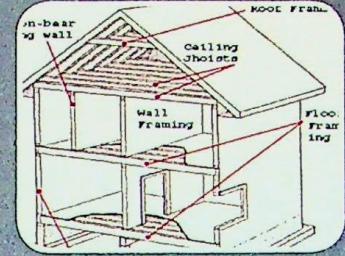
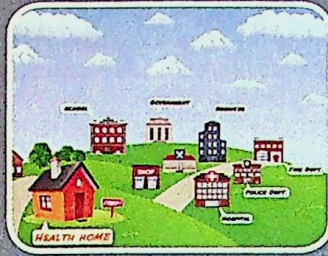


My Health HoME



A Guide to Building Your Health HoME

Washington Health Foundation
HEALTHIEST STATE IN
THE NATION CAMPAIGN

www.HealthiestState.org

HEALTH 3.0

How to Build a Health HoME

Name: _____

Today's Date: _____

Completion Date: _____

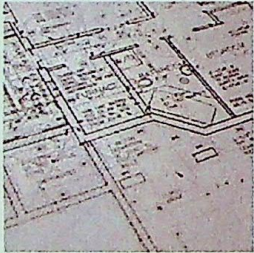
A Health HoME is a collective set of actions, knowledge, tools and guides that help put you back in control of your own health. A Health HoME isn't a physical place like a doctor's office or even a home; it is the action of taking small but important steps to take control over your health. It is putting in place the necessary elements to maintain and improve your health and to actively coordinate the professionals and information that affect your health. The creation of a Health HoME is creating context change for your health. When multiple people create Health HoMEs, the health care system will be forced to change for people.

The five elements of a Health HoME that intersect and depend upon each other are:

- My Wellness
- My Health Partners
- My Health Resources
- My Community
- My Unexpected Needs

Step 1 My Design

Choose a design. All homes are built from a set of blueprints communicating the initial design or plan for the home. Every home must start with a creative vision, a design, a floor plan, a blueprint.

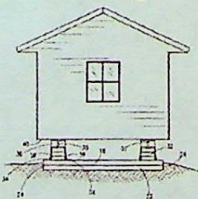
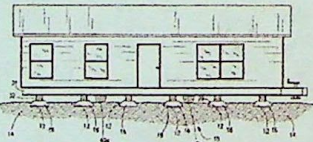


Start with one tool--this tool is the inspiration that your Health HoME will be built upon. Find one tool that you think will make a significant impact on your health. Choose a tool that addresses a problem, a void in your health, or focuses on the most essential component of your health. Use it, complete it and save it where you save your other health records (ie. Microsoft Health Vault, Google Health, your file cabinet or your personal computer).

My Health HoME Design is built from _____ tool at h3po.org.

Step 2 My Foundation

In Step 1, you started with a vision of your Health HoME inspired by one Health HoME tool. Now, lay the foundation of your Health HoME--built upon one of the five Health HoME categories listed above.



Which of the five Health HoME categories above do you believe is an essential component of your health and your Health HoME? Which category aligns best with the tool that inspired your vision, your design? Which category above is strongest and able to serve as the foundation of your Health HoME?

Your Health HoME is only as strong and sound as your foundation--all other elements of your Health HoME hinge upon this step and this category. Choose a foundation that you can build upon!

Now, get to work building your foundation. Find the Health HoME tools that fall under your Health HoME foundation at www.h3po.org.

My _____ is the Foundation of my Health HoME →

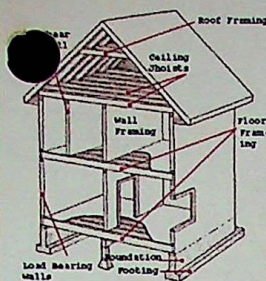


Step 3 The Frame

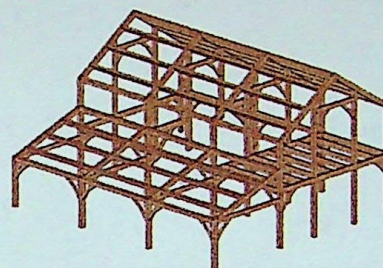
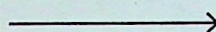
The third step in building your Health HoME, is to build the frame of your Health HoME. The four other categories of a Health HoME (excluding the one you choose as your foundation) will create the frame of your Health HoME.

These remaining categories give your Health HoME structure, meaning, character and life!

Now, get to work creating the frame of your Health HoME. Start completing the Health HoME tools that fall under each of these categories to build up your Health HoME frame. Find these at www.h3po.org.



