



Empowering Wellness

*Designing effective population health solutions
for your organization*



Pathways to Population Health

At a time when new technologies and advances reinvent health care almost weekly, sticking with “business as usual” is a prescription for mediocrity. To succeed, health care providers, payers and employers must be forward-thinking; able to adapt on the fly to shifting industry conditions and consumer demands.

Sun Health’s population-based approach to health promotion and chronic disease management, a model we call “Pathways to Population Health,” is a prime example.

Sun Health’s wealth of experience and proven success can put your business or organization on the path to improving the health of populations, improving patient/client satisfaction and reducing costs – the goals of the “triple-aim” model of health care.

Whether your organization is a provider, payer, or accountable care organization, Sun Health can take our proven results and translate them into lower costs, higher patient satisfaction and improved quality. As an employer, we can transform your employee wellness program for immediate return on investment in terms of reduced absenteeism, increased productivity, enhanced employee engagement and, ultimately, lower health care costs.

OUR APPROACH IS SIMPLE:

- 1 Conduct a Needs Assessment** – we take the time to understand your culture, your existing resources, your strengths and challenges
- 2 Strategy Formulation** – we work with you to create a playbook, metrics and timeline to achieve your goals
- 3 Execution** – our support is flexible depending on your needs. We can provide direct resources to help your organization implement the strategy or provide regular coaching to your implementation team to ensure success



Member Wellness Programs

Sun Health operates a network of Centers for Health & Wellbeing in the Phoenix market. These Centers offer group education and personalized consultations to help individuals live healthy in the face of chronic disease, overcome health challenges and undertake lifestyle modifications. Sun Health believes that engaged clients are more likely to be successful in managing their health with guidance and support from health professionals such as a registered dietitian, exercise physiologist, certified diabetes educator and/or certified health and wellness coach.

The Center for Health & Wellbeing concept is designed to complement the diagnosis and treatment recommendations provided by primary care physicians. We meet clients where they are and give them the education, support and coaching they need to achieve their health and wellness goals. The Centers also provide group education and exercise classes as well as evidence-based chronic disease management programs from the Centers for Disease Control, American Association of Diabetes Educators and Stanford University.

We believe this model is scalable for providers, health insurers and accountable care organizations who want to move beyond less-effective telephonic and electronic wellness interventions to provide support that engages clients and changes behaviors.

Client Outcomes

NATIONAL DIABETES PREVENTION PROGRAM:

15.4 LBS
AVERAGE WEIGHT LOSS
PER PARTICIPANT

AVERAGE WEIGHT LOSS
↓ **6.6%**
OF BODY WEIGHT

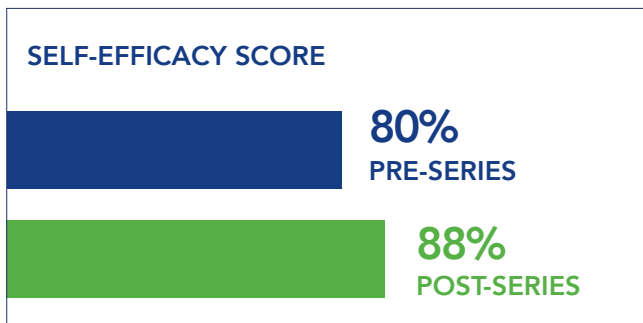
The Centers for Disease Control has shown that weight loss of 5-7% of body weight can reduce the risk of developing type 2 diabetes by 58% in those with prediabetes.

DIABETES SELF-MANAGEMENT EDUCATION:



A1c SCORES DECREASED
7.19% ↓ **6.87%**
PRE-SERIES POST-SERIES

CHRONIC DISEASE SELF-MANAGEMENT PROGRAM:



“I’m still diabetic. But living with it has become manageable. I’m 75 and I feel like I’m 45. It comes down to a lot of eating right and exercising. And I swear, I really do feel like I could run with the teenagers.”

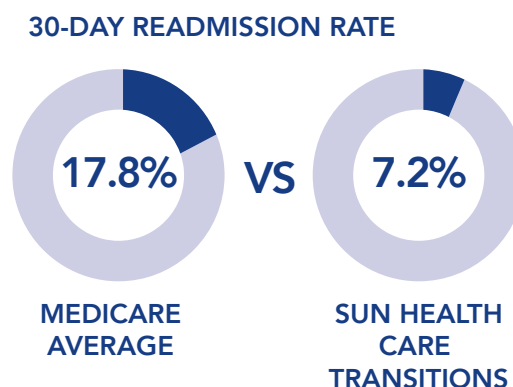
— Lee Roach, Participant



Transitions of Care Programs

Studies show that approximately 18 to 20 percent of Medicare patients discharged from a hospital (approximately 2.6 million seniors) are readmitted within 30 days at a cost of more than \$26 billion every year.

In sharp contrast, Sun Health's Care Transitions (SHCT) program has been able to dramatically reduce hospital readmissions to an average of 7.2 percent since the program's inception.



