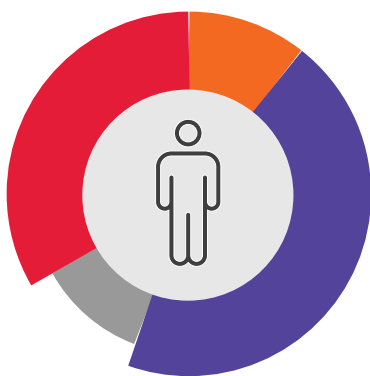


Mindful Care Solutions

How Can Whole-Human Care Transform Healthcare?

Explore how targeting Social and Personal Determinants of Health can improve health outcomes and reduce costs for payers and providers.



80%

of contributors to improved health outcomes come from patients’ conditions outside clinical walls, known as Social Determinants of Health (SDoH)

What is Whole-Human Care?

Whole-Human Care (WHC) is premised on recognizing that the best way to care for people with complex needs is to consider their full spectrum of healthcare factors – medical, behavioral, socioeconomic, and beyond. Only 20% of improved health outcomes are tied to medical or clinical care contributors – the other 80% occur due to biopsychosocial behaviors. By addressing the 80%, healthcare systems treat the whole individual, resulting in improved outcomes and quality care.

WHC targets populations with unmet healthcare needs across physical/behavioral health and social services sectors by leveraging modern analytics, which ensures the patient is the center of care innovation and interventions while enabling efficient and effective patient access through the modern digital experience.

Personal determinants of health

Often overlooked, Personal Determinants of Health (PDoH) are a subset of Social Determinants of Health. PDoH include life outlook and behavioral characteristics (e.g., optimism, resilience, purposefulness, loneliness, and social isolation) and are directly related to mental illness and depression.



Loneliness and social isolation



Purpose



Optimism



Resiliency

Where do improved health outcomes originate?

Socioeconomic Factors

include education, employment, income, community safety, family support, and social support.

Physical Environments

include water quality, air quality, housing, transportation, and access to food.

Health Behaviors

include exercise, tobacco use, diet, drug use and alcohol consumption, among others.

Medical and Clinical Care

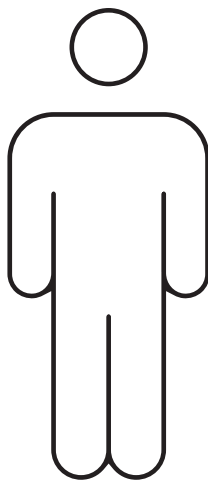
includes access to care and the quality of the care that is provided to an individual.

40%

10%

30%

20%



- Income
- Education
- Family & Social Support
- Community Safety
- Water & Air Quality
- Housing & Transit
- Exercise
- Alcohol & Drug Use
- Smoking
- Sexual Activity
- Access to Care
- Quality of Care

Realigning healthcare models?



With the emergence of data and intelligence, we are able to identify all the factors that influence a person’s health. We now know SDHoH and PDoH take precedence over improving your member’s humanistic, clinical, and financial outcomes.

The Whole Person

Goal of increasing positive health outcomes through early intervention and utilizing traditionally ignored healthcare data to identify high-risk groups

Personal Determinants of Health

Focusing on life outlook, connectedness, and loneliness to treat mental health conditions

Social Determinants of Health

Identifying and addressing SDoH upstream by utilizing modern analytics, care innovation, and digital transformation

Medical and Clinical

Continually addressing, regulating, and monitoring traditional medical and clinical care



Insights you can act on

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