#### Lake Havasu Mid-Program Health & Wellness Report (7/11/2016 – 12/31/2016)



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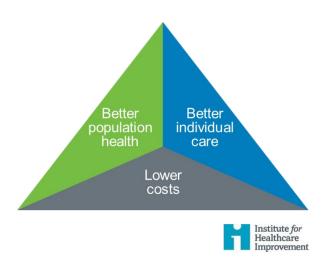
Client Results Analyst – Client and Performance Management



#### **Our beliefs**

Create a better experience, with improved health outcomes at an affordable cost.

Aligns with Triple Aim

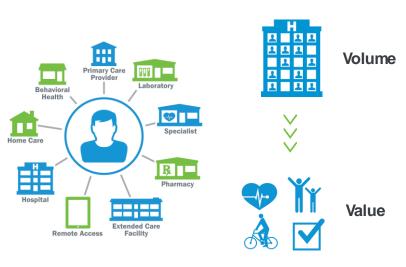


#### **Our experience and actions**

Obtain results through a performance management process that includes placemat history, roadmaps, and quarterly performance reviews

#### **Our relationships**

Leverage relationships with healthcare providers to create sponsor-driven network offerings



**<sup>17</sup> out of 30** top US-based health care organizations have a Cerner footprint.\*





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# Agenda



#### 2016 Annual Program Review

- PHA Summary
- Lab & Biometric Details
- Condition Risk Summary





 Closing and Next Steps

# Agenda



- PHA Summary
- Lab & Biometric
   Details
- Condition Risk
   Summary





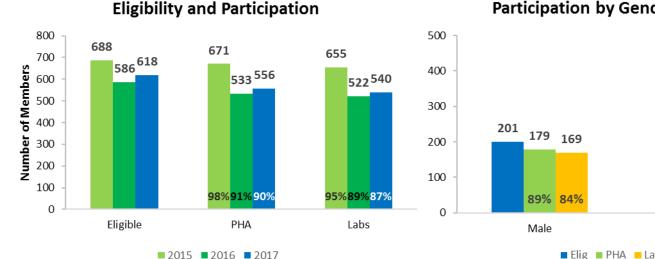
 Closing and Next Steps

# **Program Participation**

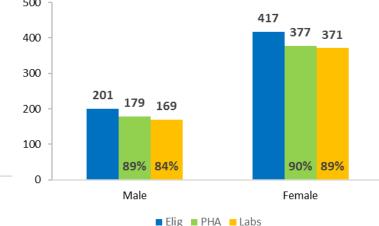
### **Key Insights**

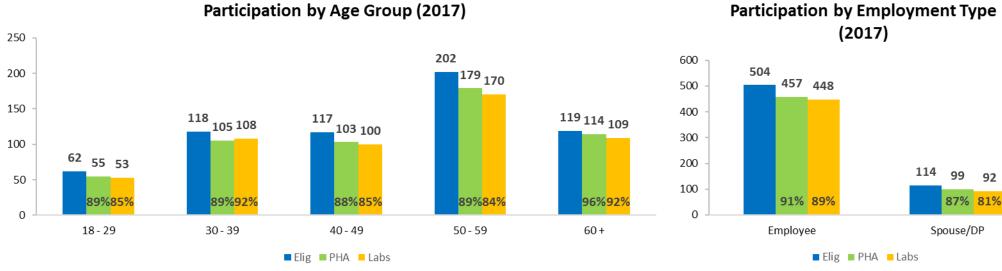
Source: Eligibility, PHA, and Wellness Screenings (7/11/2016 - 12/31/2016 for PHA / Labs & Biometrics)

- Eligible members increased by 5.5% (32 members)
- 90% (556 members) completed the PHA
- 87% (540 members) completed screenings



Participation by Gender (2017)





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### **Current Health Perception/Readiness to Change**

#### Source: PHA (7/11/16 - 12/31/16)

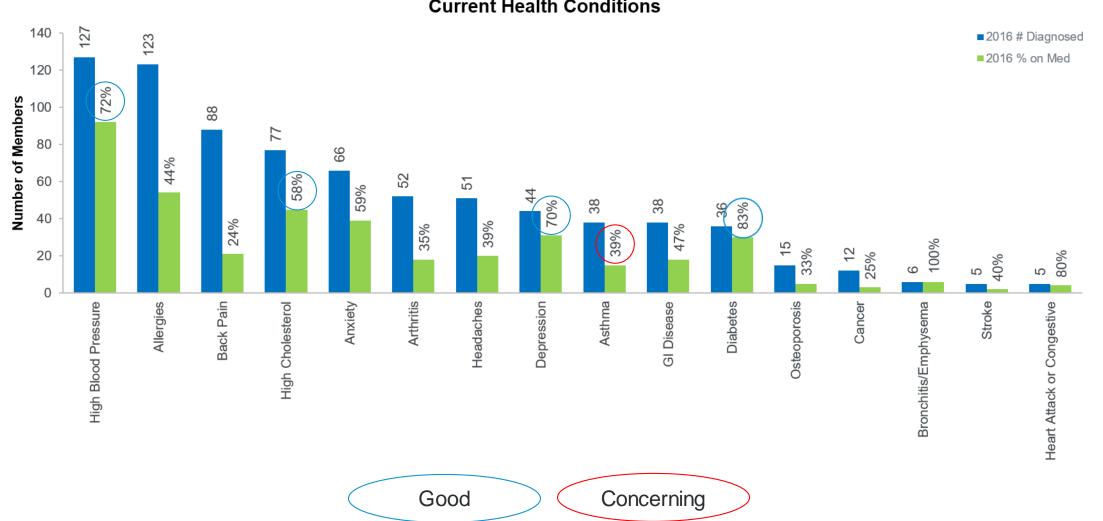
■ High ■ Moderate ■ Low

	С	urrent Year Risk	500 - 450 -		470				
	Total	High	Moderate	Low	<u>e</u> 400 -				
General Health		(0 - 59)	(60 - 79)	(80 - 100)	a 350 - 300 -	293			
Excellent	213	66	41	106	250 -	239			
Very good	689	293	157	239	<b>a</b> 200 -	157	171		
Good	737	470	171	96	<b>L</b> 150 - 106		96	87	
Fair	105	87	15	3	41				
Poor	16	16	0	0	50 -			15 <sub>3</sub>	<sup>16</sup> 0 0
No Result	0	0	0	0	Excellent	Very good	Good	Fair	Poor

902 participants said "I feel I am in 'Very Good to Excellent' health." Of those, 557 participants (62%) had a wellness score under 80 points, and 359 participants (40%) had a wellness score under 60 points.

### Current Health Conditions – 2016

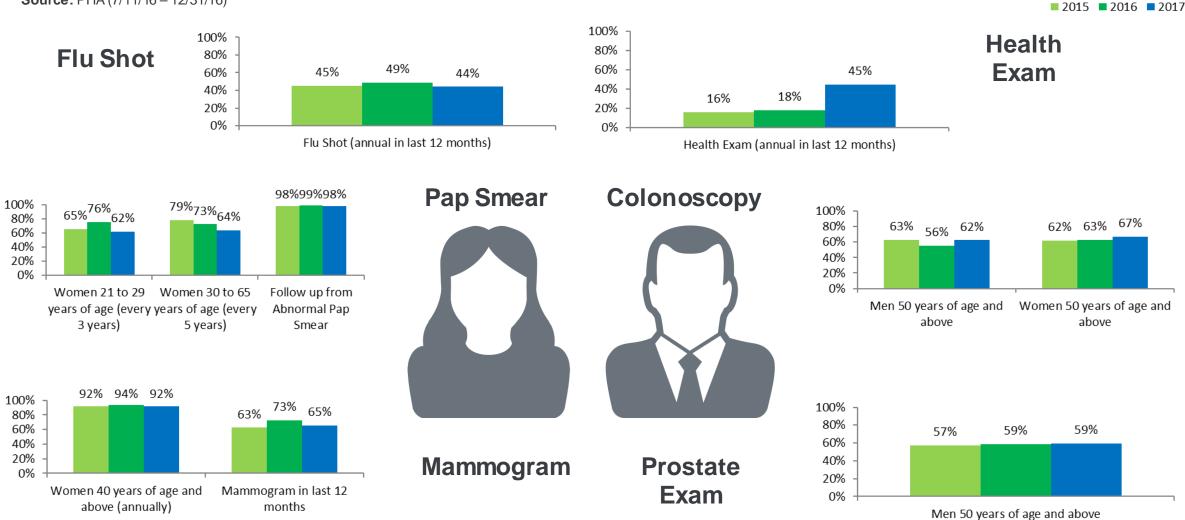
Source: PHA (7/11/16 - 12/31/16)



**Current Health Conditions** 

#### **Preventive Care Trends**

Source: PHA (7/11/16 - 12/31/16)



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### What are the PHA points?

