



The Problem:

Health disparities among Medicaid health plan members with chronic conditions.

Part of a Solution:



**Healthier Living**  
Managing On-Going Health Conditions

- 6-week evidence-based facilitated group
- Teaches self-management skills, participants gain self-efficacy to deal with chronic conditions
- No cost to sites, underwritten by the health plan



Spreading the Solution:

Train lay leaders, partner with program sites, & offer TA.

Goals of Healthier Living Program Spread:

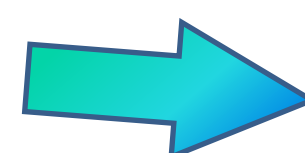
- Members = ↑ engaged in own care
- ↑ self-efficacy among participants
- ↓ # of ED visits
- ↑ capacity: 2 sites in 2013, 5 sites in 2014

*"I can do more now than I thought I could."*

-SF participant



- Average cost of workshop for 15 people over 6 weeks
- \$2,168 = ED visit cost<sup>1</sup>



- Average cost of a hospital admission<sup>2</sup>
- Cost of running 8 sets of Healthier Living



1) Agency for Healthcare Research and Quality. Emergency Room Services-Mean and Median Expenses per Person With Expense and Distribution of Expenses by Source of Payment: United States, 2011. Medical Expenditure Panel Survey Household Component Data. Generated interactively. (May 15, 2014)  
2) Pfuntner, A (Truven Health Analytics), Wier, LM (Truven Health Analytics), Steiner, C (AHRQ). Costs for Hospital Stays in the United States, 2010. HCUP Statistical Brief #146. January 2013. Agency for Healthcare Research and Quality, Rockville, MD. Available at <http://www.hcup-us.ahrq.gov/reports/statbriefs/sb146.pdf>.