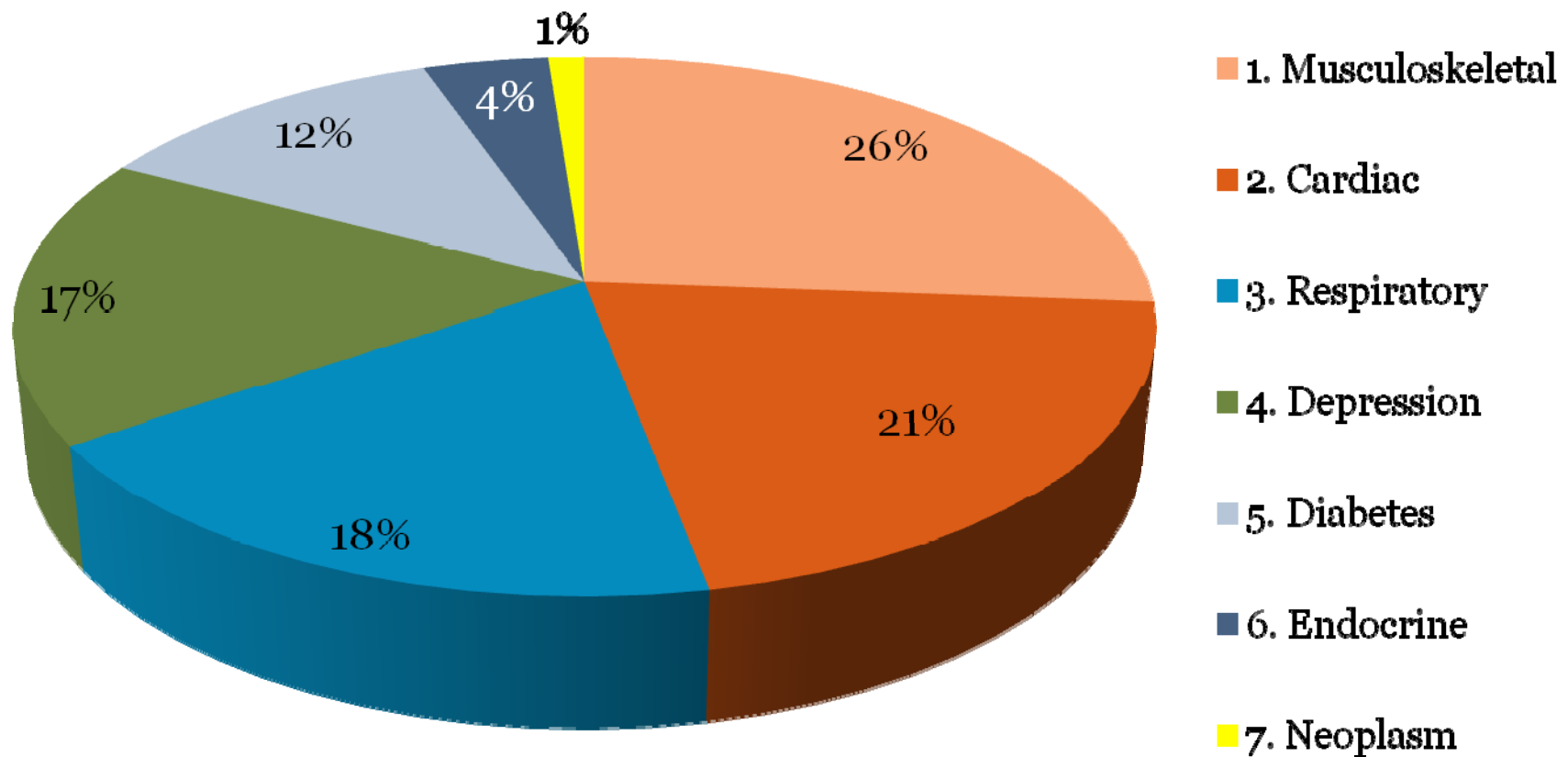


Breakout by Stage

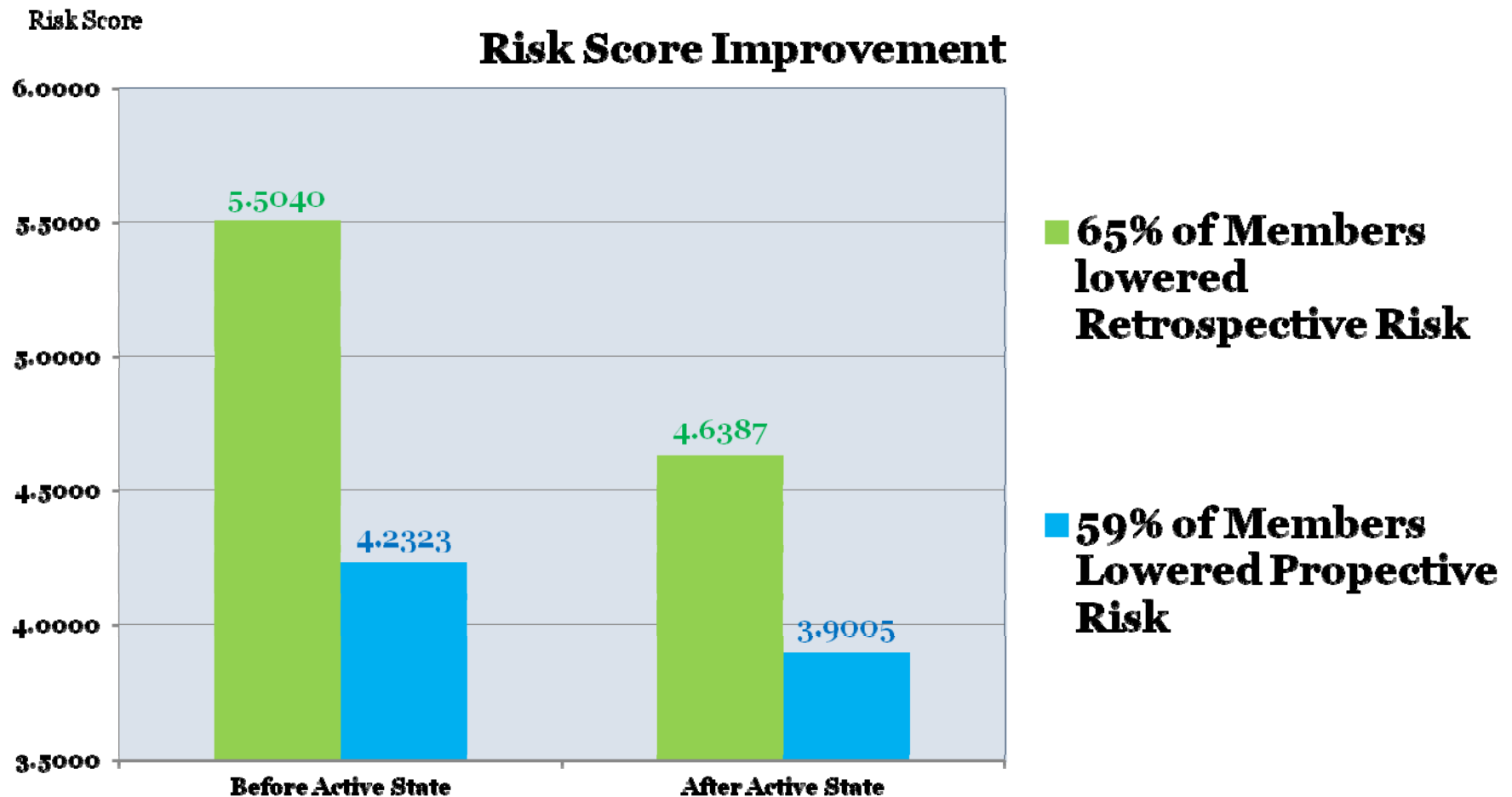


*10/8/13

Disease burden by percentage



Risk scores drop 16% and 8%



Emergency room reduction

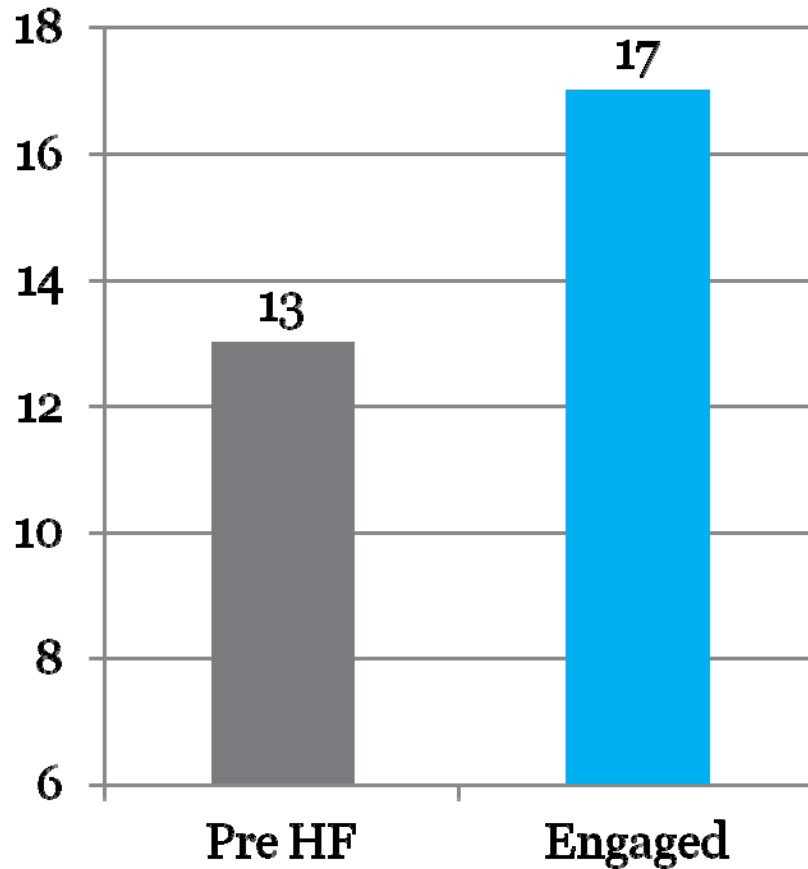


- 50% decrease in annual ER visit rate after active engagement in Healthy Foundations
- 37% decrease in annual ER cost per member per month from \$56 to \$35.
- Members are utilizing outpatient visits rather than the ER

