Moda Health

Population Health and Wellness

Improving health and wellbeing

Lifestyle support

MyModa
eDoc & nurse line
Lifestyle coaching
Dental Care
Momentum Platform

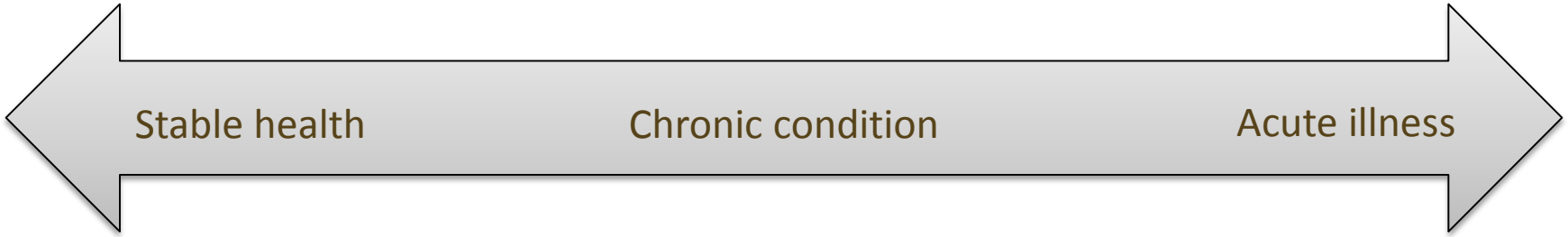
Condition support

Population Health
Condition-specific programs
Care Team support

Acute support

Care Coordination
Behavioral Health
Case Management

Living well at any stage of life



Comprehensive Wellness

- Worksite wellness coordinator support
- Health Assessment for population baseline and program outreach
- Targeted population health and behavioral-based coaching outreach
- Integrated lifestyle and disease management
- iPhone app for Moda eDoc -24/7 nurse advice line*
- Social media component
- Momentum online portal
  - Health risk assessment
  - Online tools , educational resources and trackers
- Customizable*, tools & campaigns
  - Health Engagement Plan*
- Comprehensive Reporting

Wellness Consulting

The Moda health and wellness program consultants act as the primary advocate and point person for your wellness related programming.

- Determine and evaluate your program goals
- Design programing and engagement approaches that meet the needs of your population and unique challenges and desires
- Assist you in creating a comprehensive annual wellness plan

Coaching and Support Programs

- Coaching programs – areas of focus
  - Spine and Joint Pain
  - Diabetes
  - Respiratory
  - Cardiac
  - Women's Health and Maternity
  - Depression, Stress and Anxiety
  - Lifestyle and Wellness
- Edoc
- 24hr Nurse line
- Health and Wellness Reminders

Condition support

Well@work

Employer Toolkit

- Resources on how to set up a wellness program, plan a health fair and engage your employees