My Health HoME Frame is built from:



Step 4 The Roof

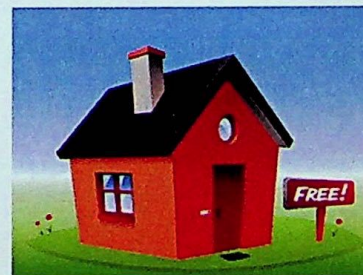
The final step in building your Health HoME is to connect all the different pieces.

Your roof is your central point to actively coordinate the design, the foundation and the frame of your Health HoME. Create a system that allows you to store all your health information and share this information with important health partners. Examples might include a personal health record such as Microsoft Health Vault or Google Health or a safe/encrypted flash drive.

The system you put in place will function as the glue keeping your Health HoME together. Collecting all of your health information in one place will allow you to have necessary information available for all of your health and health care needs. Actively coordinating your health partners and your health information allows you to build a Health HoME that will help you manage the complexities of the modern health care system while making the most of what your health partners and service providers have to offer.

Coordination is the Roof of your Health HoME. Active coordination holds your Health HoME together.
I will store my Health HoME tools and records in:

I will share my Health HoME records with:



Step 5 Maintenance



Once you have built your Health HoME, make sure to keep it up to date and maintain all the important information and relationships that are included in it!

What's in a Health HoME?

A set of tools that includes:

✓ My Wellness Plan

- My Wellness Plan Checklist
- My Health History
- My Health Risk Assessment
- My Preventive Care
- Tools for My Wellness
- Links to credible websites with helpful information
 - ◆ Live Strong and more...

✓ My Health Partners

- My Health Providers and Partners
- Rx for your Provider
- How to talk with your Provider
- Choosing the Right Provider
- Finding Credible information online
- Links and ratings to credible websites to help you find the right providers for you

✓ My Health Resources

- Check your Meds (*including a medication administration log of medicines you take, dose, frequency and why you take them*)
- How to take your Prescriptions Safely
- How to read drug labels
- Organizing My Personal Health Records
- Accessing My Medical Records
- My Family History
- My Health Conditions
- Finding the right Insurance Plan for your family
- Negotiating Fee for Service
- Navigating Medicare Benefits
- Patient Information Form
- Links and ratings to credible websites with helpful information
 - ◆ Learn about your Medications (www.drugs.com)
 - ◆ Disease management sites, Mayo Clinic, Web MD...
 - ◆ Personal Health Records databases and more...

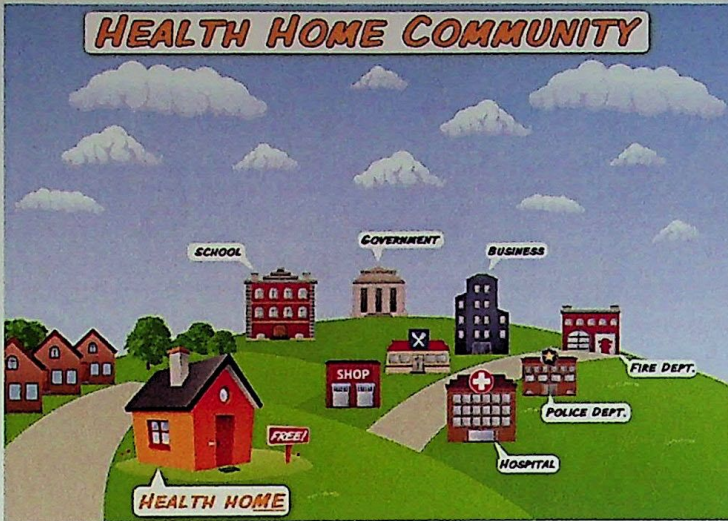
✓ My Unexpected Needs

- My Hospital Guide (*Planned Stay, Emergency Stay, English and Spanish*)
- Patient Information Form
- In Case of Emergency tools
- Advance Directives/ Living Wills
- How to Search for Home Care
- How to Find a Long Term Care Facility
- Links to credible websites with helpful information
 - ◆ Patient Bill of Rights
 - ◆ Insurance Commissioner and more...

✓ My Community

- Connect with your Care Community
- Tell us your story
- Write to a leader
- Comment on our blog
- Links to other credible sites

HEALTH 3.0
THIS TIME, IT'S PERSONAL!



"Who cares most about my health?"

I do.

And a Health HoME can help ME take charge of my health.

