Employees and dependents receive personalized health and wellness, nutrition and disease management counseling through the Lifestyle Health program. The program design is based on evidence-based guidelines created by the University of Washington, Group Health Cooperative, and Senior Services (Seattle, WA). The services are provided by a team composed of a lifestyle health nurse, registered dietician and fitness professional. Individuals work independently and in groups with the Lifestyle Health team to implement and sustain health behavior changes. Furthermore, Lifestyle Health services are meant to augment and enhance the primary care services by acting as a referral path for individuals that require expanded health services.
Lifestyle Health Services: The Process

Data Integration
At UCHealth, we believe that an all-encompassing, data-driven healthcare strategy yields powerful outcomes, resulting in **improved health, reduced costs, and increased employee satisfaction and quality of life**. Our data mining and analysis techniques combine electronic medical record data, prescription drug, medical, dental, and vision claims data, and employer-sponsored health risk assessment and biometric screenings into a single risk profile for each employee.

Patient Engagement
Armed with this information, our Lifestyle Health team is able to work with the individual and their PCP to develop a care plan. The process starts with a one-on-one assessment with the lifestyle health nurse. The lifestyle health nurse and the individual develop a plan specific to that individual with frequent follow-up meetings to maintain engagement and to identify any barriers to obtaining goals.

Intake Assessment
- Lifestyle Risk Assessment
- PCP coordination
- Signed “contract” – accountability

Lifestyle Coaching
- Participant customization
- Nutrition/fitness guidance
- Risk reduction strategies
- Engagement, motivation

Outcomes evaluation
- Re-assessment of intake evaluation metrics
- 3/6/9/12 month intervals

Plan Modification
- Identifying barriers
- Problem solving
- Finding solutions to support and maintain positive lifestyle change

Data Mining Engine Import
- Predictive models
- Claims data
- HRA/biometrics

Population Analysis
- Aggregated risk based on:
  - Age/gender
  - Gaps in care
  - Co-morbidities
  - Resource utilization

Risk Stratification
- Concurrent and prospective cost modeling
- Likelihood of hospitalization
- Relative Risk Scores (RRS)

Outreach & Intervention
- Personal invitations
- Phone calls
- Letters
Lifestyle Health Services: The Results

The key to the Lifestyle Health programs success is engagement and personal accountability. Throughout the program, participants are given feedback on their progress through face to face meetings with the lifestyle health nurse and other team members. Information is collected at the beginning of the program, 3, 6 and 12 month intervals. Results from the Poudre School District cohort are excellent with significant improvements in mental health (PHQ9), physical activity, confidence, nutrition and fitness.

![Participant Improvements](chart)

Improvements in the health of employees, have a positive impact on the overall cost of healthcare. Improvements over time with engaged employees and dependents leads to:

- Cost reduction of 10-15% for enrolled Lifestyle Health participants (In progress)
- 15-20% decrease in care gaps for enrolled Lifestyle Health participants
- 50%+ increase in Primary Care Provider utilization and engagement

Testimonials

“This program is amazing and is changing my life. All of the people I have worked with are amazing, professional, and compassionate. They truly want to help me with positive changes in my life that will make me a healthy person, physically, mentally, and emotionally. I feel very grateful and fortunate to be able to participate in the program.” – PSD Employee

“I would say the biggest change for me has been the regular exercise. I started in March. I have been very dedicated to going to the gym and this summer I have been riding my bicycle. I have lost 20-25lbs.; my A1C has gone down from 6.5-5.9. At my last physical my physician told me to keep doing what I was doing.” – PSD Employee

“This is the first time in my life I exercised with snow on the ground! Changes are happening! I noticed that when I don’t have time to work out I’m disappointed - a good sign that my thinking is changing!” – Columbine Employee