



Quarterly Forum

March 29, 2022



Mayor's Fitness Council
City of San Antonio

SABGH WELCOME

Buck Brockman

Director-Employee Benefits, Southwest Research Institute

Education Committee Chair, San Antonio Business Group on Health

Community Services to Support Workplace Wellness

- Many of us are constantly thinking about ways we can support the health and well-being of our organization's employees through the benefits, programs and services we offer.
- These programs are often included through our health insurance providers or purchased through third-party services
- Did you know that many services are available for free through the city, county, and others in our community?

METHODIST HEALTHCARE

HEALTH MATTERS

Palmira Arellano

Vice-President, Communication & Community Affairs

Erin Echelmeyer

Associate Vice-President, Marketing Operations

HealthMatters

PRESENTED BY



LIFE'S GREATEST MOMENTS
Shouldn't Be Missed



Meet the Team



Palmira Arellano
VP Communications and Community Affairs



Erin Echelmeyer
AVP Marketing Operations

Cordy Foster
Employer Outreach Extraordinaire



Where does
it begin?

Healthcare
starts
at
home.

PREVENTION + ACCESS S

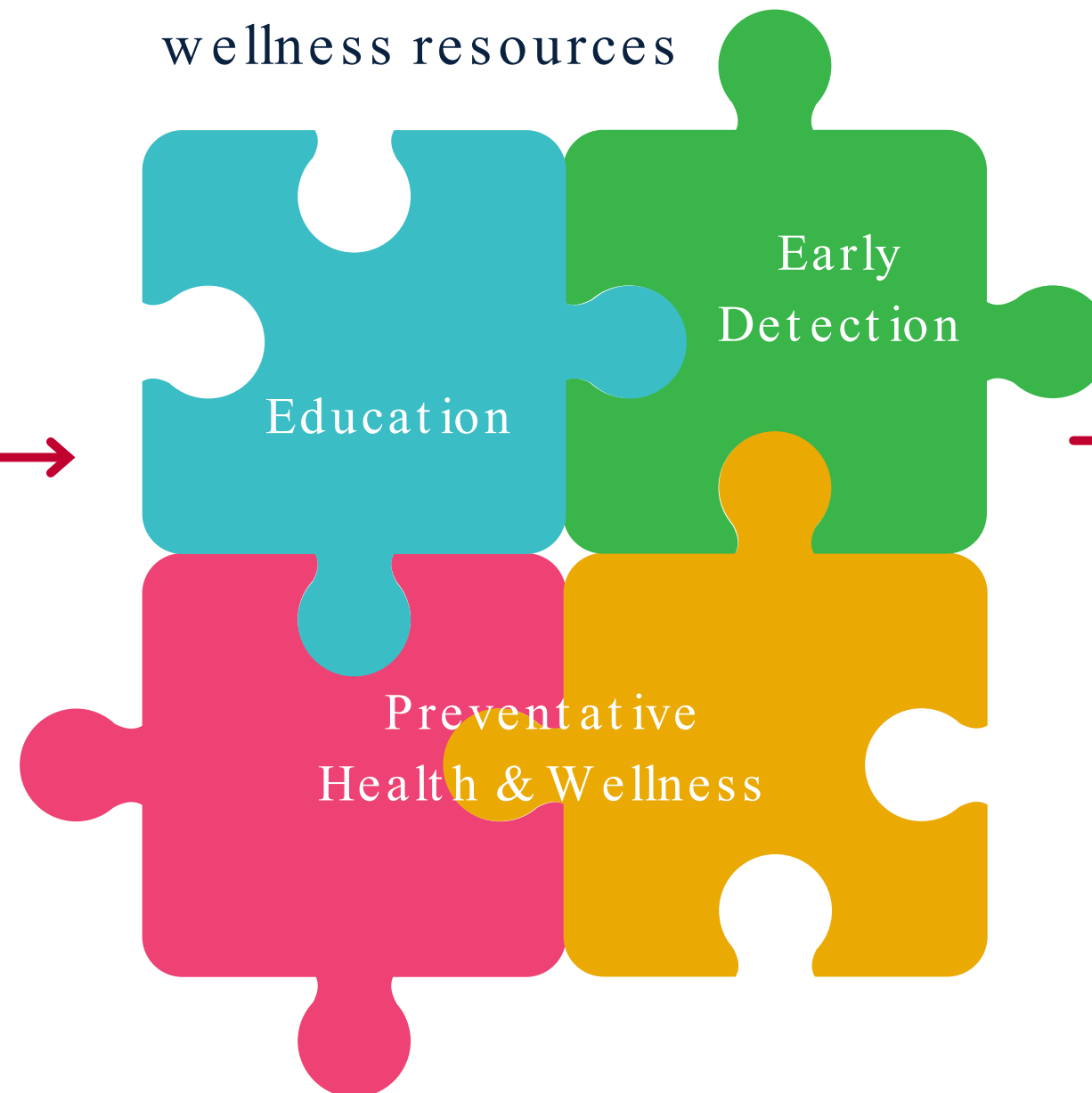


The key to wellness



Individual &
Caregiver Wellbeing

All the great employee
wellness resources



DID YOU KNOW?

70%

According to the CDC, 7 out of 10 U.S. deaths are caused by a chronic disease classified by the medical community as preventable. And, those account for 75% of healthcare costs!

The Institute of Medicine's New Report on Living Well With Chronic Illness
Published by CDC in 2012

Less time away from work
Less stress & distractions
Reduced healthcare expenses
Healthier (Happier Teams)

HealthMatters

HEALTH MATTERS CONTENT HUB



Seasonal Content Focus

Events & Classes

HealthMatters

YOUR HEALTH MATTERS. KNOW YOUR RISK.

How to spot early symptoms of colon cancer

Now is the time to raise awareness about colorectal cancer. In the United States, colorectal cancer is the third most commonly diagnosed cancer, not including skin cancer, and the second leading cause of cancer death in men and women combined.

Read the full blog post

Methodist Healthcare has been proud of its commitment to serve the community by offering health education, events and classes, screenings, transportation to medical facilities and other activities. We launched HealthMatters as a central location to find these valuable resources for your health and wellness - all in one place. Becoming a HealthMatters member provides you with the tips and tools you need to take an active role in your health.

