



# Helping Patients *Live Better, Longer™*

## The U.S. Health Crisis Is Getting Worse

**\$4.1T+**

**on Healthcare**

90% spent on chronic disease\*

**76.3**

**Years Lifespan**

Decreasing lifespan in the U.S.\*\*

**67.3**

**Years Healthspan**

Decreasing healthy years of life\*\*\*

**Not in Top 20**

**for Happiness**

The U.S. is no longer ranked in the top 20 countries for happiness\*\*\*\*

## Critical Factors Contributing To This Decline:

- Reductionist approach to chronic disease management, which often fails to address the broader, interconnected nature of these conditions and their underlying causes.
- The misalignment of incentives based on volume of services shifts the focus away from prevention and wellness, therefore undermining efforts to improve overall patient health.
- A narrow view of healthcare responsibility, pins the burden on health systems which is a belief that overlooks the critical social and environmental determinants of health.
- Many health care initiatives fall short when individuals reside in environments that do not support healthy lifestyle choices.

## Together, We Can Reform Our Nation's Broken Health System



Specially trained and certified **physicians are empowered** to focus on a whole-person approach to medicine



Create a culture that nudges people into **adopting healthier lifestyles** and an environment where the "healthy choice is the easy choice"



**Lessen the burden** on the healthcare system, by equipping individuals to thrive



Health could be **rewarding to all** stakeholders: patients, physicians, funders

## A Lifestyle-First Approach

Blue Zones Health's clinical and economic model empowers physicians to help their patients eat wisely, move naturally, connect and have the right outlook - these core blue zones principles are aligned with the pillars of Lifestyle Medicine. Our integrated care teams led by the physician help healthy people stay healthy, reduce modifiable risks that lead to disease, and judiciously use nutraceuticals, pharmaceuticals, and procedures as needed to treat and even reverse existing disease, which reduces the overall cost of care.

\* CDC <https://www.cdc.gov/chronicdisease/about/costs/index.htm>  
\*\* CDC <https://www.hsph.harvard.edu/news/hsph-in-the-news/whats-behind-shocking-u-s-life-expectancy-decline-and-what-to-do-about-it/>  
\*\*\* WHO <https://publichealth.wustl.edu/healthspan-is-more-important-than-lifespan-so-why-dont-more-people-know-about->  
\*\*\*\* Gallup Oxford World Happiness Report <https://worldhappiness.report/>

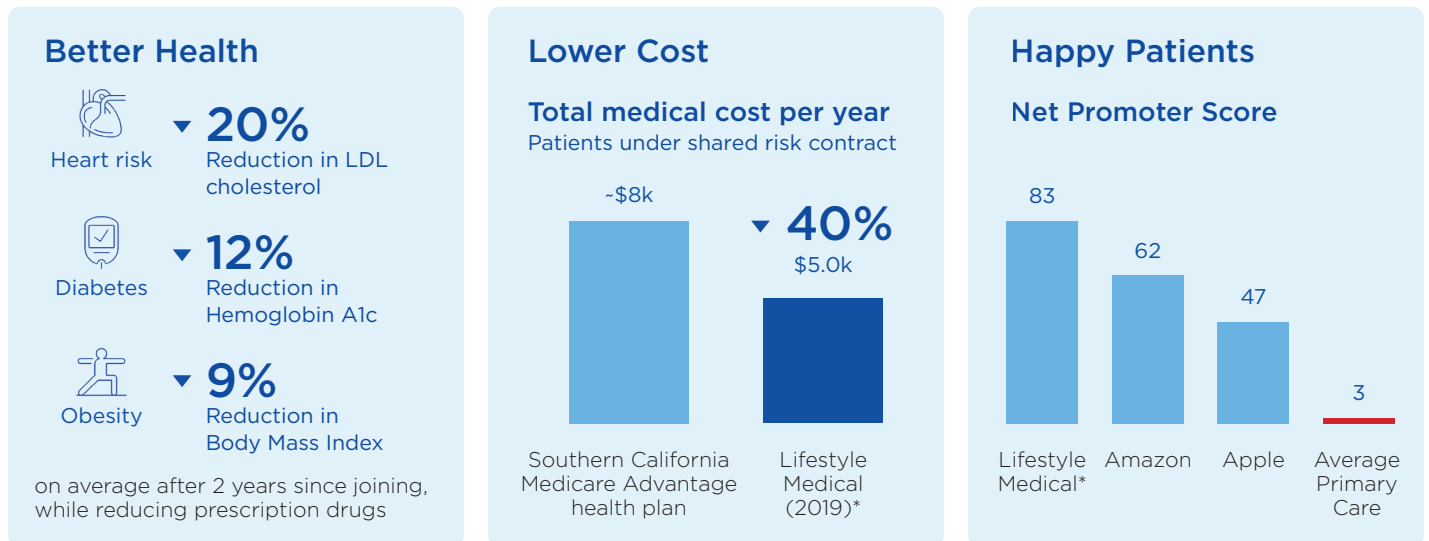
## Support A Culture Of Care Continuity

Prioritizing the patient-provider relationship is critical to maintaining engagement, improving health outcomes, and increasing patient satisfaction. Patients who join the Blue Zones Health network are never alone in their health journey due to the relational continuity with their provider and care team. They are supported by a collaborative, extensive integrated network of allied health professionals including health coaches, care concierge, and a variety of experts in nutrition, mental health and movement.

## Create Healthy Communities

In partnership with Blue Zones, we extend the “health sphere” beyond the four walls of the clinic into the community, integrating evidence-based medical care with community well-being and transformation initiatives. **This approach shifts the responsibility for health from being solely within the realm of an overburdened medical care system to becoming a shared responsibility by the individuals’ ecosystem - encompassing their homes, schools, workplaces, parks and recreational spots, places of worship, grocery stores, and their built and physical environment.**

## Clinically-Proven Model Yields Results



\*Michael D. Parkinson, Ron Stout, Wayne Dysinger, Lifestyle Medicine: Prevention, Treatment, and Reversal of Disease. Medical Clinics of North America, 2023, ISSN 0025-7125, <https://doi.com/10.1016/j.mcna.2023.06.007>.

### Provider Satisfaction

- Fewer visits per day (14 avg)
- Shared savings model
- More engaged patients
- “Why I practice medicine”
- Support from experts - dietitians, exercise coaches, etc.

### Health Equity

Patients have access to concierge-style medicine regardless of social-economic status

Program adaptable to every language

# Join The Movement!

Contact us to learn more about opportunities with Blue Zones Health.

**323-574-0387 | [bluezoneshealth.com/providers](https://bluezoneshealth.com/providers)**