

## ***Texas Health Resources (THR) Population Health Strategy***

*(Presentation to the Healthcare Leadership Council Briefing on the Value of Wellness and Prevention)*  
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Texas Health Resources believes we must inspire change in how people think about their own health—that is the only way we can truly reform health care and bend the cost curve. A few statistics:

- It is estimated that lost productivity due to health issues costs the north Texas region's economy more than \$16 billion each year. Personal health behaviors account for 50 percent to 70 percent of the factors that influence an individual's health status, yet we spend only four percent of our health dollars to impact behaviors.
- A one percent increase in the Gallup-Healthways Well-Being Index of a community can result in a two percent decrease in hospital admissions and a one percent decrease in the amount the community spends on health care overall.

Health is more than just the absence of illness. We believe better health starts with the individual and expands to improve the health and well-being of the entire community.

Changing behaviors is not easy. Texas Health is making a significant commitment to provide people and their physicians with tools that can help make change easier and more effective. In March of 2012, we announced a landmark agreement with Healthways, Inc., one of the companies at the forefront of helping change behaviors and improve the health of communities.

Together, Texas Health and Healthways are developing a new model for north Texas designed to connect people to their own health, connect people to their doctors, and connect people with their communities.

The ultimate goal of this new model—based on methods Healthways has proven in other communities—is to lead people to happier, healthier, well-adjusted lives. Healthy people enhance the well-being of their families, contribute more to their communities and jobs, and have less financial impact on the health care system.

The science behind Healthways' tools and methods has been proven in collaboration with employers and communities in other parts of the country. Now we're taking the new role of improving population health to the next level in one of the largest metropolitan areas of the country.

## **About Texas Health Resources**

Texas Health Resources is one of the largest faith-based, nonprofit health systems in the United States. The health system includes 24 acute care and short-stay hospitals that are owned, operated, joint-ventured or affiliated with Texas Health Resources. It includes the Texas Health Presbyterian, Texas Health Arlington Memorial, and Texas Health Harris Methodist hospitals, a large physician group, outpatient facilities, and home health, preventive and fitness services, and an organization for medical research and education. For more information about Texas Health Resources, call 1-877-THR-WELL, or visit [www.texashealth.org](http://www.texashealth.org).

## **About Healthways**

Healthways is the largest independent global provider of well-being improvement solutions. Dedicated to creating a healthier world one person at a time, the Company uses the science of behavior change to produce and measure positive change in well-being for our customers, which include employers, integrated health systems, hospitals, physicians, health plans, communities, and government entities. We provide highly specific and personalized support for each individual and their team of experts to optimize each participant's health and productivity and to reduce health-related costs. Results are achieved by addressing longitudinal health risks and care needs of everyone in a given population. The Company has scaled its proprietary technology infrastructure and delivery capabilities developed over 30 years and now serves approximately 40 million people on four continents. Learn more at [www.healthways.com](http://www.healthways.com).

If you have any questions or require further information, please do not hesitate to contact David Tesmer, Texas Health Resources' Senior Vice President of Advocacy and Community Benefit, at 682-236-7937 or [DavidTesmer@TexasHealth.org](mailto:DavidTesmer@TexasHealth.org).