

CASE STUDY: Rush System for Health

Now in its eighth year, the Choose Health wellness program at Rush System for Health, headquartered in Chicago, continues to evolve to improve the health of its 14,000 eligible members. “At Rush, the mission is to care for our patients, and you cannot really adequately or completely care for somebody else until you master the art of taking care of yourself,” says Kathryn Foulser, manager of Choose Health.

Rush is concentrating on 100 percent of the population; not just those at high risk. “You don’t want to forget about that vast middle ground of the employee population who are doing okay but have some health risks,” says Foulser. “Certainly you want to help employees with chronic and complex conditions. But you don’t want to wait for other employees to get to that stage before addressing their health.”

To help employees with low to moderate health risks, Interactive Health provides year round healthy activities and is piloting a health coaching program with members who have low or moderate risk. In 2017, all Rush screening participants received an A1c blood test, and pre-diabetes was detected at a rate three times greater than it would have been with traditional glucose testing.

Rush has been able to keep its medical cost trend stable at approximately 1.1 percent over the past several years. Just as important, employees widely embrace Rush’s wellness investment, which has included building a fitness center and sponsoring a farmer’s market on-campus. “They feel that Rush cares about them,” Foulser says.

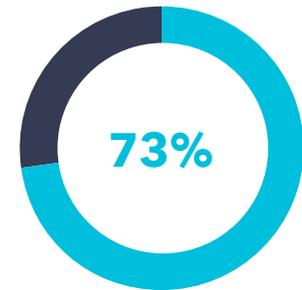
A combination top-down, bottom-up approach is helping the academic medical center’s program flourish. Rush also works to energize employees with video testimonials of workers who have successfully met their health goals. “What inspires people is hearing about Annie who joined the fitness center and Debra who got her ‘old man off the couch’ and got him eating healthy,” Foulser says. “There’s a ripple effect. They are inspiring others with their stories.”



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– Kathryn Foulser, manager of Choose Health,
Rush System for Health

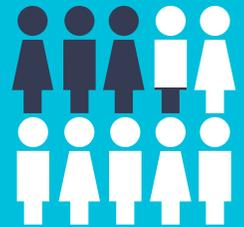
Medical cost trend stable at approximately **1.1%** over the past several years



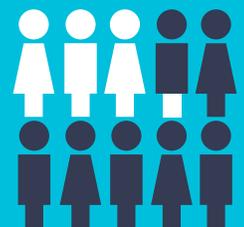
of participants met their health goal

\$2.11 saved
FOR EVERY
\$1.00 spent
ON WELLNESS PROGRAMS

32%
of participants with **moderate health risk** moved to **low risk** over the past year



31%
of participants with **high health risk** moved to **moderate or low risk** over the past year



Workplace Wellness Solutions from Interactive Health have earned the exclusive endorsement of the American Hospital Association.

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