#### Going well

- 90% PHA participation rate
- High medication adherence around high blood pressure, high cholesterol, depression and diabetes
- Health exams improved to 45%
- 98% report receiving good support from family and friends



#### Potential change

- Perception vs. Reality
- 81% at either moderate or high risk for sleep (most of the time / less than half the time or never)
- 31% at either moderate or high risk for smoking (quit smoking / currently smoke)

# Agenda



- PHA Summary
- Lab & Biometric Details
- Condition Risk
   Summary





 Closing and Next Steps

# Lab & Biometric Averages – **Total** Population

Source: M	Vollages Screenings (7/11	/16 12/31/16)			2015	2010	2017
Source: M	Source: Wellness Screenings (7/11/16 – 12/31/16)			Demographics Averages	2015	2016	2017
• 54	0 total parti	cipants					
	mpleted La	bs and		Total Participants	655	522	540
Bi	ometrics			Female	67%	68%	69%
				Male	33%	32%	31%
• 60	of 12 are in	range		Age (Average in Years)	47	49	48
		•		Height (Average in Inches)	67	45 67	
• Δι	/erage Age ·	- 48		Weight (Average in pounds)	178	182	183
	3 3	-					
				HbA1c (mmol/L)	5.5	5.6	5.6
Cerner Lab & Biometric Stratification		Glucose - Non-Fasting (mg/dL)	86	95	103		
y Cerner		Diometric Strati	ication		00	00	00
-				Glucose - Fasting (mg/dL)	90	98	99
ab or Biometric	Low	Moderate	High	Total Cholesterol (mg/dL)	179	194	192
ab or Biometric emoglobin (HbA1c)				Total Cholesterol (mg/dL) HDL (mg/dL)	179 53	194 58	192 58
ab or Biometric emoglobin (HbA1c) lucose	LOW <5.7 mmol/L <100 mg/dL fasting, < 140 mg/dL random	Moderate 5.7 - 6.4 mmol/L 100 - 125 mg/dL fasting, 140 - 199 mg/dL random	High >=6.5mmol/L >=126mg/dL fasting, >=200mg/dL random	Total Cholesterol (mg/dL) HDL (mg/dL) LDL (mg/dL)	179 53 96	194 58 109	192 58 106
ab or Biometric emoglobin (HbA1c) lucose otal Cholesterol	<pre> LOW   &lt;5.7 mmol/L   &lt;100 mg/dL fasting, &lt;140 mg/dL</pre>	Moderate 5.7 - 6.4 mmol/L 100 - 125 mg/dL fasting, 140 - 199 mg/dL random 200 - 239 mg/dL	High >= 6.5 mmol/L >= 126 mg/dL fasting, >= 200 mg/dL random >= 240 mg/dL	Total Cholesterol (mg/dL) HDL (mg/dL) LDL (mg/dL) Triglycerides (mg/dL)	179 53 96 128	194 58 109 132	192 58 106 129
ab or Biometric emoglobin (HbA1c) lucose otal Cholesterol	LOW <5.7 mmol/L <100 mg/dL fasting, < 140 mg/dL random	Moderate 5.7 - 6.4 mmol/L 100 - 125 mg/dL fasting, 140 - 199 mg/dL random	High >=6.5mmol/L >=126mg/dL fasting, >=200mg/dL random	Total Cholesterol (mg/dL) HDL (mg/dL) LDL (mg/dL)	179 53 96	194 58 109	192 58 106
ab or Biometric emoglobin (HbA1c) ucose stal Cholesterol DL Cholesterol DL Cholesterol	<pre>LOW <s.7mmol <100="" <140="" <200="" <60="" <s.7mmol="" dl="" dl<="" fasting,="" l="" mg="" pre="" random=""></s.7mmol></pre>	Moderate           5.7 - 6.4 mmol/L           100 - 125 mg/dL fasting, 140 - 199           mg/dL random           200 - 239 mg/dL           40 - 60 mg/dL Male, 50 - 60 mg/dL	High >= 6.5 mmol/L >= 126 mg/dL fasting, >= 200 mg/dL random >= 240 mg/dL	Total Cholesterol (mg/dL) HDL (mg/dL) LDL (mg/dL) Triglycerides (mg/dL)	179 53 96 128	194 58 109 132	192 58 106 129
ab or Biometric emoglobin (HbA1c) lucose otal Cholesterol DL Cholesterol DL Cholesterol iglycerides	LOW <5.7 mmol/L <100 mg/dL fasting, <140 mg/dL random <200 mg/dL >60 mg/dL <100 mg/dL <150 mg/dL	Moderate           5.7 - 6.4 mmol/L           100 - 125 mg/dL fasting, 140 - 199 mg/dL random           200 - 239 mg/dL           40 - 60 mg/dL Male, 50 - 60 mg/dL           Female           100 - 159 mg/dL           150 - 199 mg/dL	High >= 6.5 mmol/L >= 126 mg/dL fasting, >= 200 mg/dL random >= 240 mg/dL < 40 mg/dL Male, < 50 mg/dL Female >= 160 mg/dL >= 200 mg/dL	Total Cholesterol (mg/dL) HDL (mg/dL) LDL (mg/dL) Triglycerides (mg/dL)	179 53 96 128	194 58 109 132	192 58 106 129 3.6
ab or Biometric emoglobin (HbA1c) lucose otal Cholesterol DL Cholesterol DL Cholesterol riglycerides lood Pressure	LOW <.5.7mmol/L <100 mg/dL fasting, <140 mg/dL random <200 mg/dL <200 mg/dL >60 mg/dL <150 mg/dL <150 mg/dL <120/80 mm/Hg	Moderate           5.7 - 6.4 mmol/L           100 - 125 mg/dL fasting, 140 - 199 mg/dL random           200 - 239 mg/dL           40 - 60 mg/dL Male, 50 - 60 mg/dL           Female           100 - 159 mg/dL           150 - 199 mg/dL           >= 120/80 mm/Hg - <140/90 mm/Hg	High >= 6.5 mmol/L >= 126 mg/dL fasting, >= 200 mg/dL random >= 240 mg/dL < 40 mg/dL Male, < 50 mg/dL Female >= 160 mg/dL >= 200 mg/dL >= 140/90 mm/Hg	Total Cholesterol (mg/dL) HDL (mg/dL) LDL (mg/dL) Triglycerides (mg/dL)	179 53 96 128	194 58 109 132	192 58 106 129
ab or Biometric lemoglobin (HbA1c) ilucose otal Cholesterol IDL Cholesterol DL Cholesterol riglycerides lood Pressure	LOW <5.7 mmol/L <100 mg/dL fasting, <140 mg/dL random <200 mg/dL >60 mg/dL <100 mg/dL <150 mg/dL	Moderate           5.7 - 6.4 mmol/L           100 - 125 mg/dL fasting, 140 - 199 mg/dL random           200 - 239 mg/dL           40 - 60 mg/dL Male, 50 - 60 mg/dL           Female           100 - 159 mg/dL           150 - 199 mg/dL           >= 120/80 mm/Hg - <140/90 mm/Hg	High >= 6.5 mmol/L >= 126 mg/dL fasting, >= 200 mg/dL random >= 240 mg/dL < 40 mg/dL Male, < 50 mg/dL Female >= 160 mg/dL >= 200 mg/dL	Total Cholesterol (mg/dL) HDL (mg/dL) LDL (mg/dL) Triglycerides (mg/dL) Total Cholesterol/HDL Ratio Blood Pressure Systolic (mm/Hg)	179 53 96 128 4.5	194 58 109 132 3.6	192 58 106 129 3.6
ab or Biometric emoglobin (HbA1c) lucose otal Cholesterol DL Cholesterol DL Cholesterol riglycerides lood Pressure ody Mass Index	LOW <.5.7mmol/L <100 mg/dL fasting, <140 mg/dL random <200 mg/dL <200 mg/dL >60 mg/dL <150 mg/dL <150 mg/dL <120/80 mm/Hg	Moderate         5.7 - 6.4 mmol/L         100 - 125 mg/dL fasting, 140 - 199 mg/dL random         200 - 239 mg/dL         40 - 60 mg/dL Male, 50 - 60 mg/dL         Female         100 - 159 mg/dL         150 - 199 mg/dL         150 - 199 mg/dL         >> 120/80 mm/Hg - < 140/90 mm/Hg	High >= 6.5 mmol/L >= 126 mg/dL fasting, >= 200 mg/dL random >= 240 mg/dL < 40 mg/dL Male, < 50 mg/dL Female >= 160 mg/dL >= 200 mg/dL >= 140/90 mm/Hg	Total Cholesterol (mg/dL) HDL (mg/dL) LDL (mg/dL) Triglycerides (mg/dL) Total Cholesterol/HDL Ratio Blood Pressure Systolic (mm/Hg) Blood Pressure Diastolic (mm/Hg)	179 53 96 128 4.5 120	194 58 109 132 3.6 119	192 58 106 129 3.6 120
Lab or Biometric Hemoglobin (HbA1c) Solucose Total Cholesterol HDL Cholesterol HDL Cholesterol DL Cholesterol Triglycerides Blood Pressure Body Mass Index Waist Circumference	LOW <5.7 mmol/L <100 mg/dL fasting, <140 mg/dL random <200 mg/dL <200 mg/dL <100 mg/dL <150 mg/dL <150 mg/dL <120/80 mm/Hg >= 18.5 - <25 mg/m2	Moderate           5.7 - 6.4 mmol/L           100 - 125 mg/dL fasting, 140 - 199 mg/dL random           200 - 239 mg/dL           40 - 60 mg/dL Male, 50 - 60 mg/dL           Female           100 - 159 mg/dL           150 - 199 mg/dL           >= 120/80 mm/Hg - <140/90 mm/Hg	High >= 6.5 mmol/L >= 126 mg/dL fasting, >= 200 mg/dL random >= 240 mg/dL < 40 mg/dL Male, < 50 mg/dL Female >= 160 mg/dL >= 200 mg/dL >= 140/90 mm/Hg >= 30 mg/m2	Total Cholesterol (mg/dL) HDL (mg/dL) LDL (mg/dL) Triglycerides (mg/dL) Total Cholesterol/HDL Ratio Blood Pressure Systolic (mm/Hg)	179 53 96 128 4.5 120 78	194 58 109 132 3.6 119 78	192 58 106 129 3.6 120 78

