CareMore Health
THE TOGETHERNESS PROGRAM
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A different approach to health care—an approach born from a concern for the human experience.

STATUS QUO

Hospital as the hub
Reactive instead of proactive
Treating the disease

OUR VISION

Patient as the hub
Shift from treatment to prevention
Caring for the whole person
Loneliness has significant health consequences

PROGRAM GOALS

- Re-engage in Healthcare
- Connect to Community-Based Organizations
- Increase Physical Activity
Togetherness is building connections, increasing socialization and re-engaging members with their healthcare to reduce loneliness and social isolation.

**Member Eligibility**
- Lives alone
- Lives with others, but majority of their day is in isolation
- No social support (i.e. long distance caregiver, no caregiver)
- Self reports loneliness or isolation
- Members that are caregivers with little support
- Newly widowed with little social support

**Goals**
1. **We build connections**
2. **We increase socialization**
3. **We re-engage members with their healthcare**

**Actions**
- Friendly weekly call from Phone Pal
  - Actively listen
  - Provide no judgment
  - Share personal experiences
- Screen for social isolation, loneliness and depression scores
- Stratify members into high, medium, low risk
- Evaluate social support and social activities
- Identify barriers impacting member’s well-being such as home safety, nutritional, and transportation needs
- Provide community resources to assist with eliminating barriers
- Connect to community based organizations for socialization
- Identify medical care needs
- Assist with medical care coordination
- Increase physical activity
  - Encourage Nifty After Fifty/Silver Sneakers participation
108,000 + Calls and visits
6,000 + referrals to resources & programs
57% ↑ participation in exercise programs
21% ↓ Hospital admissions
= Lives Changed

*Preliminary results based on internal and preliminary reporting, on 12 months of utilization, and subject to change as additional data is received. Participation in exercise programs increased by 56.6% for the program’s participants compared to those not involved in the program. Hospital admissions per thousand members among program participants are 20.8% lower than admissions among the intent to treat population.