Take control of your health

Health Risk Assessments

Annual Health Screenings

HealthMatters Blog

Stay Healthy with the Elliotts

If you're in need of transportation for your appointment or scheduled admission, please call [210-MHS-RIDE](tel:210-647-7433) (210-647-7433) to schedule a ride with Health Bus, our free transportation service.

Health Risk Assessments
Annual Screening Guidelines
HealthMatters Blog
Staying Healthy With the Elliotts

Health Bus Transportation

Social Support Groups & Blog Content

If you're in need of transportation for your appointment or scheduled admission, please call [210-MHS-RIDE](tel:210-647-7433) (210-647-7433) to schedule a ride with Health Bus, our free transportation service.

Social Links

Stay connected and in the know. Find your favorite social platform and follow us today.

Facebook Instagram YouTube Twitter Baby Bump Club Blog

Call-A-Nurse

If you or a loved one is having a non-life-threatening emergency and you do not need to call 911, you can call our Call-A-Nurse hotline for the appropriate advice. Nurses representing Methodist Healthcare are standing by to personally assist you with medical advice.

Call-a-Nurse Adult Call-a-Nurse Kid

Call Nurse Adults
Call A Nurse Kids
Weight Loss Surgery Nurse Triage Line

SNAPSHOT - TURNKEY RESOURCES

Delivered to your inbox

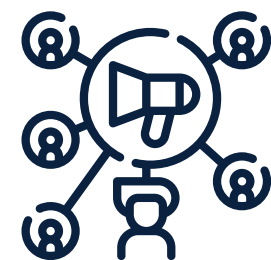
Collateral



Emails



Blog Content



Risk Assessments



Videos / Speakers



Call A Nurse



Health Bus
Transportation



Events / Classes



ABOUT OUR HEALTH RISK ASSESSMENTS

Each HRA has a unique set of questions and call to action (CTA) for those who complete it.



Heart Disease

CTA 1: Find A Physician/schedule an appointment online

CTA 2: Join Health Matters



Stroke

CTA 1: Find A Physician/schedule an appointment online

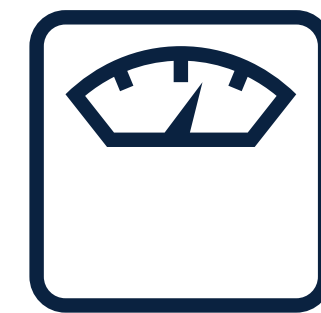
CTA 2: Join Health Matters



Hip/ Knee Pain

CTA 1: Find A Physician/schedule an appointment online

CTA 2: Join Health Matters



Weight Loss Surgery

CTA 1: Call Bariatric Nurse Triage Line

CTA 2: Find A Physician/schedule an appointment online

ABOUT OUR HEALTH RISK ASSESSMENTS

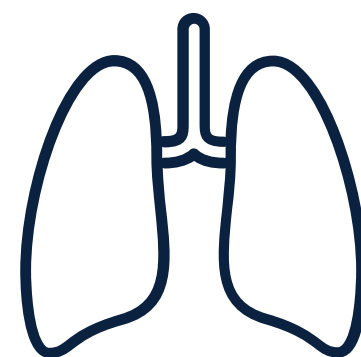
Each HRA has a unique set of questions and call to action (CTA) for those who complete it.



Breast Health

CTA 1: Schedule your screening mammogram online via STRIC

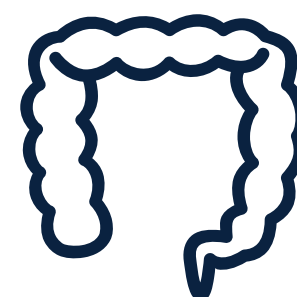
CTA 2: Find a Physician or schedule online appointment



Lung Disease

CTA 1: Schedule your lung screening online via STRIC

CTA 2: Find a Physician or schedule online appointment



Colorectal Health

CTA 1: Find A Physician/schedule an appointment online

CTA 2: Join Health Matters

HRA's Pending Development

- Depression
- Anxiety
- Peripheral Artery Disease (PAD)
- Back and Neck Pain

EMAILS AND BLOG - Prebuilt, links, etc.



Did you know that 45% of patients receiving CPR during a cardiac event survive? There are more than 350,000 out-of-hospital cardiac arrests occurring each year.* Of these, 70% happen at home.* If you're in a situation where someone needs CPR, administering immediately after cardiac arrest could double or triple a person's chance of survival. [Learn Hands-Only CPR.](#)

Family history, high cholesterol and high blood pressure can influence your heart's health. How healthy is your heart? [Tune in](#) to hear a survivor's story, and [take a heart health assessment.](#)



Cardiovascular disease affects more Americans each year than any other disease,* but there are simple adjustments you can make to help reduce your risk.

What is cardiovascular disease?
Cardiovascular disease can refer to a number of conditions, including:

- arrhythmia - abnormal heart beat
- heart disease
- heart attack
- heart failure
- heart valve issues
- stroke

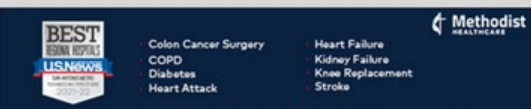
Choose healthy habits to help improve your heart health:

- Listen to your heart: [take a short assessment](#) to find out more about your heart health.
- Eat fruits and vegetables in place of processed foods.
- Keep your weight in a healthy range.
- Make every move count - stretch, walk, swim, vacuum, play tennis, bike. Small steps could lead to huge strides in your physical and mental health.
- Work with your [healthcare provider](#) to help manage any medical conditions, such as high cholesterol, high blood pressure, diabetes and obesity.

[Take a short heart health assessment.](#)

If this is a medical emergency, dial 911.
Know where your closest ER is located if an emergency strikes.

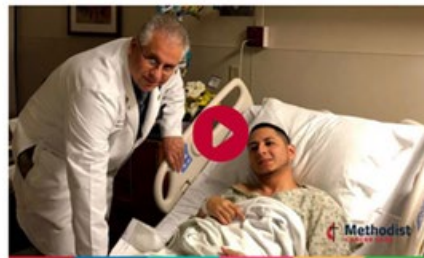
Not sure of your next step? Call A-Nurse (CAN)
For non-life-threatening emergencies, Call A-Nurse. Our nurse line is staffed 24-hours a day, seven days a week with registered Methodist Healthcare nurses available to personally assist you with professional medical advice. [Call \(210\) 575-0355](#) for adults or [call \(210\) 226-6773](#) for kids.