# Lab & Biometric Averages – Cohort Population

- 381 total participants completed Labs and Biometrics
- 5 of 11 are in range
- Average Age 50

381 Total Members 31% 69%

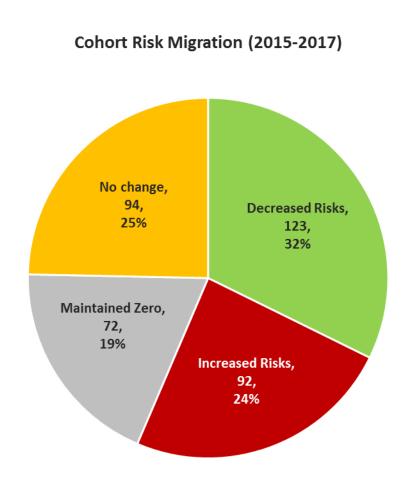
Domographics Averages	2015	2016	2017
Demographics Averages	2015	2010	2017
Total Participants	381	381	381
		001	
Female	69%	69%	69%
Male	31%	31%	31%
Age (Average in Years)	48	49	50
Height (Average in Inches)	67	67	67
Weight (Average in pounds)	179	182	184
HbA1c (mmol/L)	5.5	5.6	5.6
Glucose - Fasting (mg/dL)	90	97	99
Total Cholesterol (mg/dL)	179	194	194
HDL (mg/dL)	54	58	58
LDL (mg/dL)	95	108	108
Triglycerides (mg/dL)	130	132	127
Total Cholesterol/HDL Ratio	4.7	3.6	3.6
Blood Pressure Systolic (mm/Hg)	121	119	121
Blood Pressure Diastolic (mm/Hg)	79	78	79
Body Mass Index (kg/m2)	28	29	29
Waist - Females (inches)	35	35	35
Waist - Males (inches)	40	40	41
- In Range (Low Risk) - Out of Range (Moderate Risk)	- Out of Range (High Risk)	🔵 - Impro	oved 🦲 - No Change 🥚

## **Cohort - Changes in Health Risk**

Source: PHA and Wellness Screenings (7/11/16 - 12/31/16)

#### **Cohort Health Condition Risk Shift**

- From 2015 to 2017, 289 members or 76% of the cohort reduced the number of high risk factors, or had no change
  - 123 members or 32% decreased high at-risk condition count from 2014 to 2016
  - 94 members or 25% had no change in high at-risk conditions from 2014 to 2016
  - 72 members or 19% maintained zero high atrisk conditions from 2014 to 2016



### What are the Lab points?

#### Going well

- 3 averages improved since the last screening
- The cohort group is comprised of a large percentage of the overall population
- 51% of the cohort group reduced, or maintained zero high risk factors



#### Potential change

- High risk for BMI and waist circumference
  - Fresh Fruit Fridays
  - Color Code Vending Machines
  - Lunch N Learns
- 24% of the cohort group experienced an increase in their number of high risks

# Agenda



- PHA Summary
- Lab & Biometric
   Details
- Condition Risk Summary





 Closing and Next Steps

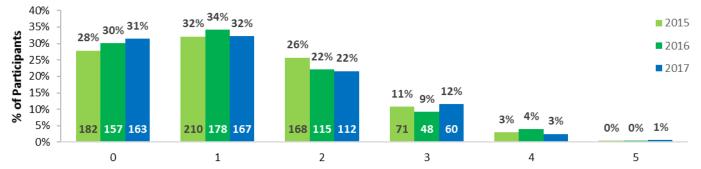
### Health Risks

#### **Key Insights**

Source: PHA and Wellness Screenings (7/11/16 – 12/31/16)

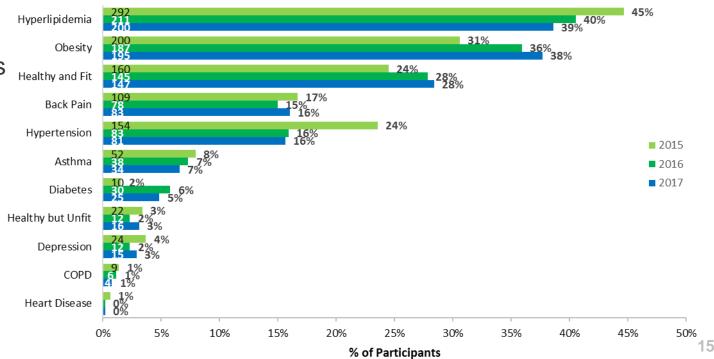
- Top 3 High Risk conditions
  - Hyperlipidemia
  - Obesity
  - Healthy and Fit
- 69% of participating members are classified in 1 or more high risk categories
- More than one-third (37%) classified in 2 or more comorbid high risk condition categories
- 39% with high risk Hyperlipidemia
- 38% with high risk Obesity

Number of High Risk Groupings (Total Population)



Number of High Risks

#### High Risk Condition Groupings (Total Population)



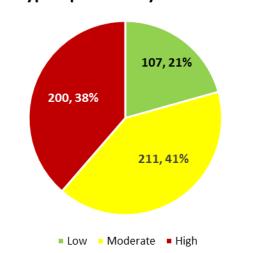
### **Top At-Risk Conditions:**

Source: PHA and Wellness Screenings (7/11/16 – 12/31/16)

#### 1 Hyperlipidemia

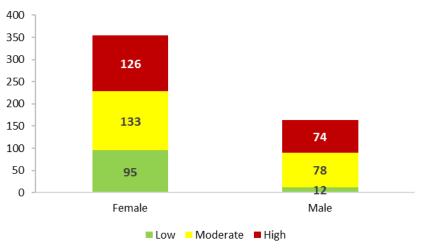
Low

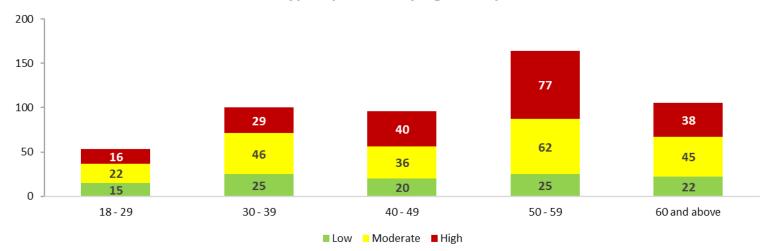
Total Cholesterol: <= 199 mg/dL HDL Cholesterol: >= 60 mg/dL LDL Cholesterol: <= 129 mg/dL Triglycerides: <= 149 mg/dL Total Cholesterol: 200-239 mg/dL HDL Cholesterol: 40-59 mg/dL Moderate LDL Cholesterol: 130-159 mg/dL Triglycerides: 150-199 mg/dL Total Cholesterol: >= 240 mg/dL HDL Cholesterol: <= 39 mg/dL LDL Cholesterol: >=160 mg/dL Triglycerides: >=200 mg/dL



