



The day we took on the Bluejays, I was there.

If I didn't have my own team of medical people looking out for me, I might have missed the championship game, or worse. We were behind by two runs, and the girls had become very quiet in the field. I called timeout. I reminded them of what was important—their teammates and having fun. I told them about courage and passion. I told them they could work together, dig in and win.

I know a lot about what it takes to win.

Shortly after I moved to town last winter, I got a letter reminding me that I was overdue for a mammogram. I guess I had been putting it off. I called the number, and a health coach helped me find a primary care doctor in town and schedule the test. I was shocked when they found a lump and it turned out to be breast cancer. Luckily, it was caught early. It wasn't an easy winter, but I won. And by summer, I was back on the field with my girls.

I'll never forget that seventh inning. With two girls on base, little Beth shocked us all by popping it over the heads of the outfielders. The girls learned that winning is a team effort. I couldn't agree more.

THE CAREWISE HEALTH EXPERIENCE

Carol moves to town

Becomes coach of the Redbirds

Receives mammogram reminder by mail

Health coach helps her find a physician and schedule test

Is diagnosed with early-stage breast cancer and undergoes breast-conserving surgery and radiation

Carol is a champion

So are the Redbirds



Champs in our field

Managing employer's plan costs

.7% ongoing trend for engaged Carewise Health member vs. 24.6% for unengaged member

Improving the health of our members

- 60% decrease their body mass index (BMI)
- 70% improve their blood pressure levels
- 60% decrease their cholesterol levels
- 53% reduce their triglycerides
- 60% improve their blood sugar levels

Increasing employee satisfaction

93% of members report "good" to "high" satisfaction

Analytics for continuous improvement

You don't need to be a clinician or an actuary to understand our user-friendly reports. We mine the data to help you target new opportunities for health improvement. Key performance areas include:

- Evidence-based medicine compliance rates
- Net savings
- Adherence to prescribed medications
- Gap resolution rates

Carewise® Assist identifies apparent gaps in medical care and notifies members and their physicians so that the gap can be resolved. Members receive the care they need and benefit from more effective treatment. Using evidence-based medicine, Carewise Assist helps employers slow spending and build a healthier workforce.

Improving health through early detection

Medical treatment is consistent with current standards of care less than 50 percent of the time. Routine medical services and accepted medical treatments can fall through the cracks. Carewise Assist identifies these gaps through advanced data analytics and reaches out to members and physicians to resolve them.

Reducing risks and costs

Healthcare is safer for members and more cost-effective for employers by resolving inconsistencies such as:

- Absence of medical tests and preventive screenings
- Absence of medications in an individual's treatment
- Adverse drug-drug or drug-condition interactions
- Inconsistent drug refill patterns suggestive of noncompliance with prescribed medications
- Absence of preventive measures such as cancer screenings
- Absence of appropriate medical follow-up

Engaging physicians

Carewise Assist takes a supportive, facilitating role with physicians. If a potential gap could imminently compromise a member's health, we place a call to the physician and follow up with a letter as necessary. Less immediate concerns, such as a late annual exam, are addressed in letter form. As we work with physicians, we update the member's information, which improves the timeliness of our alerts and the effectiveness of our program.

Helping members take responsibility

Unlike programs that focus solely on physician behavior and treat members as passive recipients of medical care, Carewise Assist helps members take personal responsibility for their own health. We contact them by letter or through Carewise Health coaches, communicating the risks associated with treatment gaps. We educate them on current medical practice guidelines and recommend ways they can work in partnership with their doctors to resolve the issues.

Engaging your whole population

High-risk members certainly benefit from the additional oversight of Carewise Assist. However, the program monitors your organization's entire population, so low- and moderate-risk members also benefit. We become a safety net for all employees—and a powerful way to slow the rise of medical costs.

Secondary conditions also managed

Carewise Assist uses advanced technology to regularly monitor members' health information and care patterns and compare them to accepted medical practice guidelines. We use the care standards set by the following renowned organizations as our benchmark for best practice:

- National Committee for Quality Assurance / Healthcare Effectiveness Data and Information Set
- American Medical Association / Physician Consortium for Performance Improvement
- Centers for Medicaid and Medicare Services
- National Quality Forum / Ambulatory Quality Alliance

Helping members take responsibility

Carewise Health has received the highest URAC accreditation status since 1993. Accredited programs include: Condition Management (Disease and Case), Consumer Education and Support, and HIPAA Privacy.



For more information, call 888-9CWHLTH (888-929-4584) or visit carewisehealth.com. Carewise Health is a provider of integrated health solutions.

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