



## Managed Care Services

### Wellness and Prevention Programs

Evidence-based ABS Wellness and Prevention Programs target prevalent chronic diseases or lifestyle issues in the member population and work in conjunction with ABS Disease Management Programs.

Empowering participants to adopt healthy behaviors, improve health status, and better manage chronic conditions, ABS Wellness and Prevention Programs are conducted in conjunction with various community partners. Program events can include annual mailings, on-line health assessments, onsite health fairs, and community health events, all designed to encourage individual responsibility for healthy lifestyles, and educate on a variety of topics to help members avoid potential problems, or exacerbation or worsening of existing health problems.

Examples of evidence-based programs can be developed to suit a variety of population needs:

- Physical Activity - Programs which emphasize age-appropriate physical activity, minimal strength training and stretching
- Fall Prevention - Programs which emphasize strength and balance and home safety to help prevent falls
- Nutrition and Diet – Programs which teach adults and children the value of a healthy diet and how to include healthy foods in every day meals
- Depression and/or Substance Abuse – Programs which involve the screening and referral of patients who are currently experiencing or at risk of depression or substance abuse
- Tobacco Abuse – Programs that lend support and coaching to quit smoking
- Weight Loss - Programs which target weight control for adults and children

In conjunction with providers, (physicians, ACOs, Hospitals) community-wide educational programs including health screenings, health fairs and presentations may be utilized to promote wellness and prevention. National Health Observances calendars will be reviewed to determine appropriate topics and timing. Topics and calendars will be discussed and determined on an annual basis.