



PREVENTION & WELLNESS PROGRAM

My Choice Family Care's Prevention & Wellness program focuses on improving member quality of life by preventing disease and injury and achieving optimal health for maximum independence. The program consists of the written Prevention & Wellness Plan and the Prevention & Wellness Committee.



2019 Planned Prevention & Wellness Initiatives

- Expand the My Choice Hospital Liaison Role.
- Implement new evidenced based depression screening tools.
- Complete a Performance Improvement Project to reduce 30-day hospital readmission rates.
- Update Clinical Practice Guidelines and resource materials to align with current national standards.
- Pilot technology to support the use of health monitoring.
- Create accessible and easy-to-understand tools for members to support prevention and wellness efforts.