

Healthy Foundations

A tailored program for healthier living



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*healthy*foundations

A program of

moda
HEALTH

The Healthy Foundations story



- Background and development
- Program characteristics
- Success measures

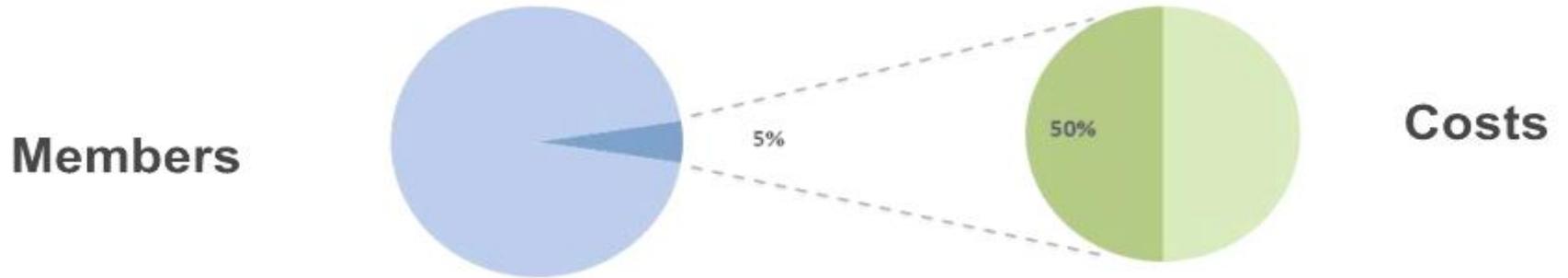
Creative collaboration



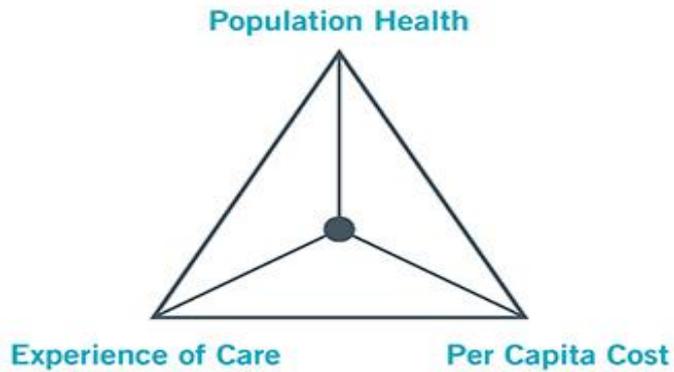
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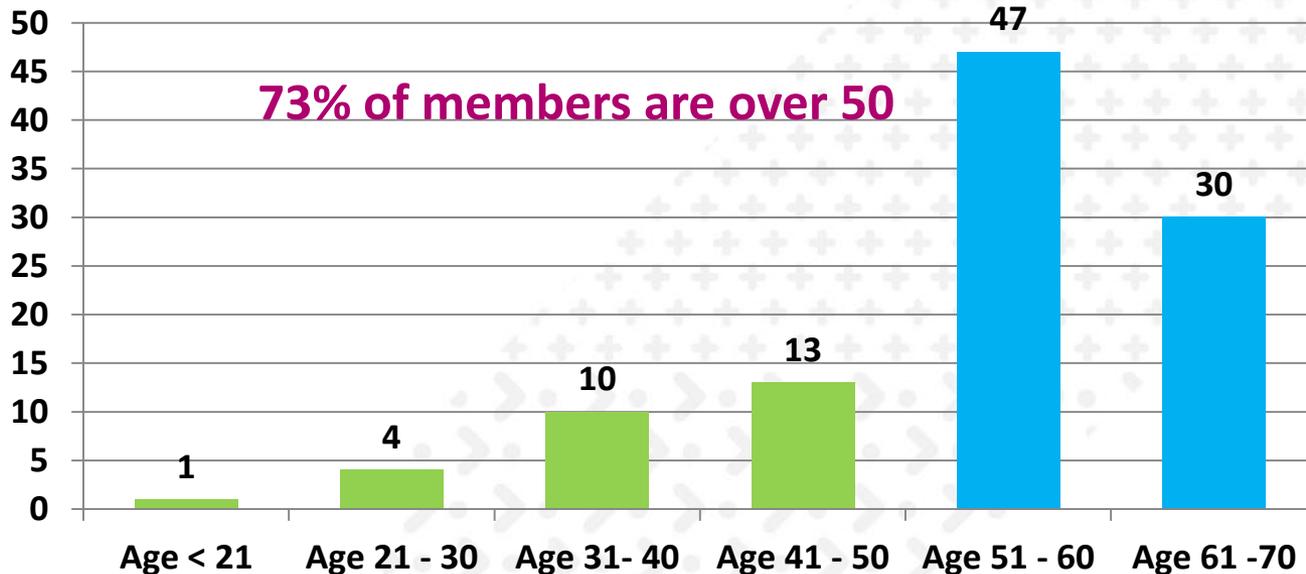
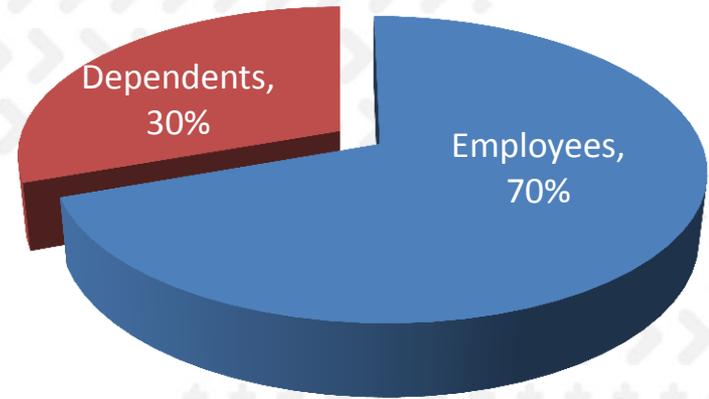
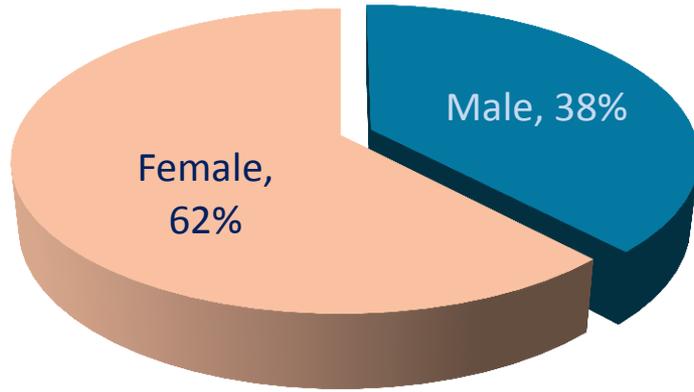
Hot spotting



