

# Case Study



## Population Health

Healthways works with public health organizations across Australia to provide tailored health and well-being support that seeks to ensure healthy people stay that way and those suffering with chronic conditions see an improvement to their everyday life.

A 6-month outbound telephone coaching program is delivered by registered nurses and allied health professionals to educate patients on managing their conditions. The program reinforces primary care plans and medical adherence, as well as how to identify and reduce risky health behaviors.

Members can also access the state-of-the-art Well-Being Connect™ website. This online platform allows patients to create customized and interactive health plans.



[Healthways.com/international](https://www.healthways.com/international)

## Facts & Figures

- ▶ Results taken over a 2 year period from over 1,500 participants show reduced physical inactivity in participants who completed the program by 48.9 %. Obesity dropped by 7.1 % and the smoking rate also fell by 17.4 %.
- ▶ The program is also supported by the integration of the Daily Challenge™ – where friends and family of patients are encouraged to join them in tackling daily health challenges.
- ▶ [Find out how we improve health and Well-Being to generate economic value for you.](#)