

WELLNESS***Overview*****Wellness***

Preventive medicine, health promotion, disease management, patient education and risk reduction are all part of *wellness*. SANTÉ PHYSICIANS and Community Medical Centers have joined together to design a dynamic wellness program to serve the Fresno, Clovis, and Hanford communities.

The goal of our wellness programs is to *measurably* improve the health of our members. The wellness program is specifically designed to be an extension of your practice—to better assist your patients in making the necessary changes in their personal health habits. Studies reveal that 70% of all illness is preventable. Many providers feel that 30-50% of their patient's office visits are unnecessary. When your patients learn how to reduce risk factors and learn to manage their health, your role as their physician is easier and more rewarding!

Santé Health System Wellness

Our wellness staff collaborates with physicians, health educators, nutrition and fitness specialists, and community health organizations to provide SANTÉ PHYSICIANS patients with outstanding classes and health resources.

Disease Management

Santé and Community Medical Centers have identified that certain illness are prevalent in our area, creating high volumes of utilization and costs to the system. The diseases and health risks are:

- Asthma
- Diabetes
- Cardiovascular Disease
- Obstetrics/Perinatal Education
- Behavioral Health

To successfully manage these diseases and complications, providers should refer their patient to the appropriate educational sessions to assist the patient in managing their disease, reduce complications and increase compliance with medical interventions. Wellness is partnering with Diabetes Care Center and Cardiovascular and Cardiopulmonary Rehabilitation to provide assistance in disease management and risk reduction for individuals at risk for these illnesses and health risks listed above.

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***Overview (continued)**

CareFinder

CareFinder provides physician referrals for SANTÉ PHYSICIANS, wellness class registration and resource information on health related services in the community.

Call (559) 233-CARE (2273).

Perinatal Education

Santé is committed to helping pregnant mothers stay healthy throughout their pregnancy and to educate them about proper care for their new babies. Classes such as Earlybird, Vaginal Birth after Cesarean (VBAC), Prenatal, Childbirth Preparation, Breast Feeding, Newborn Care and Infant/Child Lifesaver are offered monthly to mothers-to-be and their coaches.

Call: (559) 324-3773

Prenatal Education

- Bedside Teaching and Private Consultation
- Breastfeeding Class
- Earlybird Prenatal
- Infant/Child Lifesaver Class (2 sessions)
- Lactation Consultation (in/outpatient)
- Newborn

Prenatal Education continued

- Prepared Childbirth (6 weeks, 4 sites)
Available in Spanish and Hmong
- Refresher Prep. Childbirth (2 sessions)
- Sibling Birth Preparation
- Vaginal Birth After Cesarean (VBAC)

Parent Education

- Mommy and Me (4 week series)
- Toddlin' Times (4 weeks)

Support Groups

When struggling with a chronic diagnosis or traumatic injury, it is often helpful to have a place to come to share personal experiences and gain encouragement from the experience of others. This is an opportunity to learn from others, gain valuable information and learn successful coping skills.

Call: (559) 233-CARE (2273) for information

<u>Support Groups</u>	
• Amputee Education and Support	• Parkinson's Support Group
• Brain Injury Support Group	• Spinal Cord Support Group
• Gift of Life Family Support Group (transplant support)	• Stroke Support
	• Congestive Heart Failure (CHF)
Asthma Education	Diabetes Education
■ Adult Asthma Management	■ Diabetes Care Center
Call: (559) 233-CARE (2273) for information	Call: (559) 459-1763
CPR	Weight Management
■ Heart Saver	■ Weight Management Center
■ Healthcare Level	Call: (559) 437-9100

WELLNESS***HMO Health Management Programs – Provided by Health Plan*****Commercial Members Only - Health plan notifies Physician***

A letter is mailed to the physician from the health plan stating that they are going to contact their patients that have been identified to have health problems that the health plan's "Health Management Program" can teach them about. The health plan contacts the patient by letter providing them with information regarding the class.

Blue Cross CaliforniaCare

- Asthma
- Congestive Heart Failure (CHF)
- Depression
- Diabetes
- HIV-Aids

Blue Shield

- Asthma

Health Net

- Asthma
- Congestive Heart Failure (CHF)
- Diabetes

United Health Care (Formerly PacifiCare)

- Congestive Heart Failure (CHF)
- End Stage Renal Disease

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***HMO Health Management Programs – United Health Care (Formerly PacifiCare) ONLY**

Commercial and Medicare Members – Physician Referral Needed

- 1) Taking Charge of Depression – FREE
- 2) Take Charge of Diabetes – FREE
- 3) StopSmoking - \$20.00 Class Fee
- 4) StopSmoking Now – FREE
 - Member has been recently hospitalized
- 5) Taking Charge of Your Heart Health – FREE
 - Coronary Artery Disease (CAD)
 - Congestive Heart Failure (CHF)