No red tape, no 10-point type, no snarky messages...

...just practical, easy ways to organize my health.

Custom build a Health HoME to meet your family's needs with our innovative tools at HealthiestState.org!"

What's a Health HoME?

It's yours. You own it. A Health HoME is completely customizable for you-by you. Your Health HoME includes practical tools and information designed to help you control yours and your family's health. It is organized and saved in a location that is convenient for you- Health Vault, Google Health, your home computer, a flash drive or a three ring binder.

A Health HoME is not a disease management tool - it is much more. Your Health HoME can help you organize your health history, your wellness plan, your medical records, your family history, etc., and direct you to credible sites where you will find answers to your specific health questions.

A Health HoME = Consumer Control and Individual Responsibility

Who is a Health HoME for?

A Health HoME is for everyone...infants to the elderly, good health or bad, health insurance or not.

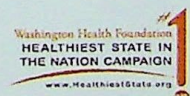
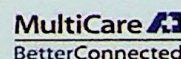
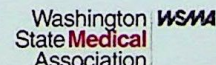
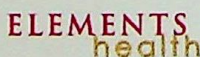
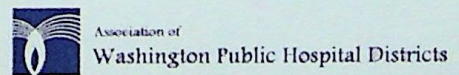
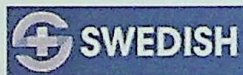
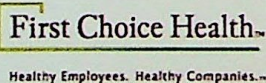
Why do we need it?

Navigating the health system can be a daunting task. Many people find it so fragmented and confusing – they don't know where to turn for the help and information they so desperately need. That's where a Health HoME comes in. It is unique and unlike any other set of tools available to consumers.

How do I build one?

Head to www.HealthiestState.org and click on "My Health Home" in the upper navigation bar to build your Health HoME and take control of your health today!

Premiere Investors:



- ✓ My Wellness Plan
- ✓ My Health Resources
- ✓ My Health Partners
- ✓ My Unexpected Needs
- ✓ My Contribution to Health Reform
- ✓ My Health HoME

Since 1992, the mission of the statewide non-profit Washington Health Foundation (WHF) has been to improve health for the people of Washington. Upon our ten year anniversary in 2002, we concluded that bigger and bolder action was necessary to make Washington the Healthiest State in the Nation. Since 2003, when Washington sunk to 15th in state health rankings, WHF has led an innovative and comprehensive Healthiest State in the Nation Campaign to unite organizations in achieving that vision.

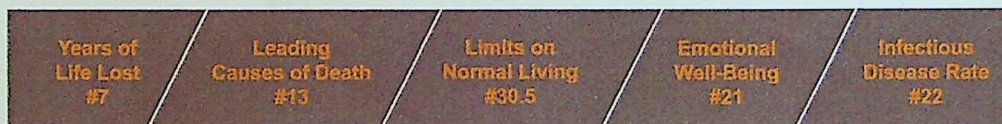
At the heart of this campaign is a focus on both individual responsibility and collective action. Neither alone can make us #1, and it is in this dualism that the Healthiest State Campaign's power lies. With more than 1,300 participating organizations, 40,000 individuals and 400 schools the Healthiest State Campaign is the largest civic engagement project in state history.



Healthiest State in the Nation Action Areas and Targets

Healthy Systems			Healthy Living		
Promoting Community Health	Investing in Prevention	Increasing Value in Health Services	Protecting Against Injury & Disease	Avoiding Addictions	Engaging in Healthy Habits
Economic Well-Being #15	Insuring for Prevention #15	Health Home #25	Use of Proven Preventive Care #32.5	Smoking Rates #5	Physical Activity #9
High School Graduation Rate #32	Public Health System Investment #20	Medical Care Quality #33	Injury & Violence Prevention #5	Binge Drinking #18	Proper Nutrition #15

Overall Healthiest State in the Nation Outcomes



In 2008, we released our own report card on Washington's Health and detailed how we measured up with the other 49 states in our nation (we ranked 10th healthiest State). The chart included here, displays how we rank in each of our measures (both Individual Healthy Living and Healthy Systems) and outcomes in 2008. We are anxiously awaiting the release of our 2010 Report Card in June, 2010 with updated state rankings and measures.

Please join our effort to make Washington the Healthiest State in the Nation-visit us at www.HealthiestState.org today. Register today as an Individual Champion and/or register your organization as a Partner.