Activity Calendar

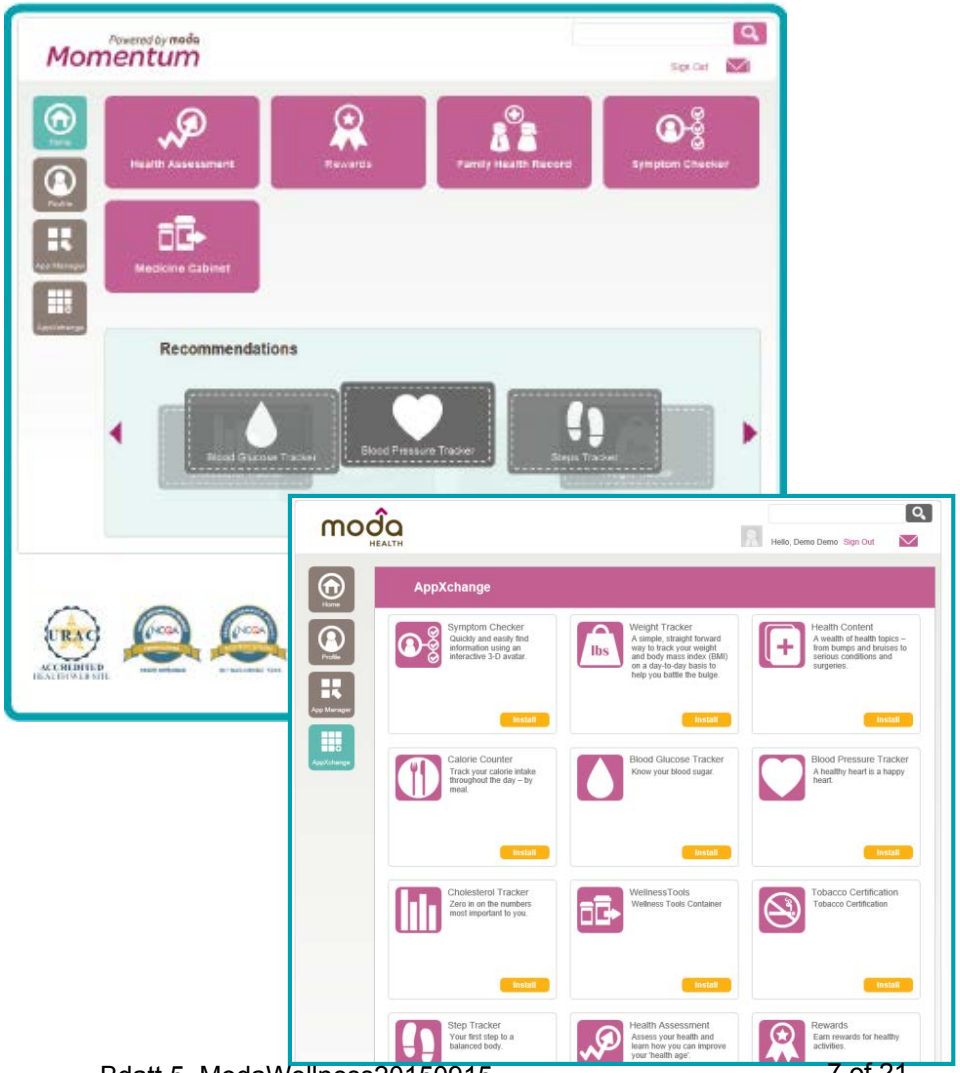
- Monthly activity calendar that includes turn-key health promotion campaigns and activities for your wellness program

Health Promotion Campaigns

- Targeted campaigns for the workplace communication
  - Health assessment
  - Dental health
  - Health coaching
  - Nutrition
  - Physical activity
  - Stress and resilience

- Promotional resources, including:
  - An email template
  - Table tents
  - Posters
  - Flyers
  - Frequently asked questions

Momentum Calibrate – Tying it all together



Employees Can:

- Take a health assessment and learn their "health age"
- Set activity goals
- Monitor progress using healthy lifestyle apps & trackers
- Research symptoms and conditions
- List medications, look up side effects and turn on reminders
- Create a Family Health Record

Employers Can:

- Configure portal to reflect your program
- Comprehensive population health reporting
- Track and reward employees progress

Diabetes Care4Life – a Digital Diabetes Patient Support Program

It is a multi-channel program that includes:

- Diabetes education and motivation
- Glucose / Weight/ Exercise/ BP goals and logs
- Medication reminders/ adherence
- Appointment reminders
- Content from the American Diabetes Association
- Interaction and communication channels covering:
  - Education
  - Medication adherence
  - Glucose monitoring
  - Goal tracking

Outcomes:

- **Increased medication adherence:** The proportion of users reporting they took all their medications increases by 12%
- **Increased blood glucose control:** Before-meal blood glucose values decreases by 15%
- **Increased weekly exercise:** Participants increased their weekly amount of exercise by 28%

Diabetes Prevention Program

Overview:

- Year-long program
  - Sessions are weekly for 6 months
  - Then monthly for 6 months

- Focuses on lifestyle changes:
  - eating healthier
  - physical activity
  - improving problem-solving
  - coping skills

- Facilitated group model with trained lifestyle coach
- In-person or virtual lifestyle intervention based

Evidence Based Program:

- a 58 percent reduction in the number of new cases of diabetes overall
- A 71 percent reduction in new cases for people over age 60
- Shown to reduce the risk of developing type 2 diabetes by 58 percent

Comprehensive Health interventions and engagement

Comprehensive Coordinated Care (C3) - Outcomes

Year one results

Enrollment:

- 1190 target members enrolled
- 2924 total members enrolled, including family members (33% of 8766 eligible members)
- >150 members engaged with disease manager RN

Cost and Utilization:

- decrease in admits/1000
- decrease in bed days/1000
- decrease in ER claims/1000
- decrease in ambulatory surgical procedures decrease in paid PMPM

Mindfulness Based Resilience Training (MBRT)

For First Responders and Law Enforcement Personnel

Why Wellness For This Population?