Hyperlipidemia by Risk Level







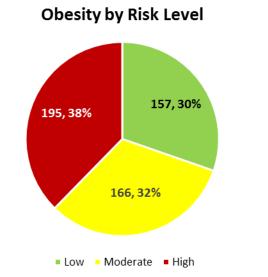
Hyperlipidemia by Age Group

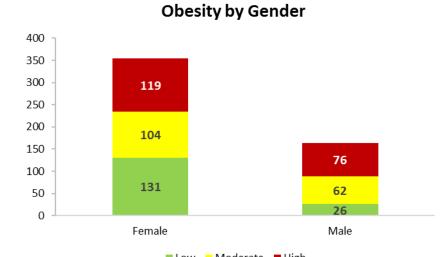
### **Top At-Risk Conditions:**

Source: PHA and Wellness Screenings (7/11/16 - 12/31/16)

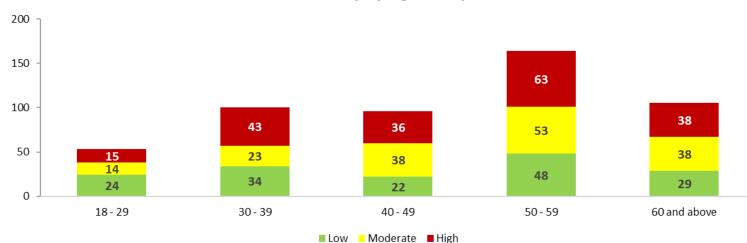
2 Obesity

LowBody Mass Index between 18.5 - 24.9ModerateBody Mass Index between 25 - 29.9HighBody Mass Index >=30



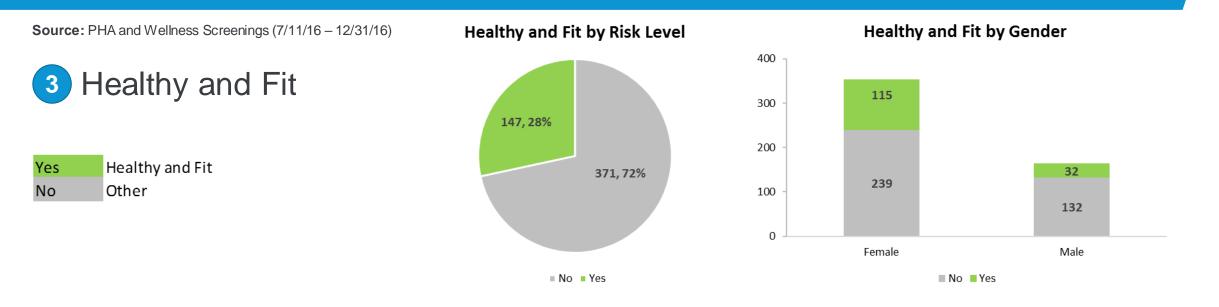


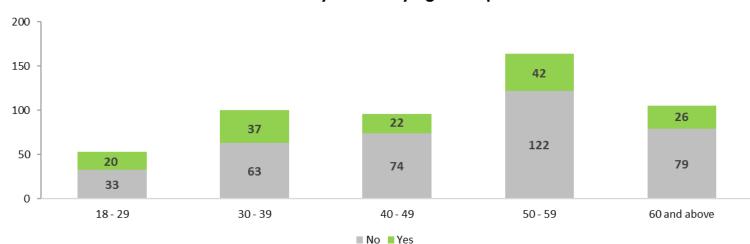
🔳 Low 📒 Moderate 📕 High



**Obesity by Age Group** 

# **Top At-Risk Conditions:**





Healthy and Fit by Age Group

# Agenda

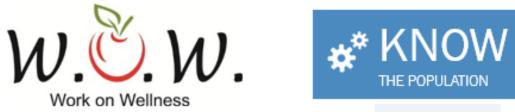


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 Closing and Next Steps



Work on Wellness			
<ul> <li>What we have done (2012-2014)</li> <li>Start better transparency, understanding and connections</li> </ul>	<ul> <li>In 2012, Wellness Center &amp; Wellness Program launched</li> <li>Historically, wellness program has focused primarily, around PHA completion, labs and achieving W.O.W. goal</li> <li>2013, launched W.O.W Program to covered spouses.</li> <li>Offer health coaching / condition management through Health &amp; Wellness Center</li> </ul>	<ul> <li>Identified top conditions within broader population         <ul> <li>Hyperlipidemia</li> <li>Obesity</li> <li>Hypertension</li> </ul> </li> <li>Supported healthy activity levels by encouraging members to participant in exercise challenges, and provide incentives to members for completing coaching appointment and meeting W.O.W. goal.</li> </ul>	<ul> <li>Engaged 440 Employee Members, and 93 Spouse Members completed personal health assessment (91%)</li> <li>Engaged 429 Employee Members, and 93 Spouse Members completed wellness screening (89%)</li> </ul>
<ul> <li>What we are doing (2015/2016)</li> <li>Foundational Wellness Initiatives</li> <li>Increase Member Awareness</li> </ul>	<ul> <li>Utilizing Personal Health Assessment (PHA), labs/biometrics, and historical to determine key components of the wellness program.</li> <li>Further develop two way communication and outreach through education sessions / Wellness classes</li> </ul>	<ul> <li>Provide a new / look and feel of W.O.W. dashboard</li> <li>Offered flu shots</li> <li>Offered Biometric Screenings</li> <li>Offered dermatology skin screenings</li> <li>Variety of onsite wellness classes</li> <li>Accommodating wellness center hours</li> <li>Promote EAP services and provided referrals</li> <li>Cooking demonstrations</li> </ul>	<ul> <li>Increased number of preventative screenings (mammograms, paps, and colonoscopies)</li> <li>Wellness Center providers obtained DOT certification to complete DOT exams</li> <li>Collaborate/finalize 2016 strategic project plan to focus on increasing participation</li> <li>Create wellness offerings and initiatives around the wellness theme calendar</li> <li>Facilitate a steps challenge for members</li> <li>Recommend workshops specific to condition and fitness education</li> </ul>
<ul> <li>What we want to do (2017 and beyond)</li> <li>Increase general education &amp; increase participation rates</li> <li>Grow population into activity &amp; outcomes based culture</li> <li>Curb cost trend</li> </ul>	<ul> <li>Increase education opportunities thru Wellness Classes / On-site presentations</li> <li>Develop long-term strategy and goals through strategic quarterly meetings</li> <li>Offer outcome based incentive (OBI) design that aligns with portal settings</li> </ul>	<ul> <li>Offer Quarterly Wellness Classes</li> <li>Onsite Cooking Class</li> <li>Steps Challenge</li> <li>Chair Massages</li> <li>Host Walking Club</li> <li>Promote onsite fitness activities (yoga, cycling, etc.)</li> <li>Highlighting resources and upcoming events provide Monthly Newsletter and Resource pages highlighting month observances</li> </ul>	<ul> <li>Engaged 556 Employee Members completed personal health assessment (90%)</li> <li>Engaged 540 Employee Members completed wellness screening (87%)</li> <li>Strategic discussion on telehealth and the benefits</li> <li>Strategic discussion around Livongo and impact on the diabetic population</li> <li>Strategic discussion around HealtheRegistries / HealtheIntent</li> </ul>

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OUTCOMES

MEMBERS

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THE POPULATION

# **Closing & Next Steps**

#### Strengths

- 90% PHA participation
- 87% lab & biometric participation
- 76% of the cohort group reduced, had no change, or maintained zero high risk factors
- Cholesterol and triglyceride values have increased from last screenings
- Medication adherence remains high around most prevalent conditions

#### 🥑 Risks

- 69% of participating members are classified in one or more high risk categories
- Top 3 high risk conditions:
  - Hyperlipidemia (41%)
  - Obesity (36%)
  - Back Pain (16%)

#### Opportunities

- Device integration (application & device connectivity)
- Offer onsite fitness classes
- Improve Nutrition Offerings: Fresh Fruit Fridays, color code vending machines, wellness classes geared around cooking techniques either at WAVE or have a dietician come onsite quarterly
- Promote tobacco cessation resources through marketing and wellness classes
- Emphasize steps and weight challenges and add wellness classes around nutrition and fitness/ Encourage walking meetings when on breaks or before/after school and map out walking paths in school for staff
- HealtheIntent