Colorectal Cancer is on the rise among adults 25-54 and over 150,000 new cases of colorectal cancer are expected in the U.S. in 2022.

Most colorectal cancer begins as a growth (known as a polyp) in the inner lining of the colon or rectum. Over time, some polyps could become cancerous. Early detection combined with improved treatment options could lead to increased survivorship. Screening for potential cancer has proven to be an effective tool for early detection, when chances for successful treatment are greatest.

[Adam Barraca, now 32, shares](#) his first-hand experience being diagnosed with colorectal cancer at age 29 along with his perspective on [understanding the risks.](#)



Could I be at risk?

Lifestyle related factors such as diet, physical activity, smoking or drinking are risk factors found to have strong links to cancer that you could influence.

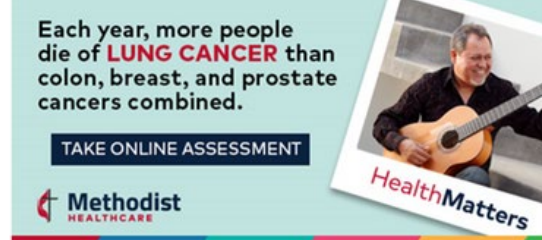
- Get moving. Participate in regular moderate to vigorous physical activity.
- Follow a healthy eating plan that includes fruits, vegetables and whole grains and limits or avoids red/processed meats and sugary drinks.
- If you smoke tobacco, consider quitting. [Call \(210\) 575-8235](#) to learn more about the quit smoking program.
- Limit alcohol consumption (no more than 2 drinks per day for men and 1 drink per day for women).

Additional risk factors include:

- Age
- Personal history of colorectal polyps, colorectal cancer and/or inflammatory bowel disease
- Inherited gene mutations
- Racial/Ethnic background (African Americans, Jews of Eastern European descent - Ashkenazi Jews)
- Type 2 Diabetes

[Take a short colorectal cancer risk assessment](#) to understand your risk and determine a personalized plan with your [healthcare provider.](#)

[Take a free colorectal cancer risk assessment](#)



Lung cancer traditionally shows symptoms at later stages. By the time it is diagnosed, it has often metastasized, spread, limiting the treatment options. Early detection is key to treating lung cancer. [Tune in](#) and take an assessment to understand your risk of lung cancer.



Speak with your [healthcare provider](#) about what you can do to help decrease your risk, including a [lung cancer screening.](#)

Here are some guidelines for low-dose CT lung cancer screening eligibility:

- Age 55-77
- Current smokers
- Those who have quit within the past 15 years and have at least a 30 pack-year smoking history
 - 30 pack-year equivalent: 1 pack a day for 30 years or 2 packs a day for 15 years

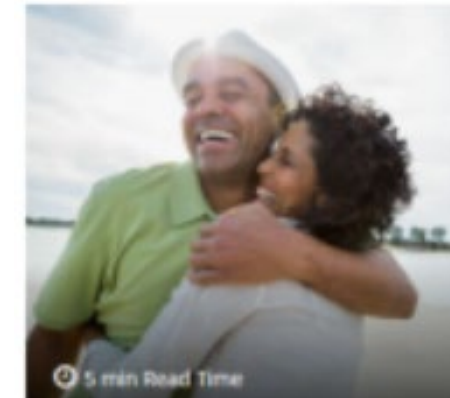
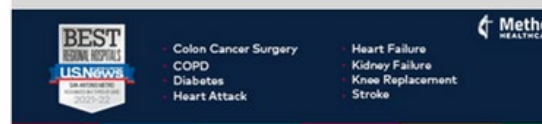
[Calculate your risk of lung cancer. Take a short assessment.](#)

Methodist Healthcare's preferred imaging partner, [South Texas Radiology Imaging Centers \(STRIC\)](#), continues to provide a high level of personal care in a comfortable and safe environment.

Low-dose CT lung cancer screening locations are conveniently located throughout San Antonio and offer several convenient ways to schedule:

- [Visit our website](#)
- [Call \(210\) 617-9006](#)
- Walk-ins welcome and we will work you into our schedule

*Physician orders required. Schedule the screening online, print the appointment confirmation and have your physician sign.

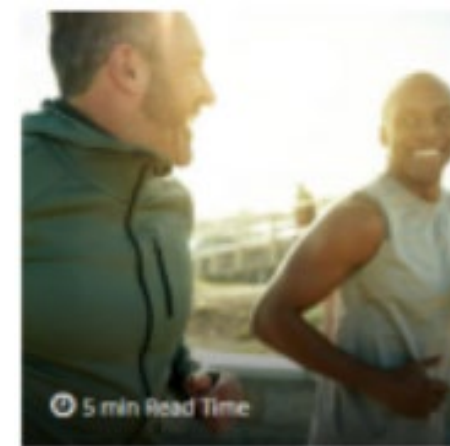


[How to spot early symptoms of colon cancer](#)

February 28, 2022

With colorectal cancer on the rise in young adults, it's important to know the signs and symptoms of colorectal cancer.

tags: [colon cancer](#) . [colorectalcancer](#) . [knowyourrisk](#) . [screening](#) . [symptoms](#)

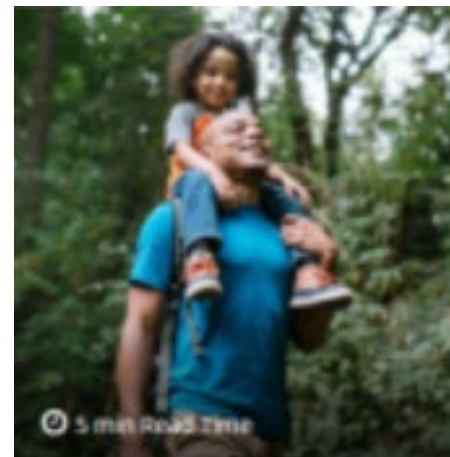


[6 lifestyle changes to help keep your heartbeat...](#)

February 1, 2022

If your heart beats faster than normal for no reason, it could be a sign of SVT. Here are 6 tips to keep your heart beating steady.

tags: [afib](#) . [arrhythmia](#) . [atrial fibrillation](#) . [heart](#) . [heartarrhythmia](#) . [svt](#)




