

Better Care

SASH Demographics

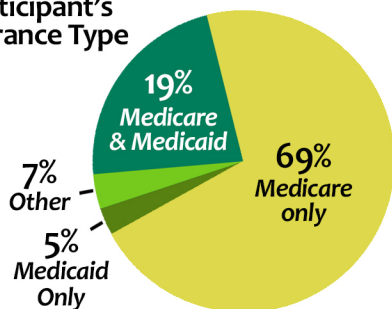
4485 total SASH Participants*

Average age: 72

Age range: 20 - 101

*As of 8/31/15

Participant's Insurance Type

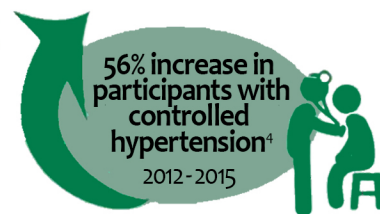
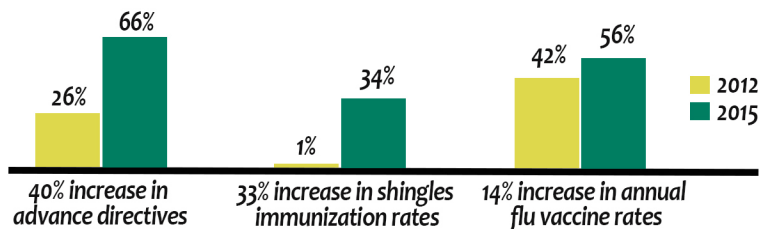


The SASH model provides

- **Individualized and person-centered care coordination** by fully trained SASH Coordinator and SASH Wellness Nurse
- **Transitions support from hospital or rehabilitation** facility, including in-home visit(s) following discharge
- **Health Coaching** focused on self-management of chronic health conditions
- **Wellness Nursing** providing one-on-one visits and group health education sessions
- **Multi-disciplinary team approach** to service provision (SASH team members include Home Health, Area Agency on Aging, community mental health and community health team)
- **Weekly blood pressure clinics** led by Wellness Nurse
- **Comprehensive health assessment**
- **Referral services**
- Regular offerings of Evidence Based Programs including **Chronic Disease Self-Management workshops** and **Tai Chi**

Healthier People

SASH Participants experienced improvements in the following clinical areas from 2012 - 2015



Smarter Spending

Percent change over two years in average Medicare expenditures for SASH vs non-SASH participants (Comparing baseline to intervention time periods)



Estimated cost of SASH...
\$1,000
per participant/year

\$1,574,970
Potential cost avoidance in end of life care costs resulting from increase in SASH participants with advance directives.²

\$153,175
Potential cost avoidance for SASH participants with newly controlled hypertension through self-monitoring and SASH support.³

1- Support And Services at Home (SASH) Annual Report, Sept 2014, U.S. Department of Health and Human Services Assistant Secretary for Planning and Evaluation Office of Disability, Aging and Long-Term Care Policy
2- JAMA. 2011 Oct 5;306(13):1447-53. doi: 10.1001/jama.2011.1410. Regional variation in the association between advance directives and end-of-life Medicare expenditures. Nicholas LH1, Langa KM, Iwashyna TJ, Weir DR.
3- Cost-Benefit Analysis of Home Blood Pressure Monitoring in Hypertension Diagnosis and Treatment: An Insurer Perspective Alejandro Arrieta, John R. Woods, Nan Qiao, Stephen J. Jay
4 - NQF Measure 18, controlled Hypertension is defined as follows: Percentage of patients 18 through 85 years of age who had a diagnosis of hypertension and whose blood pressure was adequately controlled (<140/90 mmHg) during the measurement period.