

March 30, 2011

## ONECARE INTEGRATED CARE MANAGEMENT AND IN-HOME MEMBER EXERCISE PROGRAM AVAILABLE

Dear ONECare Primary Care Physicians and Office Staff:

ONECare is excited to announce the launch of our partnership with the Area Agency on Aging, Region One (AAA), which includes an Integrated Care Management Pilot Project, and an *individually-tailored* evidence-based fall prevention/in-home fitness program as a value-added benefit for our members.

The Integrated Care Management Pilot Program extends our Case Management capabilities to include the following services provided by the AAA to assist ONECare members to maintain the best possible health, functionality, and independence:

1. Comprehensive in-home assessments for frail and at-risk ONECare members;
2. Links to appropriate social supports and home and community-based services;
3. Assistance with the ongoing monitoring of frail and at-risk ONECare members to help prevent avoidable hospital and skilled nursing facility admissions and readmissions;
4. Assistance with care transitions between hospital and skilled nursing facility and home; and
5. Assistance with the implementation and ongoing monitoring of the *Otago Exercise Programme*.<sup>1</sup>

The *Otago Exercise Programme* is an evidence-based fall prevention in-home fitness program developed and tested in four controlled trials by researchers at the University of Otago Medical School in New Zealand. The *individually-tailored* program, which consists of a set of leg muscle strengthening and balance retraining exercises, progressing in difficulty, has been evaluated in both research and routine healthcare services. Overall, the program was effective in reducing both the number of falls and the number of injuries resulting from falls by 35%, and had the greatest effect in individuals age 80 and above and those with a previous fall or near fall.

If you have patients who are currently ONECare members, or who are dually eligible and could benefit from enhanced care management and/or the Otago fall prevention in-home fitness program, please contact our Care Coordinators at **602.778.1855 (Option 4, Option 9)** to obtain more information.

Best Regards,  
Albena Baharieva, MD, MBA  
Chief Medical Officer

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<sup>1</sup> All ONECare members will be required to obtain permission from their primary care physician prior to participation in the Otago Exercise Programme. PCPs will receive ongoing monitoring reports to ensure compliance with member Care Plans.