[9 of the worst health mistakes men make](#)

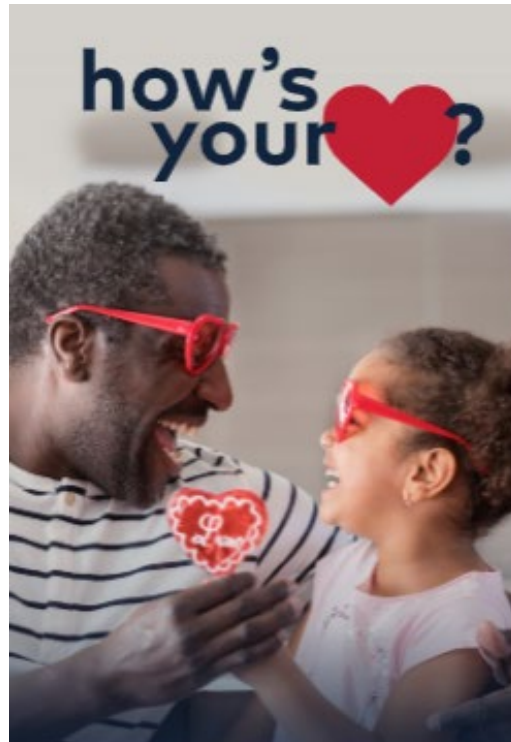
September 6, 2021

6 out of 10 men don't go to the doctor when they should. But do you know the real consequences of that startling statistic?

tags: [menhealth](#) . [preventivehealth](#) . [screening](#) . [substanceuse](#)

COLLATERAL in English & Spanish

how's your ?




KNOWING YOUR RISK FOR HEART DISEASE IS CRUCIAL IN MAINTAINING A HEALTHY HEART.


Risk factors that can influence your heart's health:

- Family history
- High cholesterol
- High blood pressure
- Smoking

The earlier you know which factors are at play, the quicker you can get them under control – decreasing your risk for a serious heart event. Start your journey toward a healthier heart by taking our free risk assessment to calculate your personal level of risk.



Scan to take a heart health quiz or learn hands-only CPR.




HealthMatters 

Learn HANDS-ONLY CPR today!

- CPR can double or even triple a person's chance of survival
- Hands-only CPR is simple to learn and easy to remember
- Hands-only CPR is safe for children ages 13 and up
- Learn more about two-finger CPR for infants and children
- Educate yourself about the warning signs of strokes and heart attacks. Don't ignore symptoms or warning signs.
- You could save a life! Learn more at SAHealth.com/heart

1 Call 911  SCAN TO WATCH OUR SHORT HANDS-ONLY CPR INSTRUCTIONAL VIDEO 

2 Push hard and fast in the center of the chest to the beat of a familiar song that has 100 to 120 beats per minute. (Think: "Ah, Ah, Ah, Stayin' Alive!") 

Signs and Symptoms

MEN:

- Nausea or vomiting
- Shortness of breath
- Squeezing chest or
- Jaw, neck or back pain back pain

WOMEN:


- Nausea or vomiting
- Shortness of breath
- Jaw, neck or upper back pain
- Fainting
- Chest pain, but not always
- Indigestion
- Pain or pressure in the lower chest or upper abdomen
- Extreme fatigue

CHILDREN:

- Trouble breathing
- Excessive sweating
- Poor feeding or growth
- Low blood pressure



SAHealth.com/heart




MAKE YOUR MAMMO

The first step in every survivor's journey is screening. Recognizing signs, symptoms and being proactive in early detection are key for every survivor. So, get out your annual planners and #makeyourmammo today!

#makeyourmammo #haztumamografia

SAHealth.com/mammo

 **Methodist**
CANCER CARE

#makeyourmammo

Boutique Mammography Locations Near You



Boutique Mammography Center Huebner
9150 Huebner Rd., Suite 195
San Antonio, Texas 78240
Telephone: 210.617.9120



Boutique Mammography Center Alamo Heights PLUS+
1888 Nacogdoches Road
San Antonio, Texas 78209
Located: Carousel Court
Telephone: 210.617.9920



Boutique Mammography Center Stone Oak
155 E. Sonterra Blvd., Suite 100A
San Antonio, TX 78258
Telephone: 210.617.9520




Boutique Mammography Center Alamo Ranch
11923 Culebra Road, Building 2
San Antonio, Texas 78253
Telephone: 210.617.9660

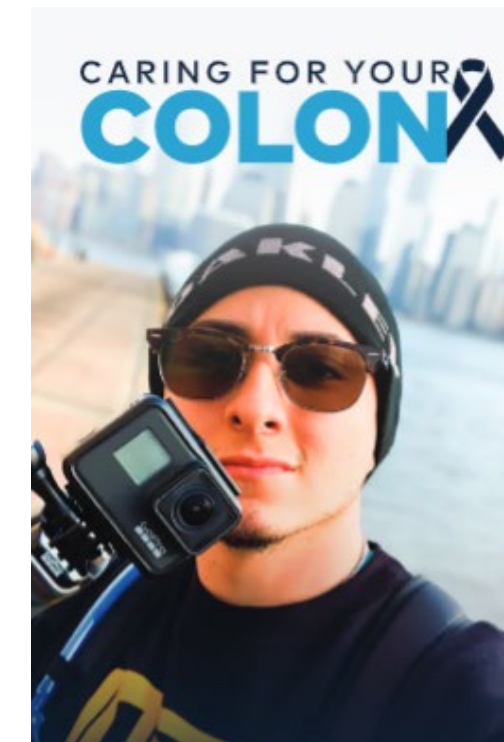


Boutique Mammography Center Northeast
12709 Toepperwein, Suite 106
San Antonio, TX 78233
Telephone: 210.617.9720

STRIC is the exclusive mammography provider for Methodist Healthcare. You may schedule your appointment online or call 210.617.9000

 **Methodist**
CANCER CARE

CARING FOR YOUR **COLON** 





It started with normal stomachache type pain. It gradually got worse, it was just excruciating.

—ADAM, age 32, Colorectal Cancer Survivor


2nd leading cause of cancer-related death in the U.S.

SCAN TO WATCH ADAM'S STORY AND TAKE OUR COLORECTAL CANCER HEALTH RISK ASSESSMENT.



