Healthy Foundations
A tailored program for healthier living

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The Healthy Foundations story

• Background and development
• Program characteristics
• Success measures
Creative collaboration
Hot spotting

The IHI Triple Aim

Members

Costs

Population Health

Experience of Care

Per Capita Cost
Population characteristics (n=105)

- **Female, 62%**
- **Male, 38%**

- **Employees, 70%**
- **Dependents, 30%**

73% of members are over 50

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age &lt; 21</td>
<td>1</td>
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<tr>
<td>Age 21-30</td>
<td>4</td>
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<tr>
<td>Age 31-40</td>
<td>10</td>
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<tr>
<td>Age 41-50</td>
<td>13</td>
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<tr>
<td>Age 51-60</td>
<td>47</td>
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<tr>
<td>Age 61-70</td>
<td>30</td>
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</tbody>
</table>
Disease burden of population

1. Musculoskeletal
2. Cardiac
3. Respiratory
4. Depression
5. Diabetes
6. Endocrine
7. Neoplasm
Number of chronic diseases per member

(N=105)
How we developed the model

Current state

- Home
- Rehab
- DME
- Health plan
- Community
- Home health
- Pharmacy
- PCP
- Palliative care
- Behavioral health
- Specialists
- Nutrition
- RX/RD/SW Specialist
- Primary care (PCP)

Future vision

- Clinical
  - Demographic access
  - Available resources
  - Support system
- Community
  - Significant relationships
  - Economics, finance
  - Living space/arrangements
- Work
  - Co-workers
  - Supervisor/HR manager
  - Environment
- Home
  - Member
  - Care Team

We care about you!
We want you to succeed!
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.

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

55% cost less

- Decreased
- Increased
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