Mayo Clinic Mission

• To inspire hope and contribute to health and well-being by providing the best care to every patient through integrated clinical practice, education and research.

“The aim of medicine is to prevent disease and prolong life; the ideal of medicine is to eliminate the need of a physician.”

--William J. Mayo

• Office of Disease Prevention and Health Promotion coordinates wellness activities at Mayo Clinic
Cardiovascular Health and Rehabilitation Program

Preventive Services Clinic

- Provides recommended preventive services to spouses of patients or patients who are being seen in a subspecialty

- Services include:
  - Immunizations
  - Screening tests
  - Health promotion education
Wellness in Population Management

**Goal:** Create the healthiest workforce and community in America

- Preventive services reminders
- RN immunizations
- 24 hour nurse phone line
- Electronic Consults
- Chronic disease management
- Wellness consults at the Dan Abraham Healthy Living Center

**Primary Care Population**

Employees  Community Patients

In 2 years there was a decline in:

- Total hospital days (-17.2%)
- ER visits (-11.8%)
- Specialty visits (-4.7%)
- Cost per member per month (-0.9%)
Community Wellness

Goal: Promote policies, programs, and tools that encourage healthy living

Dan Abraham Healthy Living Center

Worksite Wellness facility for Mayo Clinic employees and dependents
• Built in 2007
• Over 115,000 sq ft
• Over 16,000 members

Multiple activities available
• Ongoing programs
• 850 group fitness/education
• 60 individual coaching/consult users per day
• Worksite wellness champions

37% of eligible employees

50% overweight
Dan Abraham Healthy Living Center

Membership

Standard Base Premium
$27 per month

Monetary incentives - 2 levels
• Workout ≥ 5 times per month = $5 reduction in premium (20% discount)
• Workout ≥10 times per month = $10 reduction in premium (40% discount)

Benefits of a Worksite Wellness Facility

Goal: Evaluate the effects of enrollment into the Dan Abraham Healthy Living Center (DAHLC) on change in healthcare costs

Participants with greater than 20 visits tended to have fewer comorbidities and a lower body mass index (BMI)

Increased participation in the DAHLC was suggestive of decreasing healthcare costs
Mayo Clinic Healthy Living Program

Rendition of the expansion of the Dan Abraham Healthy Living Center

Educational products on wellness
- Mayoclinic.com
- Newsletters
- Books

Health Assessment

Global Business Solutions

Lifestyle coaching

Ask Mayo Clinic Nurse Line
Summary

Mayo Clinic provides diverse wellness programs in multiple areas.

- Preventive Services
- Patients at a distance
- Cardiovascular rehabilitation and other clinical areas
- Employee wellness
- Community wellness
Thank You