

# You and Your OSF Team Journey to Health

Spring 2014

Living Well Together

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alltogetherbetter

OSF  
HEALTHCARE

AT OSF HEALTHCARE, WE CARE ABOUT YOU AND YOUR HEALTH!

We are pleased to offer our new publication, *Journey to Health*, to our patients and friends in and around central Illinois to promote good health and to update you on our efforts to serve our community. Enjoy relevant facts, interesting stories, and tasty recipes and connect with us through fun contests, Web resources, and more. OSF HealthCare wants to be your partner to help you meet your goals. Stay active, be well, and enjoy your journey to health!

## TRENDING NOW

You want to live healthier, but maybe you've had a hard time getting started or staying motivated. Consider this: A healthy lifestyle can equal a longer life span, allowing you to enjoy more years with your spouse, walk your daughter down the aisle, and attend your grandchild's graduation. Healthy living can keep your health care costs low—and cut your neighbors' costs, too. Welcome to the world of accountable care.

### What is Accountable Care?

Accountable care is part of a comprehensive plan to improve patients' overall health and reduce health care costs in the U.S. OSF HealthCare was selected by Medicare as a Pioneer Accountable Care Organization (ACO) in 2011. ACOs are groups of hospitals, doctors, and other health care providers who join forces to provide coordinated care to defined groups of patients, such as Medicare patients. ACOs help make sure you get the right care at the right time, all the time.

### What Does OSF Do as an ACO?

OSF manages the overall health of a group of Medicare patients in central and northern Illinois. By securely accessing Medicare claims, OSF found patients who used medical services the most to help those patients improve their health. Many of them struggled with complex or chronic diseases, so they had higher medical costs. Those patients represented just 5 percent of ACO patients, but they accounted for 50 percent of the group's total cost of care.

### How Can OSF Lower My Costs?

OSF care managers help patients identify and remove barriers to good health. We've already seen a decrease in the overall cost of care for patients, especially by reducing hospital and emergency department (ED) visits. Fewer hospital and ED visits lower a community's overall health costs. Medicare reviews and rewards ACOs for achieving high-quality care and cost improvements. When patients in an ACO become healthier and use medical services appropriately, the ACO shares in those savings. Medicare pays ACOs less when they fail to meet patient health improvement goals.

Now you see how your good health can help lower your health care costs—and those of others. It pays to live well!

## Are You Making Your Neighbors' Health Care Costs Rise?







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## SPOONFULS

### HEAD TO BED EARLY TO WARD OFF WEIGHT GAIN

Early to bed and early to rise may keep your weight from reaching new highs. People who stay up late and sleep in tend to be heavier, according to a study in the journal *Obesity*.

When compared with those who had earlier bedtimes, so-called late sleepers ate twice as much fast food and half as many fruits and veggies. In total, they averaged about 200 more calories per day, many eaten after 8 p.m. If you don't feel tired until late, make some changes in your routine. Relax before bed with a hot bath, a good book, or some soothing music.



### Could Fewer Workouts Be Better for Your Health?

Exercise can help prevent and treat conditions from obesity to heart disease to dementia. In a recent study, researchers asked 72 older women to exercise two, four, or six times per week. Surprisingly, the women who hit the gym only four times per week burned more total calories than those who did six workouts.

When starting your own workout routine, be sure to include aerobic exercise, such as brisk walking, and strength training, such as lifting weights. If you haven't been active in a while, talk with your doctor first. Then, start slowly. Walk for 10 minutes at a comfortable pace or do strength-training moves with 1-pound weights. Over time, increase the amount of time spent exercising and the difficulty of your workouts.



### Healthier Day

A healthy community is a happy community! That's why OSF has launched a community initiative called "A healthier day in central Illinois." The OSF Street Team will hit the streets in many communities to show we care and to promote healthy living. Learn more at [osfainfrancis.org/healthierday](http://osfainfrancis.org/healthierday).

### READERS RULE! WHAT'S ON YOUR MIND?

The best ideas come from you. If there's a health topic you'd like to learn more about? Send us your story ideas, and they just might end up in the next issue. Email us at [journeytohealth@osfhealthcare.org](mailto:journeytohealth@osfhealthcare.org)

## 3 Drug-Free Ways to Lower Cholesterol

- 
**1 Change Weight**  
 Maintain your waist measurement!  
 35% less
- 
**2 Change Diet**  
 Make healthy food choices!  
 40% less
- 
**3 Change Workout**  
 30 minutes of moderate activity most days of the week—including daily chores!  
 30% less

▶ Track your "good" (HDL) and "bad" (LDL) cholesterol levels in OSFmyHealth! Go to [osfmyhealth.org](http://osfmyhealth.org).