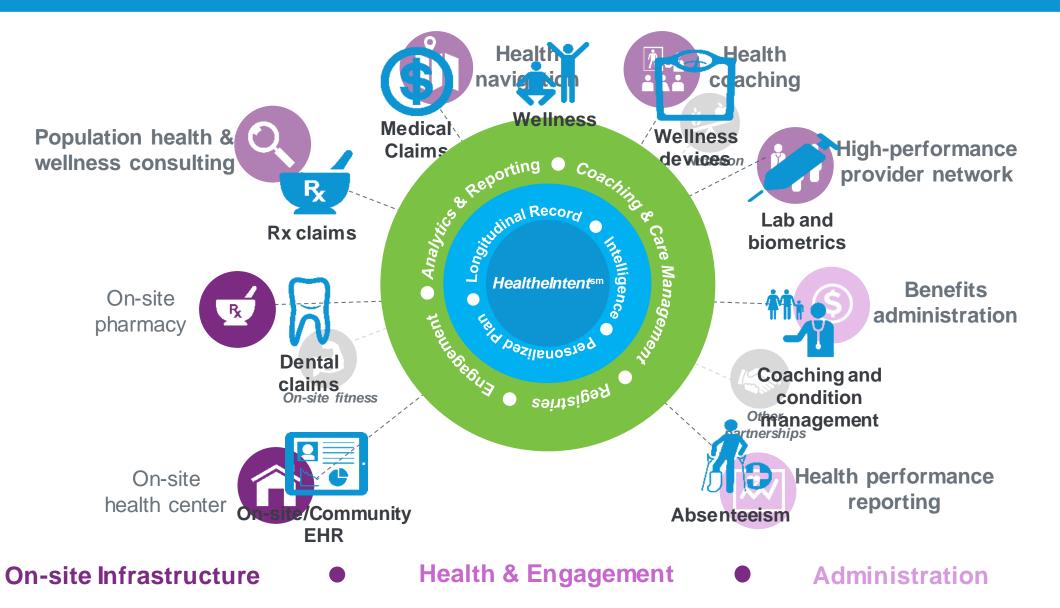
# **Employer Analytics**



# What We Spend On Being Healthy



#### Connected, coordinated population health management



# What this means for employers



#### For your organization

- Unparalleled transparency into health of your population across your health & benefit partners
- Empowerment to make educated investment decisions and monitor their impact

#### For your population

- Highly coordinated, connected health & care services
- Personalized interventions and engagement opportunities

#### Health Performance Consulting Services

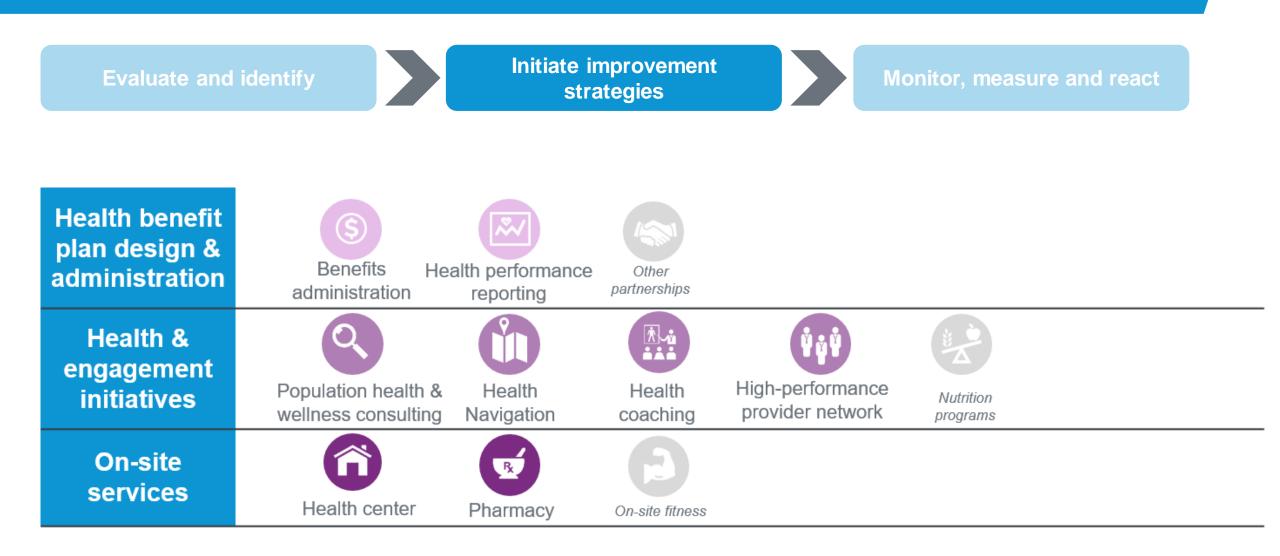
#### Evaluate and identify



HealtheAnalytics	Projects Data	Models Data Sets Queries	
Project	<		
Demo			
► KPIs ► Reports	More Engaged	Active Sick 5,349 / \$555 "Plan builder" 5,349 / \$555	Active Well 2,589 / \$322 "Motivated" 2,589 / \$322 Demographics Wellness & Clinical Values
Health Risk Assessment Demo		963 4,386 Engagement Average DMI: 33 Average Engagement Score: Average Total EDL: 115	466 2,123
Lab Results Demo	the set of the	Average Age: Average 20 Wellness Score: 45 Pressure: 122	Average Age: Average Systello Blood 22 Wellness Score: 75 Pressure: 112
	ENGAGEMENT	Focused Sick Plan participant         10,111 / \$537           Desception         Veloes A Encagement Average Age         Clinical Values Average Bdl           Average Age         Average Walness Score 60 Protei Dol. 120 Protei Dol. 120 Pro	Construction of the second sec
	Less	Disongagod Sick potentialfy unaware" 6,052 / \$611 Descopping Valence 1,009 4,663 Average Age: A	Disengaged Well 8,733 / \$377
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erner expert analyzes on your behalf			

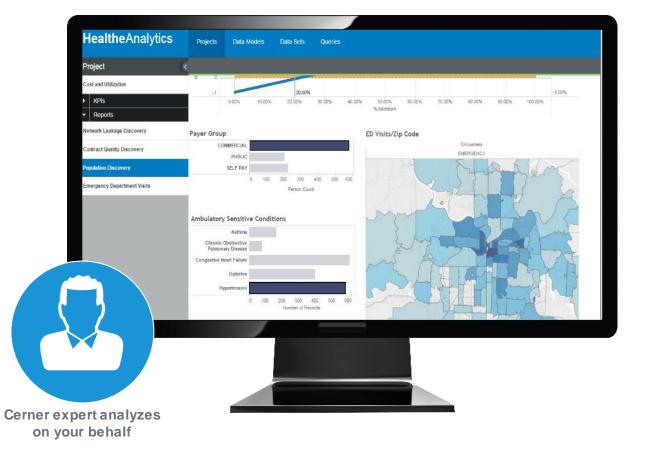
- Evaluate performance of current health & benefit programs
- Assess your population and identify areas of opportunity across population
- Build improvement strategies to maximize results
  - Forecast the impact of program changes to expected spend, engagement and predicted outcomes

### Initiate improvement strategies



#### Monitor, measure and react





#### **Cerner consultants help you:**

- Monitor the activity and results
- Modify improvement strategies based on results

# Health Center Highlights

# Q2 2016: Highlights

#### October

- Attended & presented at Thunderbolt Middle School's annual career fair
- Raffle for breast cancer
   -\$202.00 donated to the HCH Foundation

#### November

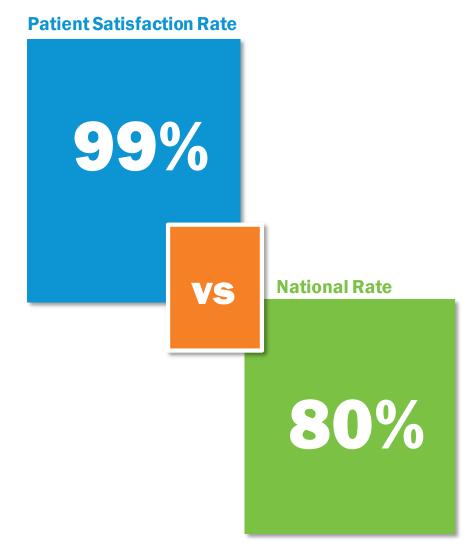
- Flu Season
   -245 flu shots given this
  - -245 flu shots given this quarter
    - -198 flu shots administered at the schools
- Healthy Holiday Eating Class in collaboration with Taher

#### December

"The Full Plate Diet" Weight Loss Group

 2 informational meetings facilitated by the center
 8 members committed for the 8 week program
 2 members committed healthy diet & weight maintenance

#### Q2 2016: Satisfaction



- "Excellent, caring, service.... thank you"
- "Laura was great and very professional. She is very knowledgeable about my needs and previous visits. She always looks very professional, and is professional when we meet. Laura is an asset to your company."
- "Although busy, I was able to squeeze in because of someone missing an appointment....great care and just the meds I needed to get me back on the road to good health...love the convenience and a group that cares and is dedicated to us"
- "I feel comfortable here and glad we have the center to come to."

