

WELLNESS AS A FRONT DOOR TO THE HEALTH SYSTEM

Five key steps to constructing a wellness program



COVID-19 IMPACT

Studies show that people with preventable conditions, such as obesity and heart disease, are at greater risk for severe illness from COVID-19. These findings have rejuvenated a nationwide focus on preventing illness and maintaining good health.

STEP 5 Measure and Monitor

Continuously monitor the program to ensure it is meeting its goals and integrating well with the health system. Use the insights to adjust the wellness program for continued success. Ultimately, effective wellness programs are self-sustaining.

STEP 4 Integrate the Program

To achieve true integration, proactive patient care rather than reactive care must reside within the health system's culture.

STEP 3 Select Services to Include

There are many wellness services; however, it is imperative to construct a program with services specifically for the targeted patient population to reach the program's goals.

Sample Cardiovascular Program

Yoga, nutrition coaching, aerobic and strength training

STEP 2 Complete an Assessment

External: Is there a demand for a wellness program from the target population?

Internal: Inventory the wellness services that already exist within the organization. Survey the current patient population and consider for whom this program is being designed.

STEP 1 Build a Foundation

There is no universal wellness program model; however, outlining a vision and goals that align with the health system's larger, long-term strategy, mission, vision and values will help garner the support of important stakeholders.

Ask...

Why is the program being created?
Who does the program serve?
Who can serve as the physician champion for the program?

Source: Sg2 Analysis, 2020.

LEARN MORE! To view the complete source list and take a deep dive into wellness programs, visit [Sg2.com](https://www.sg2.com) to read the full article, *You Asked: Wellness in the Time of Illness*.

