

My Choice Family Care's Prevention & Wellness Plan develops programs to maximize the independence of members and optimize their health and functioning. Prevention and wellness includes promoting health, preventing injury and illness, and managing chronic disease and disability, including mental, cognitive, and behavioral health disorders.

## Prevention & Wellness Plan Focus

To address the need to improve or maintain quality of care for our members, My Choice's Prevention and Wellness Plan focuses on tracking many of the leading health indicators for frail elders and adults with disabilities found to result in hospitalization, nursing home placements, and death, including:

- Dementia screening and early intervention
- Falls risk identification and interventions
- Diabetes prevention and management
- Hypertension prevention and management
- Pressure ulcer prevention and wound care
- Influenza and pneumococcal immunization

My Choice Family Care has guidelines and resources related to these topics. To request copies, or more information, please contact your Care Team or call 1-877-489-3814.