1. Visit www.HealthiestState.org and click on "Health Trackers" on the right hand side of the top navigation bar to join.
2. Next to "Don't have an account", click on "Create One".
3. Select **Individual** or **Organization**, enter your email and click on "Join".
4. Complete the registration page, create a password and click on "Submit".



ON THE
LAUNCHING PAD:

Health Homes

by Kevin P. Henry

Promoting Wellness and Providing Comprehensive, Coordinated Care

Whether a patient is concentrating on weight loss, exercise and other

preventive care—or attending to an unforeseen medical condition—a strong support system is essential to ensure good outcomes. But navigating the health system is daunting, even for those fortunate enough to have strong family support, knowledge of the health care system and medical insurance. That is just one reason all Washingtonians could benefit from a **Health Home**—and increase the value they receive from a complicated health system.

“Value in health services, one of the key action areas for making Washington the Healthiest State in the Nation, is about more than cutting costs,” says **Washington Health Foundation (WHF)** CEO **Greg Vigdor**. “It is about every Washingtonian being a good consumer of health care, by giving them the tools and support they need.”

The Health Home concept is currently under development by WHF staff and includes pilot programs in Seattle and King County. The WHF definition of Health Home has grown from the “Medical Home” model for children with special needs, created by the **American Academy of Pediatrics**. While the Medical Home concept lays a strong foundation for improved health, WHF’s

Health Home definition takes it one step further—creating a comprehensive system of support that will increase value of health services. By working with key purchasers of health care such as state and local governments and businesses, WHF is helping others incorporate this thinking into their purchasing strategies.

Health Homes acknowledge that health care is more than just medical—Health Homes include holistic, individualized approaches to wellness.

WHF defines a Health Home as an accessible, consistent support system that maximizes an individual’s health. Health Homes benefit every Washingtonian, even those without an acute diagnosis, chronic condition or any health concerns. A Health Home is about prevention, not just treatment; and it deals with all aspects of health, including physical, dental and emotional. A Health Home is sensitive to cultural and language issues and barriers. A Health Home should promote comprehensive, coordinated and tailored care throughout one’s lifespan through an ongoing relationship with a trusted source of individualized health information and planning, advice and social support.

A Health Home has the opportunity to make a big difference in care and medical outcomes, even for small children. Take for example, the story of eight-year-old **Nicole Howard**.

In 2002, Nicole was diagnosed with Chronic Myelogenous Leukemia, a very rare form of cancer in children. Complicating matters was Nicole’s mixed-race heritage—half-Caucasian and half-Japanese—which made it

difficult to find a match for a needed bone marrow transplant. Thanks to a new drug she is taking, the cancer is currently in remission. However, to ensure her continued health, Nicole will still require a transplant when a donor is found.

Although Nicole has health insurance and a very supportive family, her mother recalls the emotional toll her illness took on the entire family. In a Health Home, counseling for those coping with illness is a component of overall wellness.

Fortunately for the Howard family, counseling was available and helped them all sustain emotional wellness through a very difficult period.

“If it weren’t for the counseling I don’t know what I would have done,” says Nicole’s mom. “It also helped her brother to understand and cope with his sister’s illness.”

In similar situations, a Health Home care coordinator would be a central resource for health and wellness information, advising on health decisions and synchronizing all care. One of the major differences between a Medical Home and a Health Home is that the latter allows for the possibility that the trusted health “coach,” “chairperson” or “care coordinator” is not necessarily a physician. The care coordinator could arrange counseling, coordinate doctor’s visits and medications, and even set up child care for siblings. Instruction and follow-up would be provided to ensure medications are being taken properly.

In Nicole’s situation, although the cancer is in remission, the stress of waiting to find a marrow transplant is still present.

A Health Home care coordinator could be an important support person during this process.

“We believe this part of our Health Home definition would mean fewer costs and more value to the system in the long run, because people would be healthier and the trusted care coordinator could be less expensive than a physician in terms of compensation for non-clinical services,” says **Penny Reid**, WHF Director of Health Home Development.

Vigdor agrees, saying while the care coordinator does not need to be a physician, that position should require some medical training and background. This could be a family member; however, in some situations a relative or family friend has taken this role and, due to lack of knowledge, has given the wrong advice, resulting in negative health consequences. A knowledgeable care coordinator would assure all treatments are coordinated with a medical provider, and are explained in a culturally and linguistically appropriate way.

Implementing the Health Home model will substantially increase the value of services. Patients will receive appropriate advice from the care coordinator before venturing into the health system where costs and emotional stress can increase. While a patient will still receive an array of services to improve health, a care coordinator will help ensure better long-term maintenance and a healthier lifestyle. Consumers will also value health care more when they are connected to a Health Home, as navigating the health system will become easier.