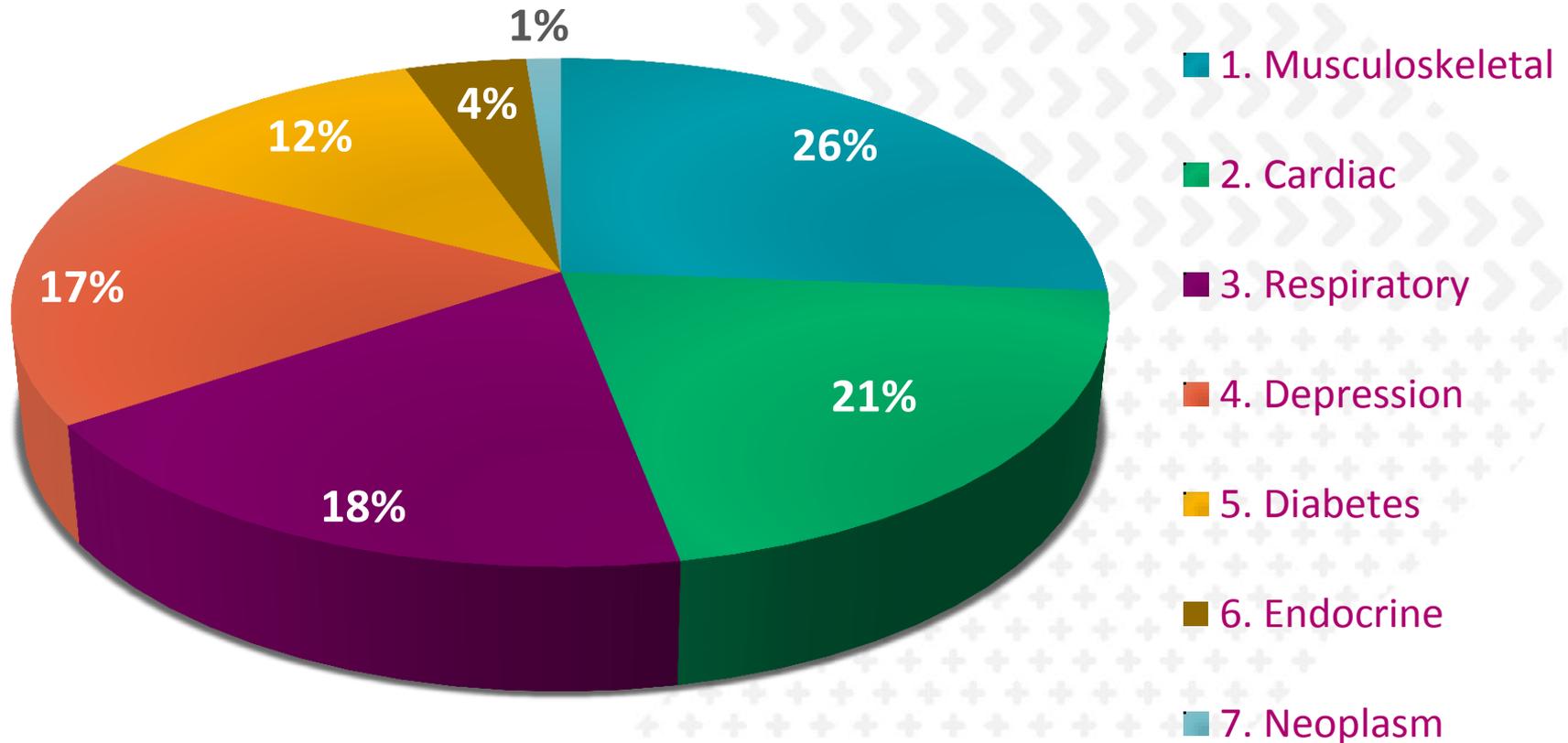
The IHI Triple Aim



Population characteristics (n=105)