- Chronic, high stress occupations.
- MH/SUD Problems associated with higher burden of disease[1,2]
- Ferguson and Harris County
- Absenteeism/Presenteeism

[1]Gibsen TB et al (2010). Cost Burden of Treatment Resistance in Patients with Depression Am J Manag Care. 16(5). 370-377.
[2]Melek S and Norris D (2008). Chronic conditions and comorbid psychological disorders. Milliman white paper.

Are They Well?

- Police Officers have one of the poorest Cardiovascular Disease (CVD) health profiles of any occupation[1]
- Elevated depression, metabolic syndrome, poor sleep, stress, alcohol use disorders[1]
- Critical incidents associated with increased alcohol use and PTSD symptoms[2]

[1]Violanti JM, guest ed (2011). Special Issue: Stress and Health in Law Enforcement. Int J Emerg Mental Health 2011 Oct; 13(4):209-297.

[2] Ménard KS, Arter ML (2013). Police officer alcohol use and trauma symptoms: Associations with critical incidents, coping, and social stressors. International Journal of Stress Management, 20(1): 37-56

Mindfulness Training

- Teaches calm, non-judgmental awareness

- Evidence basis
  - Increases sleep[1]
  - Decreases stress[2], anger[3], depression[4]
  - Outcomes supported by meta-analysis[2,4,5,6]

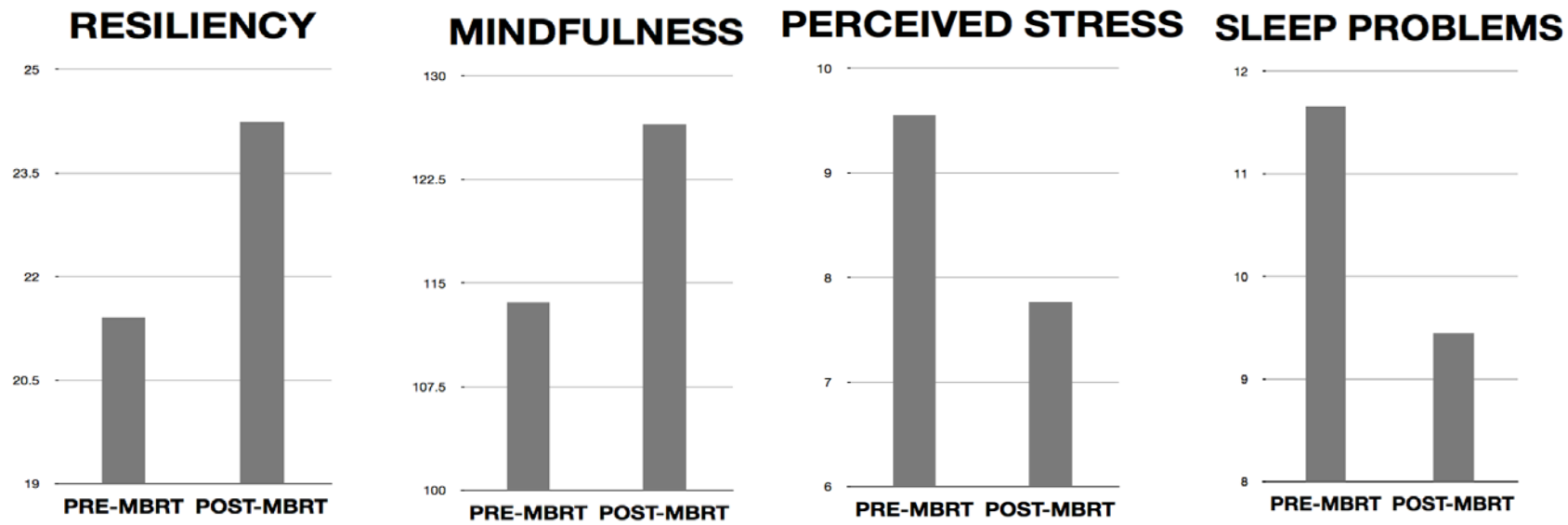
[1]Gross CR, Kreitzer MJ, Reilly-SpongM,Wall M,WinbushNY, Patterson R, … & Cramer-Bornemann M (2011). Mindfulness based stress reduction versus pharmacotherapy for chronic primary insomnia: a randomized controlled clinical trial. Explor J Sci Healing 7(2):76–87.
[2]Chiesa A, Serretti A (2009)Mindfulness-based stress reduction for stress management in healthy people: a review and meta-analysis. J Altern Complement Med 15(5):593–600.
[3]Singh NN, Lancioni GE, Karazsia BT, Winton AS, Singh AN, Wahler RG (2014) Shenpa and compassionate abiding: mindfulness-based practices for anger and aggression by individuals with schizophrenia. Int J Ment Heal Addict 12:138–152.
[4]Hofmann SG, Sawyer AT, Witt AA, Oh D (2010) The effect of mindfulness-based therapy on anxiety and depression: a metaanalytic review. J Consult Clin Psychol 78(2):169.
[5]De Vibe M, Bjørndal A, Tipton E, Hammerstrøm KT, Kowalski K, Bjørndal A (2012) Mindfulness based stress reduction (MBSR) for improving health, quality of. Campbell Syst Rev 3.
[6] Eberth J, Sedelmier P (2012) The effects of mindfulness meditation: a meta-analysis. Mindfulness 3:174–189.