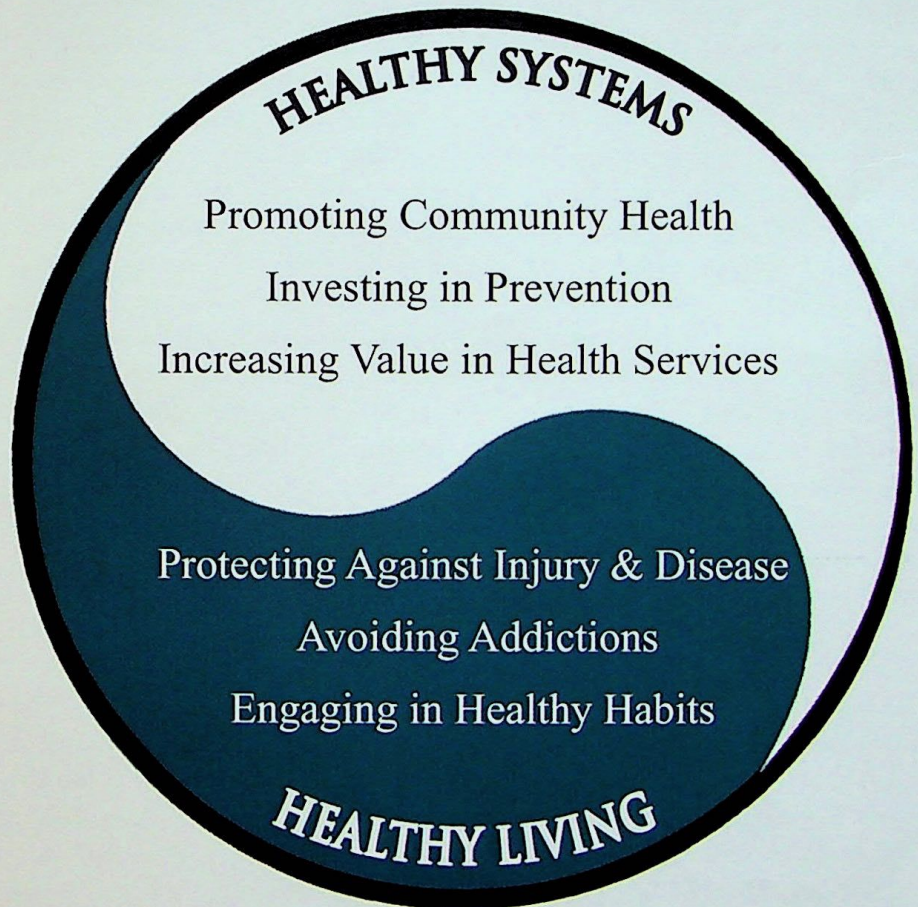
To begin creating your own Health Home, identify your personal health provider, tell that provider your personal wellness plan, and collect your family's health records in a central location.

MORE RESOURCES

- <http://www.whf.org/hs/chap.asp>
Washington residents who live in King County can contact the WHF's Community Health Access Program (CHAP) for assistance in creating a Health Home: (206) 284-0331.
- www.hmhbwa.org
Those living outside King County can contact Healthy Mothers, Healthy Babies for connections to local assistance: (800) 322-2588.

this is how we do it...

Creating a Health Home for your family is one way you can help make Washington the Healthiest State in Nation!

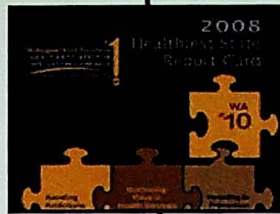
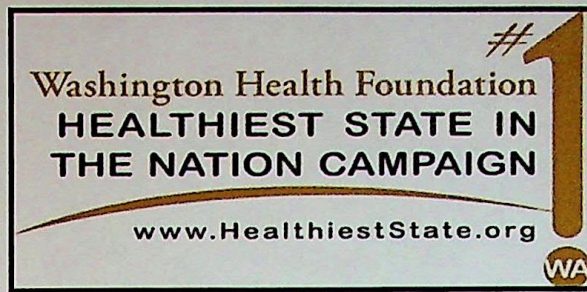


HEALTH HOME

(Concept of User Experience)



Health Home Mental Model



Health 3.0
"This Time - It's Personal"
System Redesign
via People
Increase Value in
Health Services