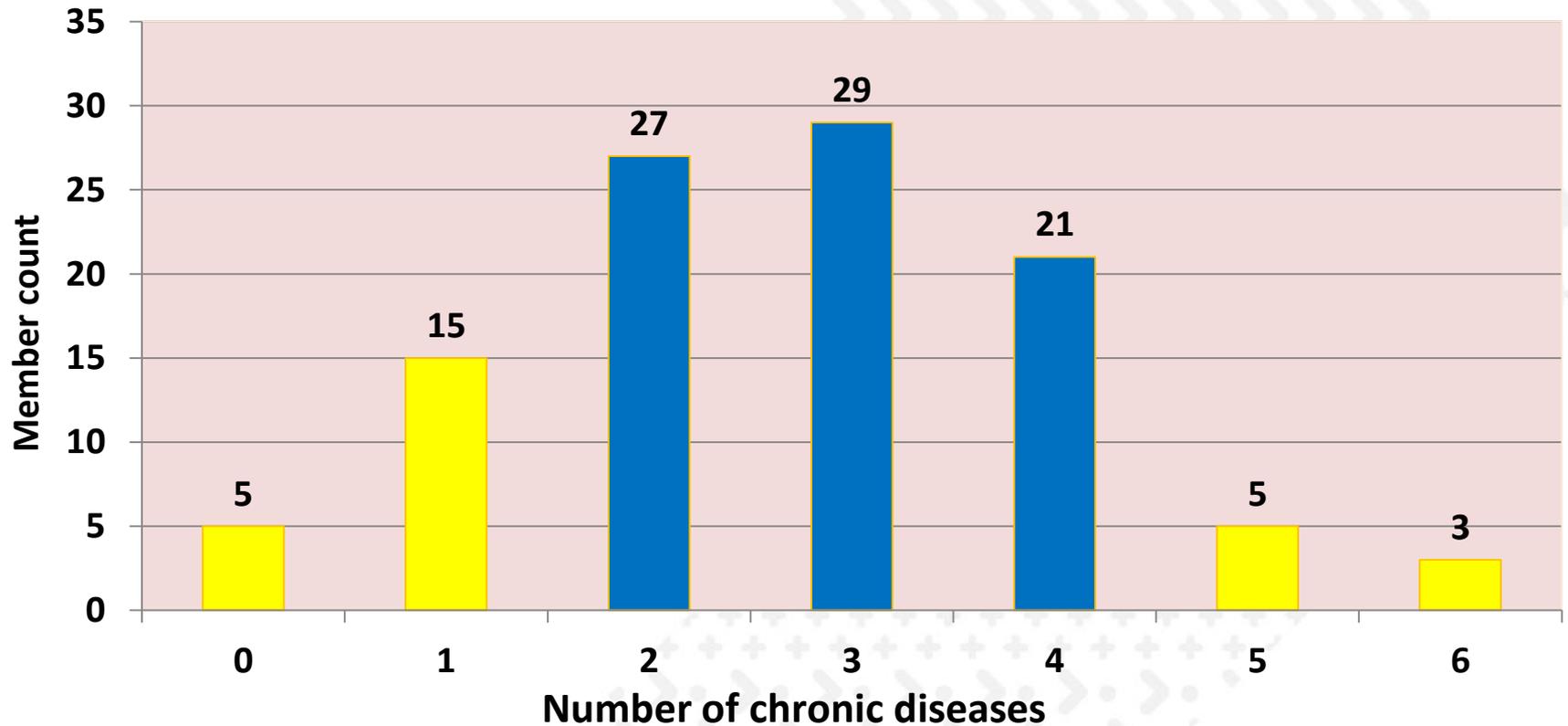


Disease burden of population



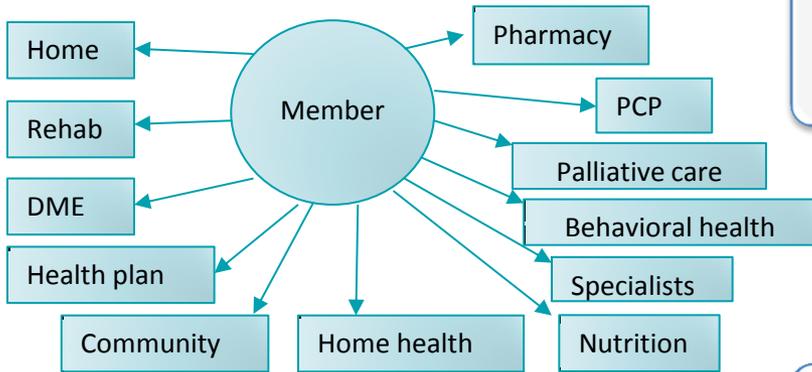
Number of chronic diseases per member

(N=105)

