

Moda Health

City of Portland

Name of Project	HEALTHY FOUNDATIONS	
Stage of Project Development	Implementation	
Identification <i>What is your target population and how did you identify them?</i>	<ul style="list-style-type: none"> • High utilizers of health care who have multiple chronic and co-morbid conditions. • Identified by data analysis of claims and utilization patterns. 	
Intervention <i>Which intervention(s) do you plan to use?</i>	<ul style="list-style-type: none"> • Mobile intensive ambulatory chronic care team offers disease prevention, wellness coaching and care coordination. • Program includes participation-based incentive aligned with an enhanced medical plan cost sharing benefit. 	
Implementation <i>How do you plan to implement these interventions?</i>	<ul style="list-style-type: none"> • High-frequency, face-to-face interaction that establishes a strong relationship and fosters a therapeutic response. • Highly tailored engagement plan leverages staged multi-channel communication and promotion 	
Workforce <i>Who in your organization will be implementing the work?</i>	<ul style="list-style-type: none"> • Nurse practitioner • 3 health coaches specializing in nutrition, movement and relaxation • Account services executive and Program Liaison consult with program sponsor 	
Evaluation <i>How will you be evaluating this work?</i>	<ul style="list-style-type: none"> • Patient Activation Measures (PAM) • Biometric data (BP, lipid panel, A1c, Ht, Wt, BMI) • Adjunct evidence-based assessment tools (PHQ-9, Perceived stress scale, Dartmouth COOP, and Minnesota Complexity Assessment Method) 	
Resources <i>How are you funding this work?</i>	Employer sponsor is offering and funding the program as a two-year pilot in partnership with Moda Health.	
Project Team <i>Project coordinators are indicated in bold.</i>	<p>Dr. Neal Mills, Director 503-243-3954 neal.mills@modahealth.com</p> <p>Rod Hart, RN, COHN Director Healthcare Services 503-219-3672 rod.hart@modahealth.com</p> <p>Joel Michels, NP, Supervisor 503.467.1271 joel.michels@modahealth.com</p>	<p>Elizabeth Connor, RYT, Health Coach 503.467.8051 elizabeth.connor@modahealth.com</p> <p>Chrissy Cralen, RD, Health Coach 503.501.8739 crissy.cralen@modahealth.com</p> <p>Susan Benner, MA, Health Coach 971.277.8394 susan.benner@modahealth.com</p> <p>Sara Schoemperlen, Program Liaison 855.232.6899 sara.schoemperlen@modahealth.com</p>