NCQA/AHRQ 2014 CAHPS Physician and Group Survey National Results

#### Q2 2016: Utilization

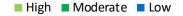
Eligibility							
	# Q2 2017	# Q1 2017	# Q2 2016				
	Oct '16 -Dec '16	Jul '16 -Sep '16	Oct '15 -Dec '15				
Eligible Population	879	879	879				

Utilization								
	# Q2 2017	% of eligible Q2 2017	% change from Q1 2017	% change from Q2 2016				
	Oct '16 -Dec '16	Oct '16 -Dec '16	Jul '16 -Sep '16	Oct '15 -Dec '15				
Total Patient Visits	1,031	N/A	-27.3%	<mark>6</mark> .8%				
Unique Patients	506	57.6%	-7.3%	1.4%				
New Patients	61	6.9%	29.8%	-15.3%				
Return Rate	55.9%	N/A	-35.4%	<b>1</b> 3.0%				
HC as PCP	373	42.4%	-8.6%	1.4%				

# Appendix

# Physical Activity/Readiness to Change

#### Source: PHA (7/11/16 - 12/31/16)

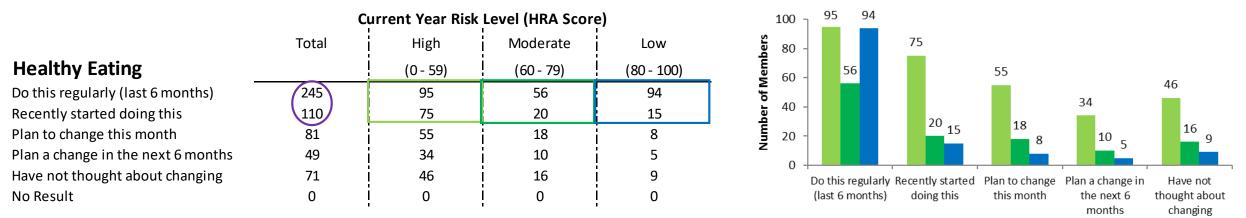


	Current Year Risk Level (HRA Score)				80 74	1	75		
	Total	High	Moderate	Low	<b>s</b> 70 - 67	60		60	
Physical Activity		(0 - 59)	(60 - 79)	(80 - 100)	<b>4</b> 60 - <b>9</b> 50 -				43
Do this regularly (last 6 months)	178	67	37	74	<b>≥</b> 40 - 37		26		
Recently started doing this	103	60	23	20	<b>j</b> 30 -	<sup>23</sup> 20	26	19	45
Plan to change this month	115	75	26	14	<b>E</b> 20 -		14	12	<sup>15</sup> 11
Plan a change in the next 6 months	91	60	19	12	<b>ž</b> 10 -				
Have not thought about changing	69	43	15	11	Do this regul	arly Recently started	d Plan to change	Plan a change in H	lave not though
No Result	0	0	0	0	(last 6 mont		this month	-	about changing

281 participants said "I feel I am in 'Very Good to Excellent' health", but 187 participants (67%) had a wellness score under 80 points, and 127 participants (45%) had a wellness score under 60 points.

# Healthy Eating/Readiness to Change

#### Source: PHA (7/11/16 – 12/31/16)



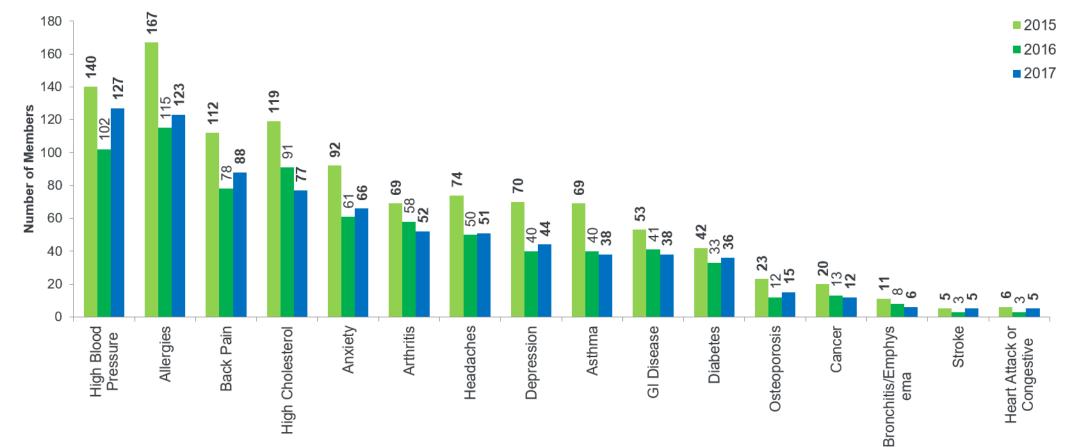
High Moderate Low

355 participants said "I feel I am in 'Very Good to Excellent' health", but 246 participants (69%) had a wellness score under 80 points, and 170 participants (48%) had a wellness score under 60 points.

#### **Current Health Conditions**

Source: PHA (7/11/16 - 12/31/16)

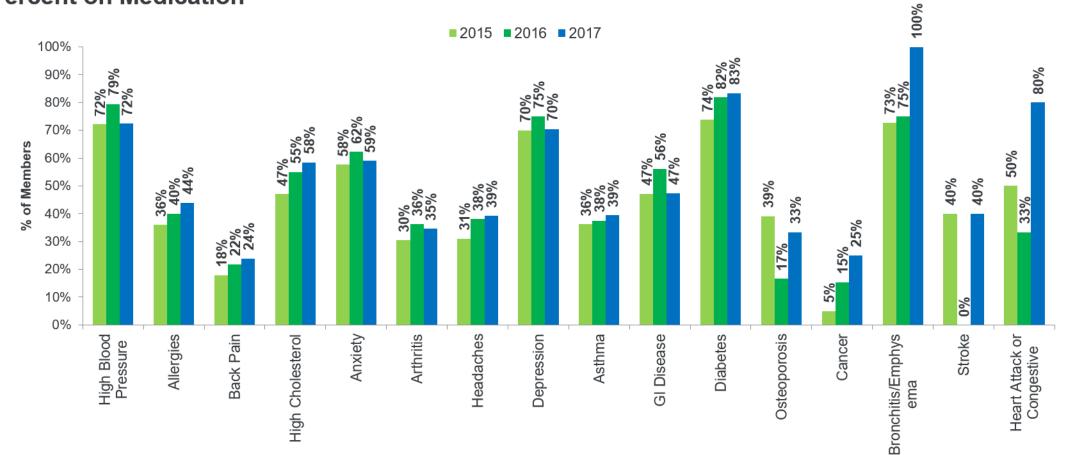
#### **Current Health Conditions**



#### **Medication Adherence**

Source: PHA (7/11/16 – 12/31/16)

#### **Percent on Medication**

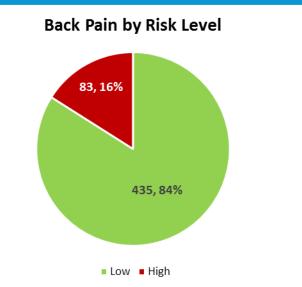


Source: PHA and Wellness Screenings (7/11/16 - 12/31/16)

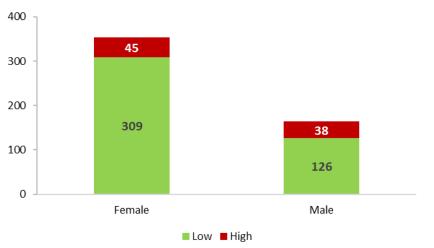
4 Back Pain

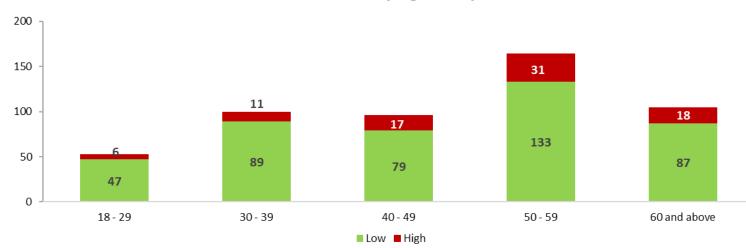
Low

Does not select back pain on current health PHA question Selects back pain on current health PHA question



