



# CareMore Health

THE TOGETHERNESS PROGRAM



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**CareMore**  
HEALTH

# Togetherness Patient Profile

✓ **Lives alone**

✓ **Spends majority of the day in isolation**

✓ **Average age 74**

✓ **40% Male 60% Female**

✓ **Senior caregivers with little support**

✓ **No social support**

✓ **Self-reported as lonely or isolated**

✓ **New widowed with little support**

# CareMore Health Togetherness Program

## Our Goals:

- Re-engage in Healthcare
- Connect to Community Based Organizations for Socialization and SDoH
- Increase physical activity

The Togetherness Program's initial efforts are focused on building **personal connections** with at-risk patients through consistent and positive engagement.





# Three channels of intervention



Virtually via  
Phone Pal



In-person  
at home



In-person at  
Care Center

# Togetherness Social Space in our Care Center



23,700 + Calls and visits

1,800 + referrals to resources & programs

57% ↑ participation in exercise programs

21% ↓ hospital readmissions

= 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.

**Questions?**



**CareMore  
Togetherness**

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