West Kendall Baptist Hospital

- Opened in 2011 as first new, non-replacement hospital in county in 35 years
- 133-bed acute care teaching hospital
- Part of Baptist Health South Florida
- Launched Healthy West Kendall in 2013
- Engaged LifeWallet as technology partner in 2015
VISION
Become the healthiest community in Florida

MISSION
Educate, inspire and promote well-being. Make healthy living easy and attainable. Create an active and vibrant community.
Healthy Hub Stats

- 10.7% - Healthy Hub visitors with diabetes
- 3.7% - Healthy Hub visitors with elevated blood glucose
- 4th most prevalent significant finding
Hospital Inpatient Stats

• 4.6% - Inpatients with diabetes
• $14.1m - Total charges, primary or secondary diagnosis of diabetes
THE PROBLEM

• The Diabetes Tsunami - higher cost, lower quality of life
• Increasing consumerism in health care
• Desire for mobile options - younger demographic
• Declining reimbursements - risk-based contracting
The Solution

• Technology-based behavioral intervention delivered via the Healthy Hub to delay or prevent onset of diabetes
GE HealthyCities Leadership Academy

- Year-long training and technical assistance program with nationally renowned population health experts
- Engaged businesses in improving health
- Nine collaboratives from around the U.S.
- $25,000 cash award
Our Team

- BHSF Center for Research & Grants
- BHSF Center for Prevention and Wellness
- BHSF Community Health
- BHMG Family Medicine Center
- Florida Department of Health in Miami-Dade County
- Health Council of South Florida
- Health Foundation of South Florida
- LifeWallet, Inc.
- Robert Stempel College of Public Health & Social Work, FIU
- West Kendall Baptist Hospital

Healthy West Kendall
Target Population

• At risk for diabetes but not currently in a disease state
• Non-pregnant adults ages 18-69 with a BMI greater than 27 kg/m²
• Motivated to change and have the ability to use a smartphone
• Resident of our ZIP codes: 33175, 33177, 33186, 33183, 33185, 33193, 33196
The Intervention

• 6-month, free, technology-based program combining Healthy Hub screening, healthy lifestyle education, goal-setting, home monitoring and remote messaging

• Recruitment of eligible participants from Healthy Hub visitors and the Family Medicine Center

• Goal: 50 participants
Program Design

- Assessment: Healthy Hub screening at baseline, 3, 6, 12 months with additional screening for HbA1c and Lipids
- Education: Healthy Hub nurse, pre-diabetes workshop, mindfulness workshop
- Goal Setting: Daily, weekly or monthly tasks on glucose monitoring, diet, physical activity
- Home Monitoring: Blood glucose, meal photos, weight, physical activity
- Messaging: Reminders, reinforcement, resources and recognition messages that help participants stay on track

Healthy West Kendall
Powered by West Kendall Baptist Hospital
Tools

Engage

HealthBook

Healthy West Kendall

Powered by West Kendall Baptist Hospital
## Wellness Plans

### People

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eva Lopez</td>
<td>30 yrs</td>
</tr>
<tr>
<td>Ryan Randal</td>
<td>23 yrs</td>
</tr>
<tr>
<td>Bobby Barron</td>
<td>12 yrs</td>
</tr>
<tr>
<td>Maria Mendez</td>
<td>67 yrs</td>
</tr>
<tr>
<td>Nancy North</td>
<td>29 yrs</td>
</tr>
<tr>
<td>Sandy Samson</td>
<td>33 yrs</td>
</tr>
<tr>
<td>John Jacobs</td>
<td>81 yrs</td>
</tr>
<tr>
<td>Peter Parrish</td>
<td>45 yrs</td>
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</tbody>
</table>

### Sugar Smart for Life

**Plan Duration**
- Dec 12, 2017 - Dec 12, 2018
- 37 Days Remaining

**Plan Goals (1)**

- **Maintain - Blood Glucose - 70.0 - 139.0 - mg/dL**
  - Baseline Reading: 156 mg/dL
  - Status: ON TRACK

**Tasks (6)**

- **Measure - Weight - 1 Times**
  - Weekly | Importance: 3
  - Status: 71%

- **Measure - Blood Glucose - 2 Times**
  - Daily | Times per day (2) | Importance: 2
  - Status: 87%

- **Activity - Moderate - 90 min**
  - Weekly | Importance: 2
  - Status: 49%

### Monitoring (2)

**Last Week**

<table>
<thead>
<tr>
<th>Metric</th>
<th>Value</th>
<th>Change</th>
<th>Trend</th>
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<tbody>
<tr>
<td>Blood Glucose (mg/dL)</td>
<td>104</td>
<td>111</td>
<td>↓ 75</td>
</tr>
<tr>
<td>Weight (lbs)</td>
<td>127</td>
<td>129</td>
<td>↓ 124</td>
</tr>
<tr>
<td>Date</td>
<td>Status</td>
<td>Result</td>
<td></td>
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<tr>
<td>--------</td>
<td>-------------</td>
<td>----------------------</td>
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<tr>
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<tr>
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<td>View Photo</td>
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Messaging

Hey Eva, Samantha here, can I help you with any fitness related questions on your plan? I want to focus on getting the compliance up for exercise so let me know if you prefer a different options for a task like swimming or biking instead of walking. Thanks!

Sun, Jan 12, 4:44 PM

I think I’m ok with the tasks given, I can do a better job of compliance.

Alright, looking forward to seeing that!

Alert “Blood Glucose - Below - 80 mg/dl”

Hey Eva, you feeling okay? Maybe drink an orange juice?
Desired Change

- Decrease in HbA1c
- 7% decrease in body weight
- Increase in HDL, decrease in triglycerides and LDL
- Achievement of 50% of behavioral goals
- Increase in diabetes knowledge (pre-post, midterm)
- Increase in healthy behaviors knowledge (pre-post, midterm)
- Movement between tiers on the LS7 scale
Pilot Phase I Outcomes

• Statistically significant improvements:
  – Prediabetes knowledge
  – Healthy eating
  – Waist circumference
  – Systolic blood pressure
  – LDL cholesterol
  – Blood glucose
  – Life’s Simple 7© score
Cost Savings

- $163,129 in yearly savings - completed program
Challenges

• Blending work team cultures
• Clinical needs technology / technology isn’t everything
• Pre-condition state / Readiness to change
• Capacity
• Demographics
• Sustainability
Opportunities

• Employ AI to better mine data, improve intervention outcomes
• Create continuum of health interventions across life span, range of conditions
• Meet people where they are
• Promising Practice designation
• Position for reimbursement of mobile DPP
• Scale across larger populations

Healthy West Kendall
Powered by West Kendall Baptist Hospital
Questions?

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