Back Pain by Gender



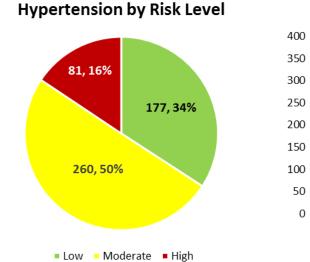


Back Pain by Age Group

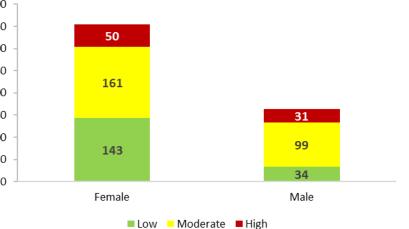
Source: PHA and Wellness Screenings (7/11/16 - 12/31/16)

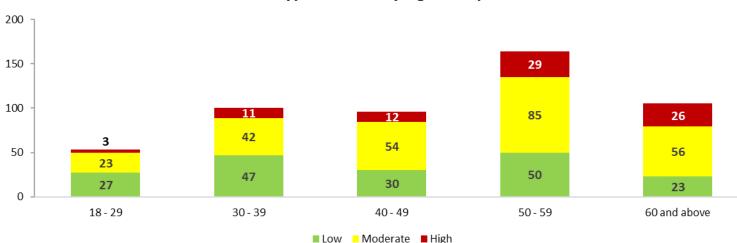
5 Hypertension

Low<= 119 Systolic or <= 79 Diastolic mm Hg</th>Moderate120-139 Systolic or 80-89 Diastolic mm HgHigh>= 140 Systolic or >= 90 Diastolic mm Hg