 **Methodist**
CANCER CARE
SAHealth.com/colorectalcancer


Follow these tips to reduce your risk for COLORECTAL CANCER

 **Eat**
a healthy diet, don't smoke and drink alcohol only in moderation.

 **Exercise**
45 to 60 minutes per week. When you move, your bowels move too!

 **Find Out**
if your family has a history of colon cancer or benign polyps to assess your risk.

 **Talk**
to your doctor if you have a medical condition that increases your risk of colon cancer, like inflammatory bowel disease, and discuss the right age to start colorectal cancer screenings.

 **Know**
the common symptoms of colon cancer, like rectal bleeding, continuous abdominal pain, fatigue and sudden weight loss.

HealthMatters

SAHealth.com/colorectalcancer

PLANNED CONTENT



With every month / campaign, we share a link with desired assets so you can plan ahead for your needs

- Major Seasonal Campaigns (Annually)
 - February - Heart month
 - March - Colorectal Cancer Awareness
 - April - Donate life
 - May - Neuro/Stroke Awareness
 - October - Breast Cancer Awareness
 - November - Lung Cancer Awareness
- Additional evergreen messaging opportunities
 - (May) Mental Wellness - depression, anxiety, stress
 - (June) Cancer Survivor & Screenings, Men's Health
 - Women's health - GYN, Post Partum
 - Ortho - hip and knee pain, back and neck pain
 - Pediatrics, back to school, summer safety
 - Bariatrics and weight loss surgery, nutrition
 - Sleep disorders
 - Any opportunities you'd like to collaborate on

OPT IN PROCESS & CONTENT DELIVERY

Step 1 - Opt In

To get started, scan here. We will send you a follow up email with a detailed "opt in" form that allows you to choose your preferences

A screenshot of a web form titled 'HealthMatters - Employer Opt In'. The form is part of a 'Section 1 of 3' series. It includes a header with the text 'Life's greatest moments shouldn't be missed.' and a photo of a family. The form fields include: 'Email' (with a 'Valid email' message), 'Name' (with a 'Not answered' message), 'What's your email address?' (with a 'Not answered' message), 'A best phone number to reach you?' (with a 'Not answered' message), 'What organization do you represent?' (with a 'Not answered' message), and 'Is there anyone else beside yourself that should be copied on email communications regarding deliverables?' (with a 'Not answered' message). The form is branded with the 'Methodist Healthcare' logo in the top right corner.

Step 2 - Check Your Inbox

Email 1 will arrive shortly with your next steps to customize your preferences for engaging with HealthMatters content.

Pending your preference selection, you and your designee will receive an automatically deployed email with the preferred and request assets available for download from a single source link, organized by campaign.

PROCESS & DELIVERY

Colorectal Cancer Awareness

10

Overview

Metadata

Similar

Workflow

Edit

X

last updated on 03/15/2022 by Robert Wray · Created on 03/09/2022 by Robert Wray

Open new tab

TAGS

campaign colorectal cancer community healthmatters methodist oncology sanantonio texas

DESCRIPTION

Video Links:
Colorectal Cancer HRA
Colorectal Cancer Survivor : Adam Barraza (updated 2022) MP4 Download
Colorectal Cancer Survivor : Adam Barraza (updated 2022) YouTube
Colorectal Cancer 30 second teaser with take HRA call to action (2022) MP4 Download
Colorectal Cancer 30 second teaser with take HRA call to action (2022) YouTube
David Reynolds Patient Story MP4 Download
David Reynolds Patient Story YouTube
Debra Mowan Patient Story MP4 Download
Debra Mowan Patient Story YouTube

2022-tv-1920x1080.jpg

JPG 820 KB · 1920 x 1080 px · RGB · 3/9/2022

Options

Download

Colorectal Cancer_Email Links.docx

DOCX 13 KB · 3864 x 5000 px · 3/14/2022

Options

Download

Colorectal Cancer_Email in HTML format.docx

DOCX 16 KB · 3864 x 5000 px · 3/14/2022

Options

Download

Colorectal Cancer_Video Thumbnail.png

PNG 210 KB · 480 x 290 px · 3/14/2022

Options

Download

Share

Download 10

Images
DOCX with links
MSG emails
HTML emails
Collateral - Print
Collateral - Digital

Video
Links
HRA Links

Community Transportation

Ensuring our community has access to the care they need, when they need it

The Health Bus - a FREE transportation service with dedicated service areas and routes

- Methodist Hospital | Northeast (all appointments)
- Methodist Hospital | Metropolitan (all appointments)
- Methodist Hospital (OB & Pediatric appointments)

Available to you

- Printed Collateral (English & Spanish)
- Single source phone number
- Landing page / website content



Helping patients, caregivers and loved ones ensure they make their necessary appointments

Call A Nurse 24/7

Ensuring our community has access to the care they need, when they need it

Not sure where to go?

Call - A -Nurse

Free Service

Always call 911 in the case of life threatening emergency

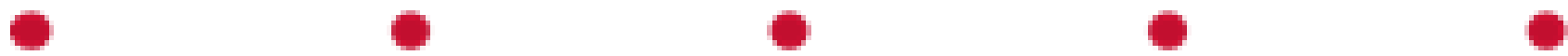
Our Call A Nurse programs are designed to talk you through next steps - whether its scheduling a doctor's appointment, heading to urgent care or the ER. Our nurses are trained to help make that decision for you in the comfort of your home.

- Dedicated line for Adults
- Dedicated line for Kids
- Dedicated Nurse Triage line for Bariatrics



KEY MESSAGING POINTS

For Employees



- Take an active role in your health
- Join HealthMatters - become a member
- Take a health risk assessment
 - schedule a screening
 - make an appointment online
 - call a nurse (adults & kids)
- Schedule a ride with Health Bus

QUESTIONS?

HealthMatters

because

HEALTHCARE
STARTS AT
HOME



Thank you!

