

## Focused Health Solutions

# Congestive Heart Failure

Focused Health Solutions' Congestive Heart Failure Program is an invaluable resource designed to help individuals who have been diagnosed with Congestive Heart Failure (CHF). Our clinical team assists participants through high-touch interventions that are proven effective and measurable in better management of CHF.

Focused Health Solutions, through enhanced education and personalized coaching, assists in minimizing complications and provides much-needed education and answers. Information provided to individuals for support is based on nationally accepted evidence-based practice guidelines and literature.

## Congestive Heart Failure Facts

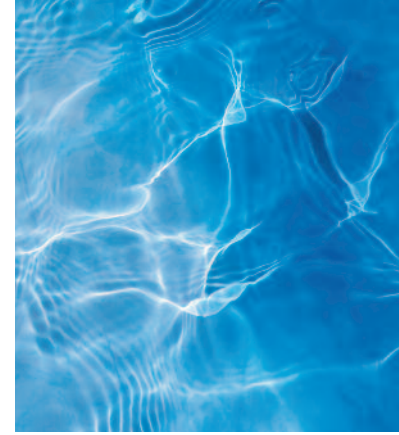
- Heart failure is the leading cause of hospitalization in the United States
- Inpatient and outpatient costs are approximately \$40 billion annually, almost \$500 million of which is spent on heart failure medications alone
- Heart failure affects 1.5% to 2.0% of the total U.S. population

Source: "Congestive Heart Failure: Guidelines for the Primary Care Physician," Ira Galin, M.D. and David A. Baran, M.D., F.A.C.C., The Mount Sinai Journal of Medicine, September 2003.

## Who Benefits

Focused Health Solutions' Congestive Heart Failure Program is designed to prevent the worsening of an individual's existing heart condition as well as other conditions related to CHF: heart attack, kidney failure, respiratory illnesses or stroke. The Congestive Heart Failure Program is intended for participants who need educational support and assistance with:

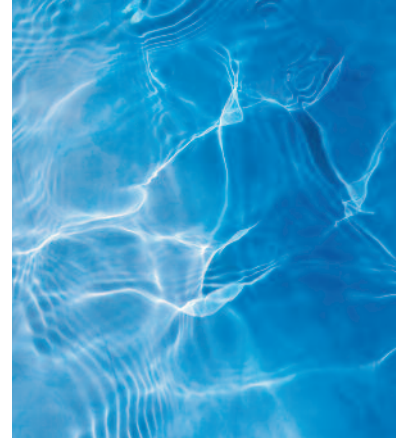
- Losing weight
- Reducing anxiety and stress
- Quitting smoking
- Planning a manageable exercise program
- Eliminating caffeine from their diet
- Education on proper nutrition, diet and portion control



## About Us

Focused Health Solutions is a leading national provider of customized population health management services. Founded in 1999, the Deerfield, IL based company boasts a senior management team with over 100 years of collective experience in the healthcare industry and a blue chip customer base. FHS combines innovative data analysis, condition-specific clinical pathways, proprietary telehealth technology, Health Risk Assessments, and deep clinical expertise to reduce healthcare costs and improve health. The FHS population health management model integrates sophisticated systems and experienced personnel to produce quantifiable clinical and economic benefits for its program participants and clients. Focused Health Solutions is a member of DMAA, NCQA, HERO and MWA. For more information, visit [www.focusedhealthsolutions.com](http://www.focusedhealthsolutions.com).





## What FHS Participants Say

Those individuals who enrolled in Focused Health Solutions' Congestive Heart Failure Program stated:

- Reduced hospitalization
- Reduced dependency on ACE inhibitors
- Compliance with regularly scheduled visits to measure blood fat content
- Management of blood pressure levels
- Overall 90% satisfaction rating of the Focused Health Solutions' Congestive Heart Failure Program

## Unparalleled Technology

Focused Health Solutions is dedicated to providing clients with quality programs that drive measurable cost savings. Our recent investment into our exclusive Focus Information Tracker (FIT) technology platform assists us in documenting and reporting clinical and financial performance improvements that are the result of active participant engagement and leading practice nurse interventions. Focused Health Solutions also has the ability to leverage our technology and determine those individuals best suited for our programs.

*For more information about the Congestive Heart Failure Program provided by Focused Health Solutions, call 847 282 8000 and request Corporate Sales or send an email request to [LearnMore@FocusedHS.com](mailto:LearnMore@FocusedHS.com)*

*The information is provided for information only. This information does not constitute medical advice and it should not be relied upon as such. Focused Health Solutions does not engage in the practice of medicine. Focused Health Solutions, under no circumstances, recommends particular treatments for specific individuals and, in all cases, recommends that you consult your physician before pursuing any course of treatment.*