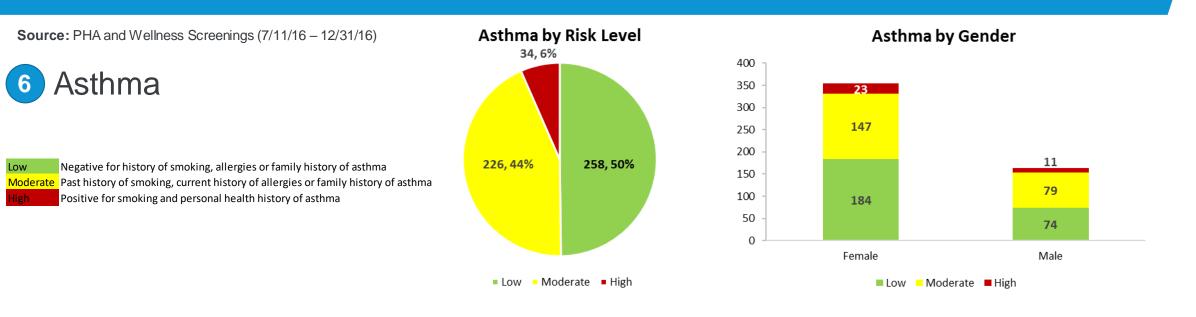


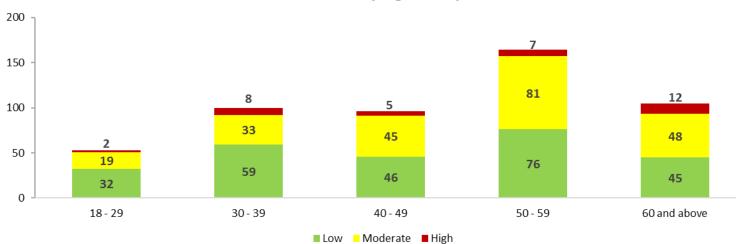
Hypertension by Gender



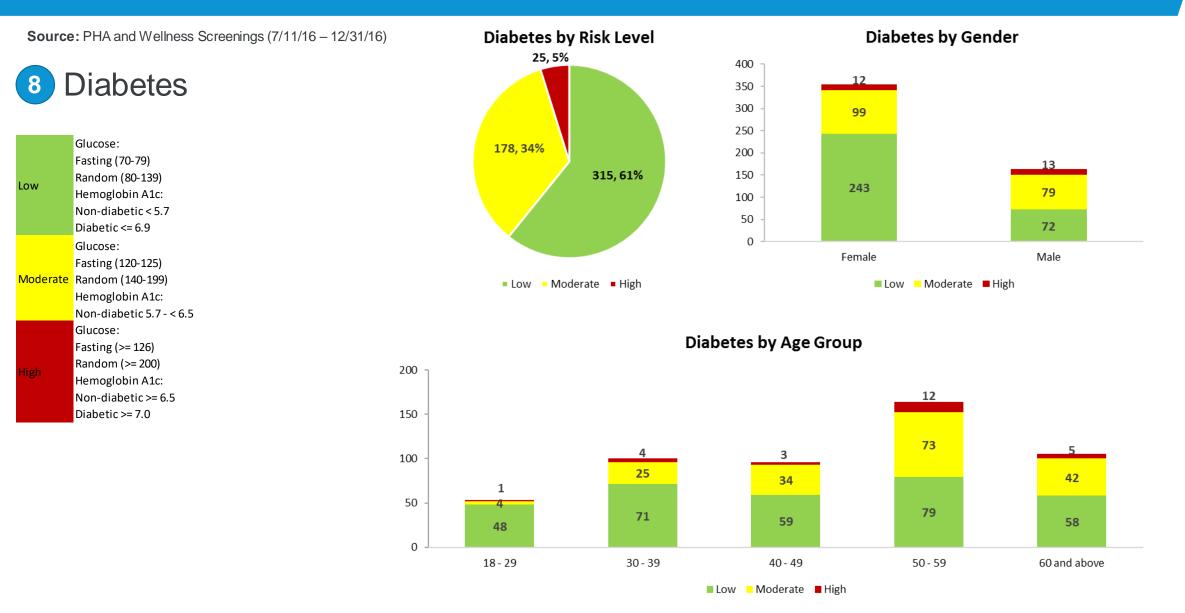


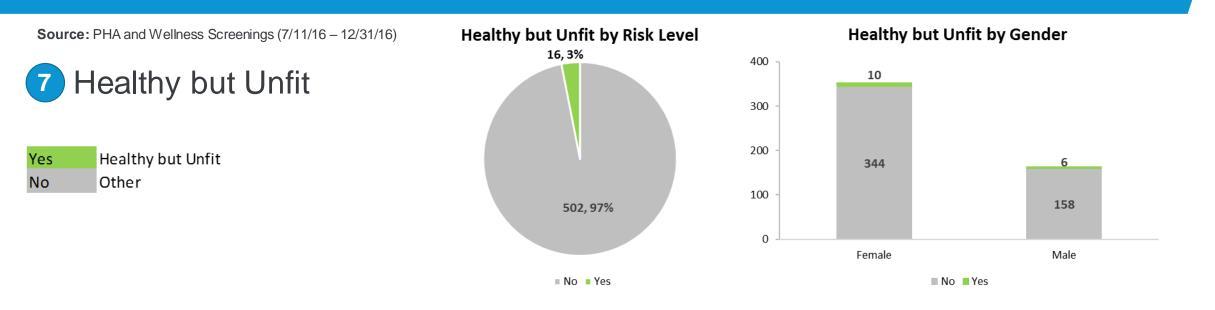
Hypertension by Age Group

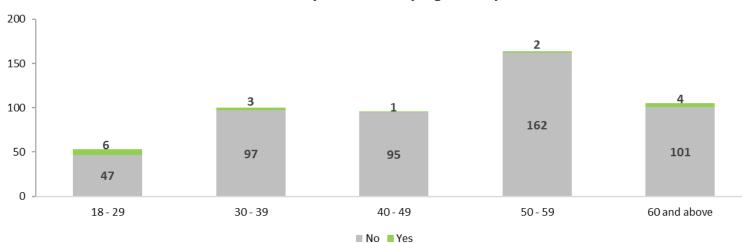




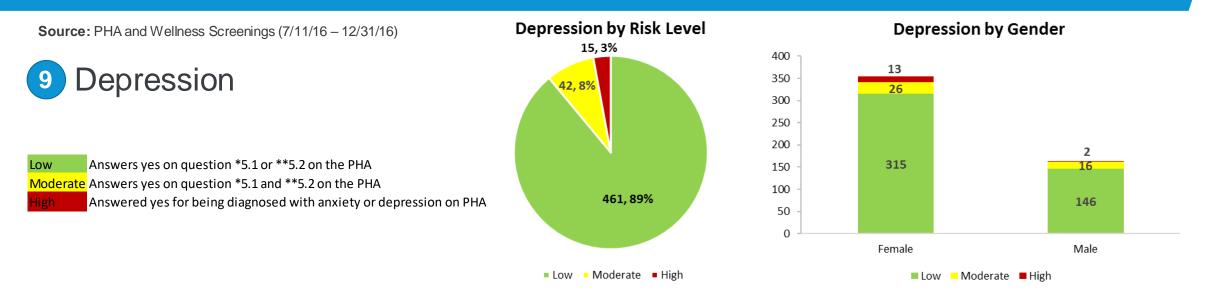
Asthma by Age Group



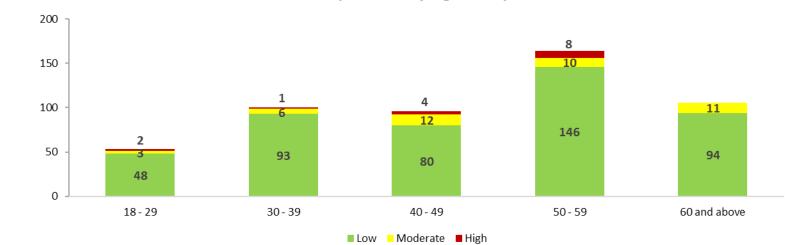




Healthy but Unfit by Age Group



**Depression by Age Group** 



\*PHA Question 5.1: During the last two weeks, has feeling down, depresses, or hopeless bothered you? A) Yes B) No

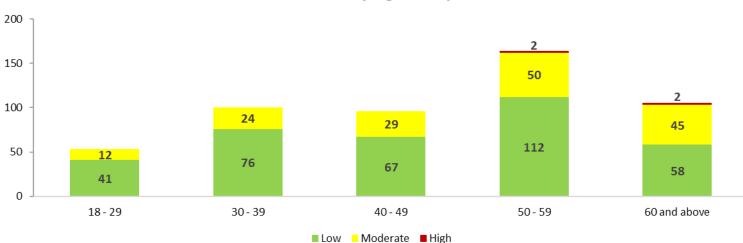
\*\*PHA Question 5.2: During the last two weeks, has little interest or little pleasure in doing things bothered you? A) Yes B) No

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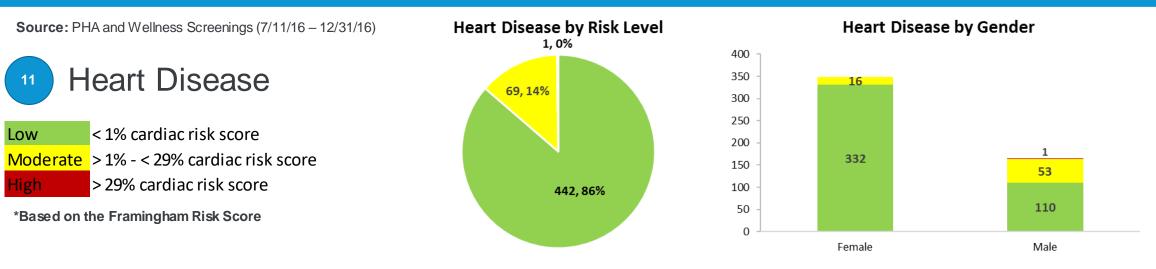
**COPD by Risk Level** Source: PHA and Wellness Screenings (7/11/16 – 12/31/16) **COPD** by Gender 4, 1% 400 COPD 1 350 97 300 160, 31% 250 No history of chronic bronchitis, COPD and have never smoked Low 200 No history of chronic bronchitis, COPD and quit smoking OR 3 No history of chronic bronchitis, COPD and current smoker OR 150 354,68% Moderate 256 63 Yes to history of chronic bronchitis, COPD and have never 100 smoked 50 98 Yes to history of chronic bronchitis, COPD and quit smoking OR 0 Yes to history of chronic brochitis, COPD and current smoker Female Male

Low Moderate High



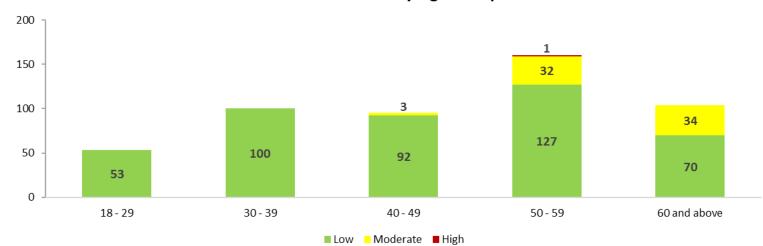


COPD by Age Group



Low Moderate High





Heart Disease by Age Group

#### **Top 11 Conditions**

Risk Stratification

🗲 Cerner	Risk Stratification		
Condition	Low	Moderate	High
Cardiovascular (Heart) Disease	< 1% cardiac risk score Based on the Framingham Risk Score	> 1% - < 29% cardiac risk score Based on the Framingham Risk Score	> 29% cardiac risk score Based on the Framingham Risk Score
Depression, Anxiety and Stress Management	Answers no on questions *5.1 and **5.2 on PHA, or yes to either question, and no personal health history of depression or anxiety	Answers no on both questions *5.1 and **5.2 on PHA, but has a personal health history of depression or anxiety; Answers yes to either PHA question and has a personal health history of depression or anxiety; Answers yes to both PHA questions but does not have a personal health history of depression or anxiety	**5.2 on PHA, and yes to personal health history of depression or anxiety
	*PHA Question 5.1: During the last 2 weeks has feeling down, depressed or hopeless bothered you? A) yes B) no		
	**PHA Question 5.2: During the last 2 wo	eeks, has little interest or little pleasure i	n doing things bothered you? A) yes B)
Asthma	Negative for history of smoking, allergies, or family history of asthma	Past history of smoking, current history of allergies, or family history of asthma	Positive for smoking and personal health history of asthma
COPD	No history of chronic bronchitis, COPD and have never smoked	No history of chronic bronchitis, COPD and quit smoking <u>OR</u> No history of chronic bronchitis, COPD and current smoker <u>OR</u> Yes to history of chronic bronchitis, COPD and have never smoked	Yes to history of chronic bronchitis, COPD and quit smoking <u>OR</u> Yes to history of chronic bronchitis, COPD and current smoker
Hypertension	<=119 Systolic or <= 79 Diastolic mm Hg	120-139 Systolic or 80-89 Diastolic mm Hg	>= 140 Systolic or >= 90 Diastolic mm Hg
Diabetes	<u>Glucose</u> (fasting) 70-79 (random) 80-139 <u>Hemoglobin A1c</u> non-diabetic < 5.7, diabetic <= 6.9	<u>Glucose</u> (fasting) 120-125 (random) 140-199 <u>Hemoglobin A1c</u> non-diabetic 5.7 - < 6.5	<u>Glucose</u> (fasting) >= 126 (random) >= 200 <u>Hemoglobin A1c</u> non-diabetic >= 6.5, diabetic >= 7.0
Hyperlipidemia/Dyslipidemia	Total Cholesterol: <= 199 mg/dL HDL Cholesterol: >= 60 mg/dL LDL Cholesterol: <= 129 mg/dL Triglycerides: <= 149 mg/dL	Total Cholesterol: 200-239 mg/dL HDL Cholesterol: 40-59 mg/dL LDL Cholesterol: 130-159 mg/dL Triglycerides: 150-199 mg/dL	Total Cholesterol: >= 240 mg/dL HDL Cholesterol: <= 39 mg/dL LDL Cholesterol: >= 160 mg/dL Triglycerides: >= 200 mg/dL
Back and Neck Pain	Does not select back pain on current health PHA question	N/A	Selects back pain on current health PH/ question
Obesity	Body Mass Index between 18.5 - 24.9	Body Mass Index between 25 - 29.9	Body Mass Index >= 30
Healthy but Unfit	Body Mass Index < 25, chooses anything other than never smoked on PHA or answered yes to chewing tobacco		Body Mass Index between 28 - 29.9, High risk for Nutrition or Exercise base on wellness scoring
Healthy and Fit	No major life changes and all labs and biometrics in ideal range <u>Life Events</u> : Marriage, Divorce, Pregnancy/Adoption, Loss or addition of job, Death	1 life event change identified <u>Life Events</u> : Marriage, Divorce, Pregnancy/Adoption, Loss or addition of job, Death	2 life event changes identified <u>Life Events</u> : Marriage, Divorce, Pregnancy/Adoption, Loss or addition of job, Death

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