

Legacy Better Health program

The Better Health program can support your clinical practice by helping your patients meet their health goals. All patients in value-based contracts with Legacy Health Partners are eligible to participate.

About the Better Health program

Our team of nurses, clinical pharmacists and health coaches connect patients with the tools and services they need to attain their health goals. The care team will learn about your patient's health needs, create a personalized care plan and then coordinate care, manage medication, schedule preventative care and conduct regular follow-ups. They can also connect patients to other helpful resources and agencies.

Success statistics: After program completion

- BMI on average was reduced by 4%.
- HbA1C on average was reduced by 6%.
- LDL on average was reduced by 15%.
- Weight on average was reduced by 4%.
- Utilized an ED 38% less than before the program.
- Utilized inpatient med/surgery beds 61% less than before the program.
- Utilized a specialist 30% less than before the program.

The program can be used for any chronic conditions or health goals, including:

- Arthritis
- Coronary Artery Disease
- Diabetes
- Heart failure
- High blood pressure
- High cholesterol
- Kidney disease
- Physical activity program
- Pulmonary disease
- Sleep improvement
- Stress reduction
- Weight loss
- Other health goal setting

Talk to your patients about the Better Health program or refer your patient by calling:

Oregon (503) 415-5557

Washington (360) 487-1557