Palmira Arellano

Palmira.Arellano@MHSHealth.com

Erin Echelmeyer

Erin.Echelmeyer@MHSHealth.com

Cordy Foster

Cordelia.Foster@MHSHealth.com

SAN ANTONIO METRO HEALTH EXHALE & SA KIDS BREATHE

Cara Hausler

Health Program Manager



CITY OF SAN ANTONIO
METROPOLITAN HEALTH DISTRICT



EXHALE

San Antonio Business Group on Health (SABGH)

March 29, 2022

Presented by:

Cara Hausler, MPH, Program Manager

With Paul Kloppe, RRT, AE-C and Mandie T. Svatek, MD

**How can we work together to
improve the health of your
employees?**

EXHALE Overview

- ▶ Funded by Texas Department of State Health Services in 2019 using CDC's evidence-based strategies

- ★ **E**ducation on Asthma Self-Management (AS-ME)

- ★ **X**-tinguishing Smoking and Secondhand Smoke

- H**ome Visits for Trigger Reduction & Asthma Self-Management Education (AS-ME, such as SAKB)

- A**chievement of Guidelines-Based Medical Management

- L**inkages and Coordination of Care Across Settings

- E**nvironmental Policies of Best Practices to Reduce Asthma Triggers from Indoor, Outdoor, and Occupational Settings

ASTHMA AT WORK



- ▶ 1 in 12 adults has asthma.
- ▶ 10+ million employees miss work because of asthma
- ▶ \$56 billion per year in healthcare costs & lost productivity
- ▶ 11 million workers are exposed to chemicals, irritants or allergens that cause symptoms at work.
- ▶ 21.5% of working adults with asthma find that their asthma is made worse from exposures at work.

FACTORS ASSOCIATED WITH ASTHMA IN INDOOR ENVIRONMENTS

(TRIGGERS = ALLERGENS AND IRRITANTS)

Common Allergens

- Pests
 - Cockroaches
 - Mice/Rats
- Mold/Mildew
- Dust Mites
- Household Pets (Pet dander)
- Outdoor Allergens (pollen)

Common Irritants

- Environmental Tobacco Smoke
 - Secondhand smoke
- Strong Odors from Cleaning Chemicals
- Sprays/Scents - fragrances
- Indoor/Outdoor fumes (gas/wood burning stoves, diesel engines)
- Air Pollution (factories, cars, wildfire smoke)

Are YOU AWARE
OF...

asthma in the
workplace

▶ Are you aware of which cleaning products are used at your workplace?

▶ Did you know that certain cleaning chemicals, sprays, and scents can trigger asthma?

▶ Does your health insurance policy include asthma self-management and/or self-awareness education?

**FACTORS ASSOCIATED WITH ASTHMA
IN INDOOR ENVIRONMENTS**
(TRIGGERS = ALLERGENS AND IRRITANTS)

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- Air Pollution (factories, cars, wildfire smoke)

Are YOU AWARE
OF...

environmental
tobacco smoke?

▶ Are there situations in which you or other employees might be exposed to second or thirdhand smoke in the workplace?

▶ Are there policies in place to protect you from environmental tobacco smoke?

▶ Does your employer-sponsored wellness program include tobacco cessation support and/or resources?

FACTORS ASSOCIATED WITH ASTHMA IN INDOOR ENVIRONMENTS

(TRIGGERS = ALLERGENS AND IRRITANTS)

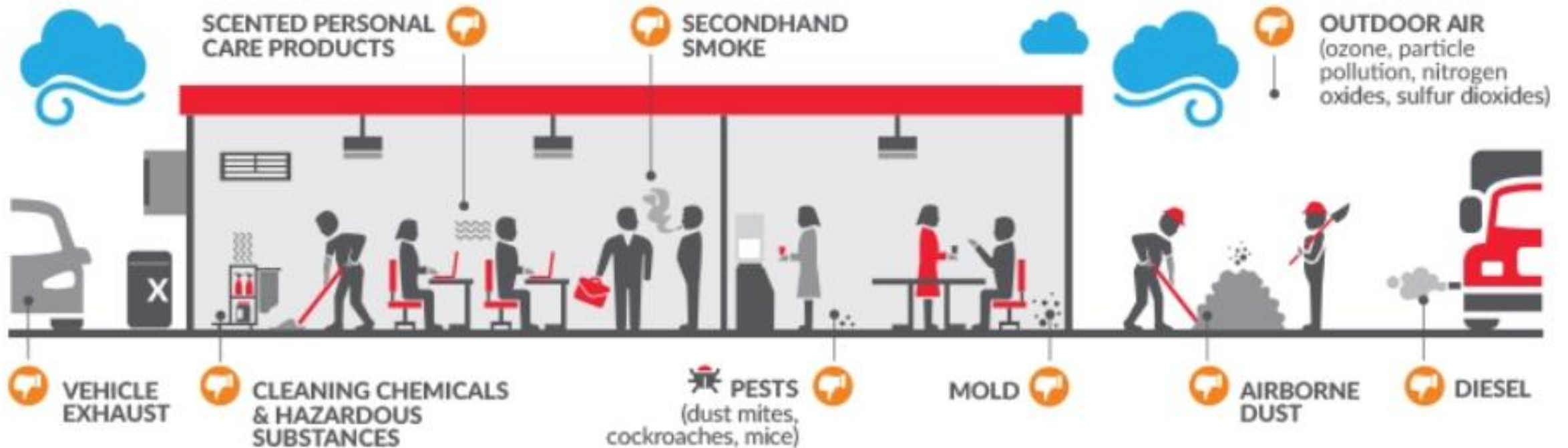
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Common Irritants

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- Indoor/Outdoor fumes (gas/wood burning stoves, diesel engines)
- Air Pollution (factories, cars, wildfire smoke)

Does your workplace have these?



SA Kids BREATHE (SAKB) = AS-ME

▶ GOALS

- ▶ Keep kids out of the hospital
- ▶ Keep kids in school
- ▶ Keep parents at work
- ▶ Save families and healthcare systems money