SHCT nurse and care managers educate patients about lifestyle changes to help them effectively self-manage their conditions, maintain independence and avoid rehospitalization. The team also helps identify and correct medication discrepancies, a major driver of hospital admissions.

COMMUNITY-BASED CARE TRANSITIONS PROGRAM DEMONSTRATION SITE

The Sun Health Care Transitions program became one of 76 nationwide Medicare demonstration sites participating in the Community-based Care Transitions Program (CCTP). CCTPs use an evidence-based model to reduce readmissions, improve quality and outcomes when patients transition from hospitals to their homes or other care settings, and to achieve measurable savings for the Medicare program. Through the CCTP, Sun Health serves 1,800 beneficiaries per year.

Sun Health can help providers, payers and accountable care organizations reduce readmissions, improve patient outcomes, assure patient satisfaction and reduce health care costs through its nationally recognized expertise in care transitions.

INDUSTRY RECOGNITION

Outstanding Leadership in Population Health award from the Care Continuum Alliance (now Population Health Alliance) in 2012 and 2013.

Case In Point Platinum award for Transitions of Care Programs in 2013 from Dorland Health.

Employee Wellness Programs



Employers today are naturally concerned with engaging their employees in a wellness mindset that translates into healthful choices. Sun Health's consultative approach will help your organization identify a strategic plan for implementing employee wellness activities that have the highest participation rate and effectiveness, depending on your industry and employee characteristics.

Already have an employee wellness program? We can help you breathe new life into your existing program to keep it fresh and inviting.

Best of all, your employee wellness strategy and the solutions that you design for your patients, clients or other managed populations can work together in synergy, costing far less than if you developed these programs independently.

Sun Health can help you design a menu of "best practice" strategies that suit your organization.

Client strategies include:

- > Biometrics and other health screenings
- > Financial incentives
- > Monthly health challenges
- > Participation rewards
- > Online wellness portals
- > Health risk assessments
- > Personal coaching around assessment results, goals and behavioral changes
- > Health promotion activities:
 - Onsite vaccinations
 - Healthy food choices
 - Onsite exercise classes
 - Walking or running clubs
- > Lifestyle modification programs:
 - Nutrition/weight
 - Fitness
 - Stress management
 - Smoking cessation
 - Financial health management
- > Disease management programs and supportive services:
 - Diabetes
 - Prediabetes
 - Heart failure
 - COPD
 - Coronary artery disease
 - Asthma
 - Pain management

Other Health Promotion Services



Health Education

Sun Health's Community Education program is a replicable strategy that can complement member and employee wellness programs. The program consists of free and low-cost talks delivered by experts on a variety of health topics such as diet and exercise, medication management, fall prevention and safety. The program also focuses on methods for managing chronic conditions such as Alzheimer's disease, diabetes, heart disease, chronic obstructive pulmonary disease, cancer and osteoporosis.

Medication Management

Medication discrepancies are a leading cause of emergency room visits. The Sun Health Medication Management program combines the ease of recording medications online with the ability to request a pharmacist's review. *My Medication Profile* is a secure online database located at www.SunHealthMeds.org, where participants can create a customized medication profile containing pertinent and potentially life-saving information. Profiles can be updated as medications change. Also available is the *My Personal Pharmacist* program, a detailed review of prescription and over-the-counter medications and supplements, as well as recommendations for improved safety, enhanced drug efficacy and lower medication costs.



Vial of Life & File of Life

Sun Health offers two complementary services to ensure emergency medical information is available when it is most needed. The Vial of Life program is a pill bottle that contains an easy-to-complete medical form with important information such as medical conditions, past surgeries, physician contact information, medications and allergies. Once completed, users place the vial in their refrigerator and post an orange “cling” on the front of their refrigerator, front door or window to signal emergency personnel that they have a vial. The File of Life is a companion device, containing the same information on a portable computer flash drive. The drive includes advance directive forms and space for additional information.

Memory Care Navigator

Sun Health’s Memory Care Navigator program helps minimize the stress of supporting a loved one with dementia by guiding clients and their families through all facets of dementia care and diagnosis. The program provides clients and their families with individualized support and guidance, linking them to education resources, physicians, support groups and assistive services.

Sun Health is your population health resource. Call us today to learn what we can do for you.

- Employee Wellness Program
- Member Health Promotion
- Member Cost Reduction through chronic disease management programs and readmission risk reduction

CONTACT

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ABOUT SUN HEALTH

Sun Health is a nonprofit, community-based health organization focused on providing community health and wellness services, including programs that assist residents in enhancing their health and managing chronic disease. These services are funded in large part by charitable giving and grants through the Sun Health Foundation. Sun Health also operates three award-winning senior living Life Care communities: Grandview Terrace, La Loma Village and The Colonnade; and serves as a philanthropic partner for the Banner Sun Health Research Institute and Banner Boswell and Banner Del E. Webb medical centers.

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