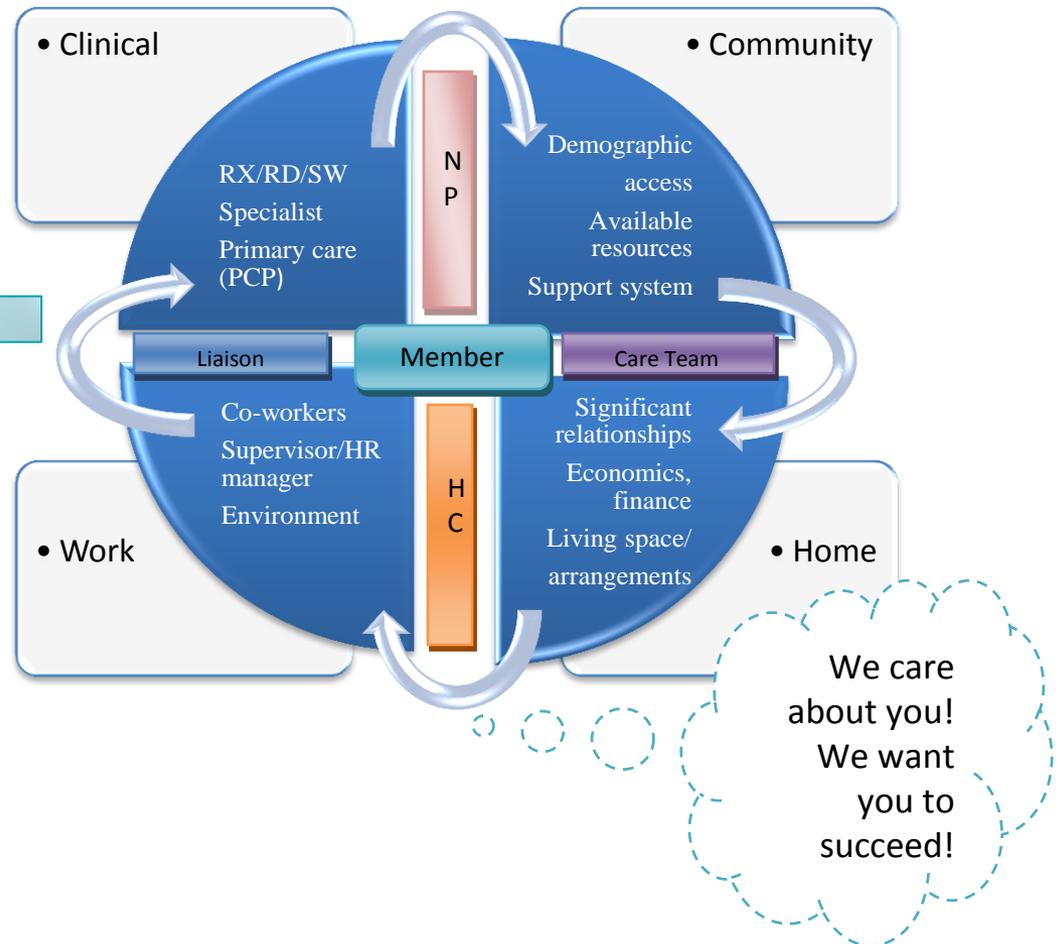


How we developed the model

Current state



Future vision



Healthy Foundations Program

- Tailored and member-driven
- Achieving and sustaining health goals
- Ongoing, weekly interactions
- Tools, education, resources, incentives

Dedicated care team

- Nurse practitioner
 - Clinical and healthcare resource
- Health coaches
 - Support in making and sustaining lifestyle changes
- Program liaison
 - Community and benefits resource

Convenient and experiential

- Flexible meeting times and locations
- Grocery store trips, fitness centers, relaxation exercises, medical appointments, etc.

Member benefits

- Feeling healthier and living better with health conditions
- Positive trends in weight loss, cholesterol, and BP
- Less stress, more energy to do what matters most

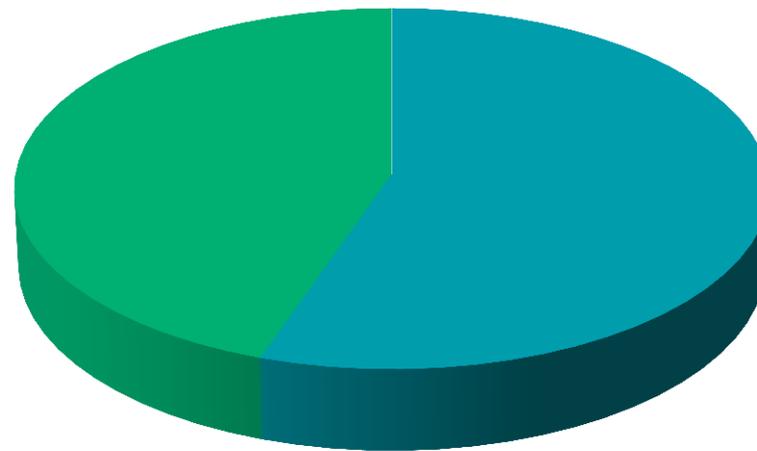
Summary of initial results

- 100% have had a positive experience
- Engagement rate of 21%
- Members are better self-managers
 - PAM scores increased in 95% of participants
 - Pharmacy and outpatient use increased
- Quality of life indicators improve

Medical cost summary

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

55% cost less



■ Decreased

■ Increased

- Initial cost increases as gaps in care are addressed
- Cost decreases over time as people improve
- Control group comparison confirms cost neutrality

Case Study: “Jack” Age 61

- Diabetes, HTN, Hyperlipidemia, Sleep Apnea
- Became more active, tried a plant based diet
- Needs less medication, sleeps and feels well
- Recommends the program to others

Questions?

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Healthyfoundationspdx.com



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