*SAKB Team:
Rodrigo, Yen, Mario, Imelda, Tracy, Morgan, Paul and Cara*

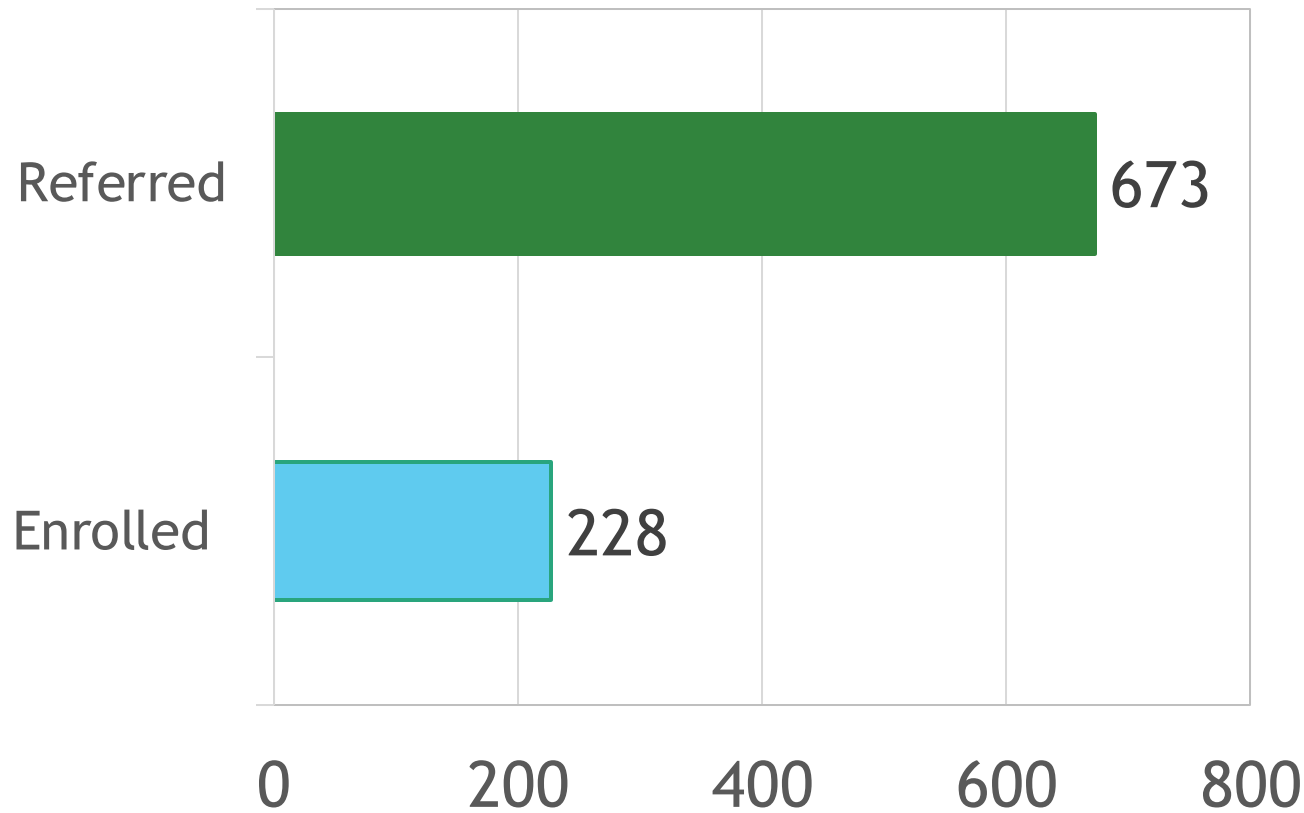
SAKB = AS-ME



Building Relationships, Effective ASTHMA Teaching in Home Environments

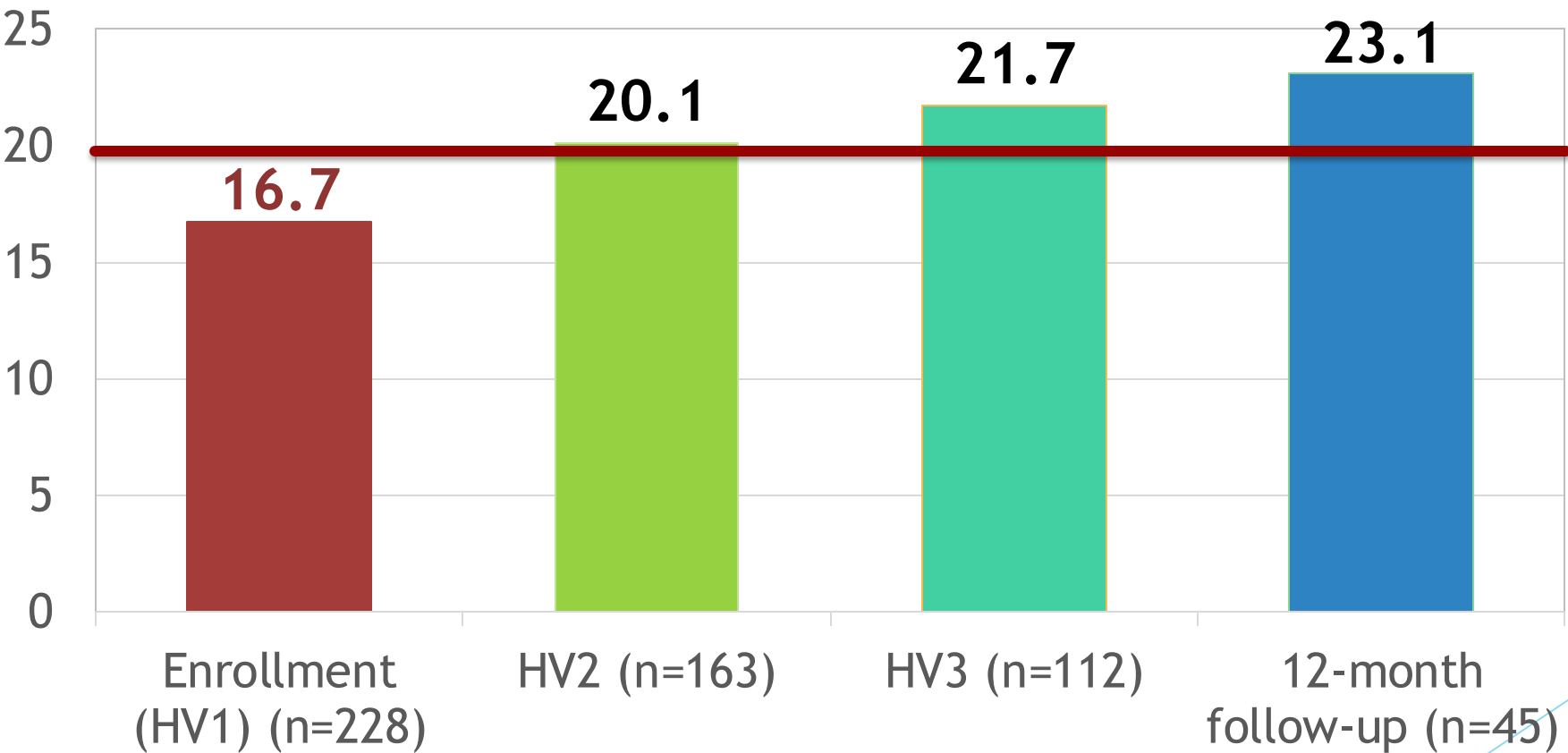
- ▶ **A NO-COST** asthma home teaching program
- ▶ **Referrals** – anyone, including caregivers!
- ▶ **Eligibility** – Ages 3 to 17 years, live within City of San Antonio
 - ▶ At least one of these five criteria for asthma:
 - ▶ 1 hospitalization in past year
 - ▶ 2 or more urgent, acute or emergency visits in past year
 - ▶ 2 or more steroid bursts in past year
 - ▶ 2 or more unscheduled school treatments in past week
 - ▶ Missing 10% or more of school days in past year
- ▶ **Program** – 3-4 home visits in first 4 months by Community Health Worker (CHW); a visit with the doctor and school nurse; final follow-up at 1 year
 - ▶ Training on: (1) Asthma device techniques. (2) asthma medications, (3) the Asthma Action Plan, and (4) the Asthma Control Test
 - ▶ Home assessment for triggers
 - ▶ Referrals to community resources, as needed