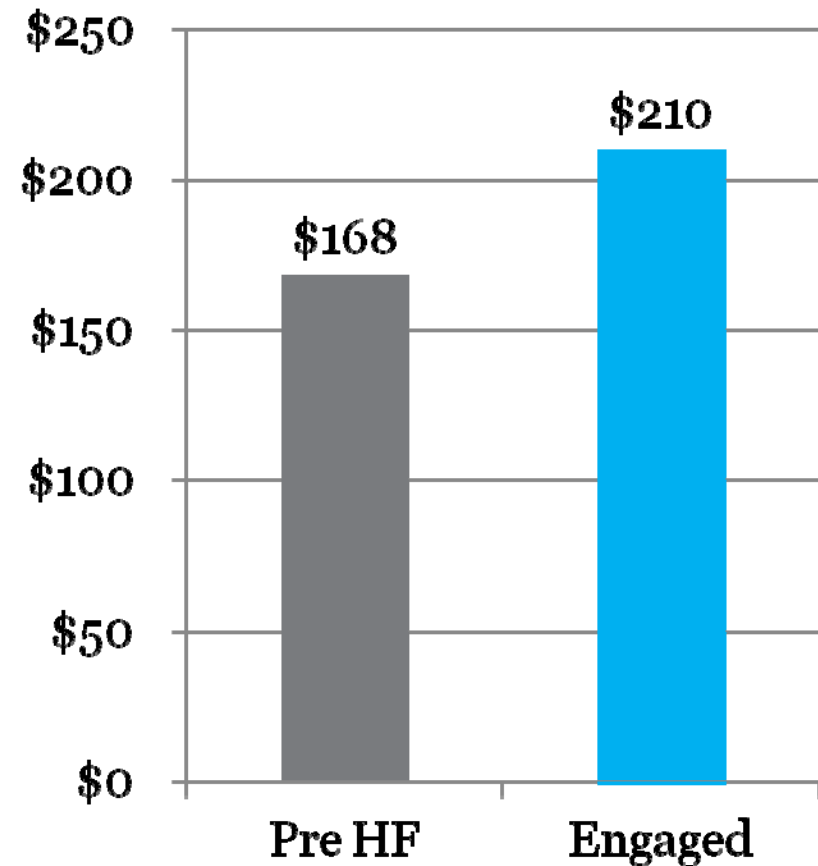
Preventive care increased vs. acute

Visits Per Year

28% Visit Increase



25% Cost Increase

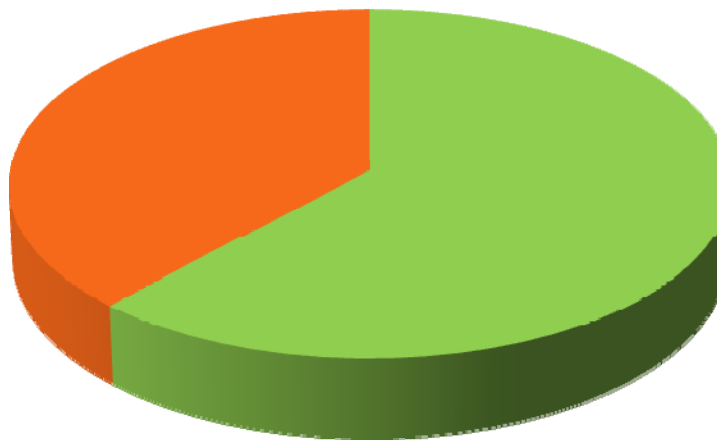


Medical Cost Summary

The shift is attributed to more outpatient services, fewer ER visits, lower risk scores, and shorter length of stay in hospital



2/3rd of members cost decreased



- Less Cost - 21
- More Cost - 13

Summary of results



Short duration and small sample limit interpretation

- Members are better self-managers and seeking more healthcare to improve themselves
 - ❖ this is reflected as more pharmacy and outpatient use
- ER use and cost go down
- Only 2 of our 34 active members were hospitalized both pre and post enrollment, and both had a shortened length of stay
- Quality of Life indicators such as depression and overall function improve after active engagement

Thank you



- Questions
- Feedback