Adapted To First Responders

- Mindfulness-Bases Resilience Training (MBRT)[1]
- 8 week course
  - 2 hours/week
  - Final week: 5 hour class
- Modifications
  - Adapted to law enforcement culture
  - More didactic, less “sharing”
  - Physical activity, not “yoga”
  - Specific exercises: 911 call, donning/doffing uniform
- Awarded two-year, $275,000 NIH grant for further development and research

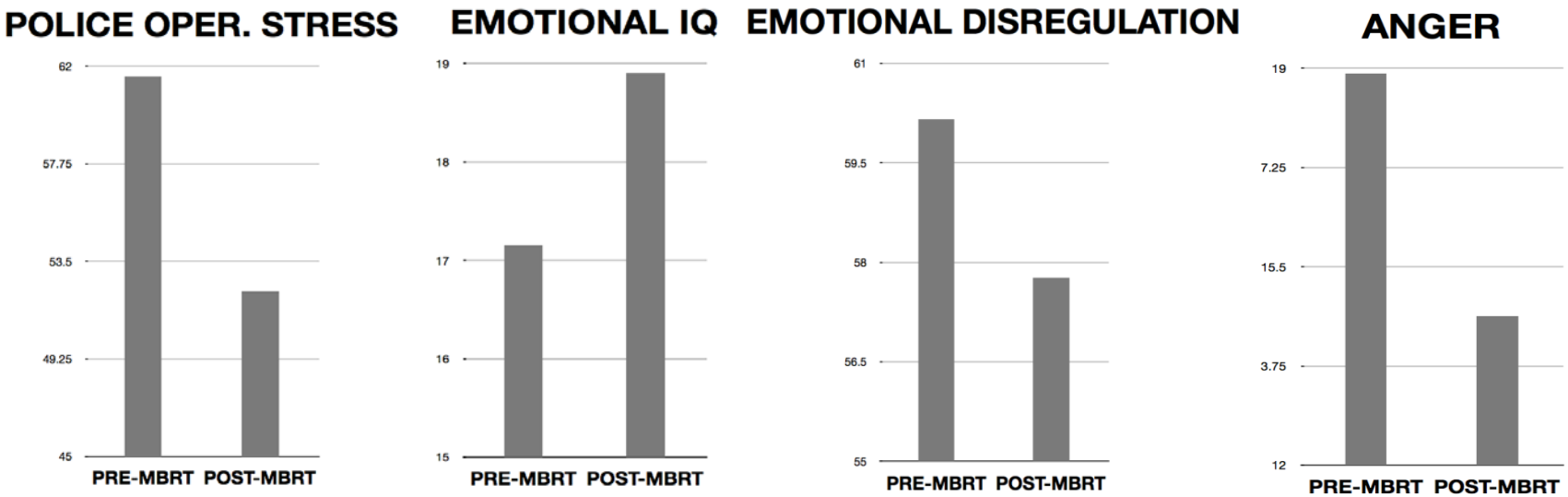
[1]Christopher MS, Goerling RJ, Rogers BS, et. al. (2015). A Pilot Study Evaluating the Effectiveness of a Mindfulness-Based Intervention on Cortisol Awakening Response and Health Outcomes among Law Enforcement Officers. J Police Crim Psych 29(2) 1-14.

Results



All results shown were significant at $p < .05$. (Christopher/Goerling/Rogers pilot study)

Results, Continued



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Proposed Services

- MBRT Pilot Program
  - 8 week program for up to 30 participants
  - Orientation/education for workplace management
  - Pre- and Post-intervention measurement and reporting
  - Curriculum, development of plans for scalability and access in traditionally under-served locations

Questions?

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