Referrals Received by SA Kids BREATHE Program 05/01/2019 - 08/26/2021



34% of the referrals were successfully enrolled.

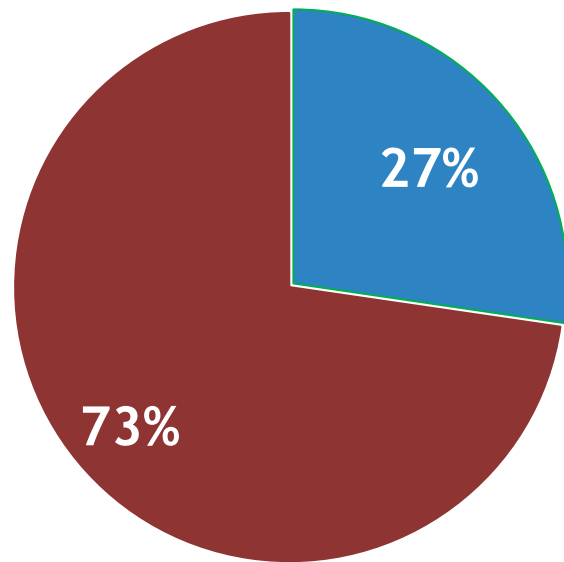
Average Asthma Control Test (ACT) Scores at Enrollment (HV1), HV2, HV3, and 12-month follow-up



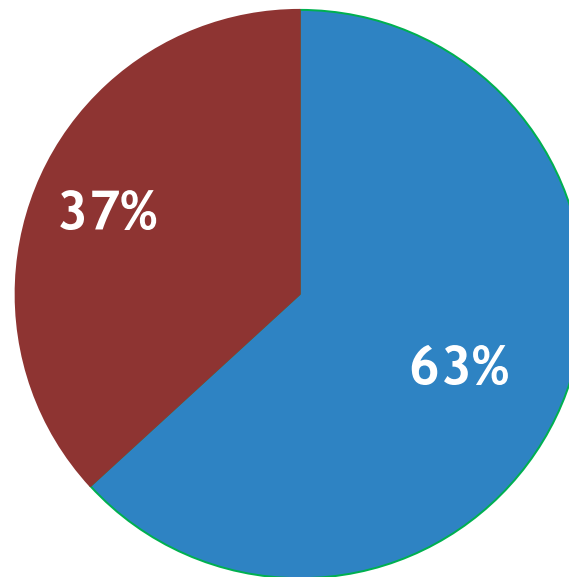
ACT Scores by Status (well or poor control) at Enrollment (HV1), HV2 and Graduation (12-month follow-up)

■ Well Controlled ■ Poorly Controlled

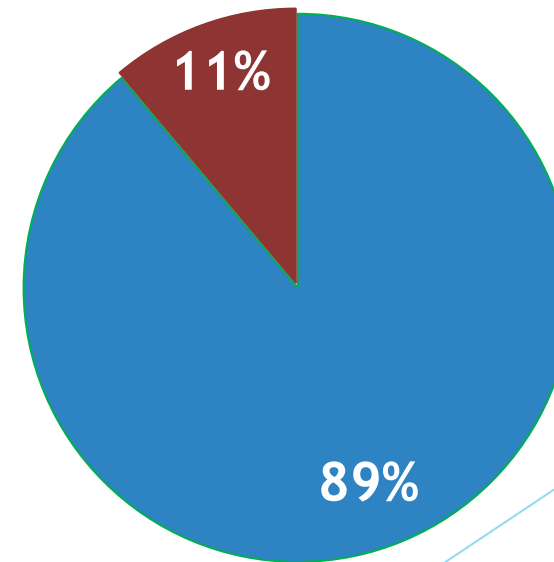
Enrollment
N=228



HV2
N=163



Graduation
N=45



GOALS



Provide employees with a variety of resources to support their overall wellness



Promote a safer workplace free from asthma triggers and environmental tobacco smoke



Increase productivity through reduced employee absences due to asthma attacks or symptoms



Build relationships with external partners such as SA Kids B.R.E.A.T.H.E. and EXHALE to provide additional support to employees



Strengthen policies to align with company best practices for employee wellness

How can EXHALE support your company?

Education and Resources

- Provide outreach and education resources
- SAKB for employee's children
- Cessation resources

Policy

- Evaluate and review current policies and procedures
- Strengthen policy and procedure with best practices

Insurance

- Review cost savings through insurance reimbursement
- Evaluate gaps in coverage



How can we work
together?

Let's connect!



Contact Information

SAKidsBREATHE@sanantonio.gov

210-207-7282

sanantonio.gov/sakidsbreathe

Cara Hausler, MPH, Program Manager of SAKB and Tobacco

Paul Kloppe, RRT, AE-C, SAKB Supervisor of CHW Team

Mandie T. Svatek, MD, SAKB Medical Advisor

CLOSING REMARKS

Thank you for joining us!

