



The effectiveness of home healthcare

Discovering the power
of recovering in the
comfort of home





Introduction

Whether you're managing a chronic condition or recovering from illness, injury, surgery or hospitalization, your healthcare provider may recommend home health so you can recover and rehabilitate in the comfort and safety of your own home.

With CenterWell Home Health®, our expert teams of nurses and therapists will work together with you, your family and your healthcare providers to create a personalized care plan. We provide the skilled care, education and tools you need to regain your independence and live healthier and happier.

You'll be visited by nurses and therapists who will use their expertise to help you:

- Learn more about your condition and treatment plan
- Adjust your daily routines based on your condition, if needed
- Manage your medication and nutrition plan
- Understand the long-term management of your condition so you can remain independent and prevent future complications

Our care teams also work closely with family caregivers so they're a part of the treatment and recovery plan and feel confident in caring for their loved one.

In most cases, **home health is covered by Medicare Part A** and many private insurers.

Patients in high-quality home health and home-based care programs experience:

60%

reduced likelihood
of hospital
readmission.¹

28%

reduced
likelihood of
hospitalization.²

37%–50%

fewer hospital
bed days^{3, 4}

Is home healthcare effective?

Studies have shown that home health is effective in helping patients recover, rehabilitate and stay out of the hospital. It's also more cost effective than receiving care within a hospital or inpatient facility.



I give [CenterWell Home Health] a lot of credit for giving me my independence, for getting me back on my feet. I couldn't have done that by myself.

– Gadine
CenterWell Home Health patient



[CenterWell Home Health] makes you feel as if they really care. And I feel they do. What is so great about them and it's in their name, center. They make you the center of their attention to get you well.

– Anne
CenterWell Home Health patient



There's no place like home



The patients know that we really care. We show up every week or twice a week to make sure they're okay; that they're meeting their goals.

– Bobbi, RN
CenterWell Home Health

Care that takes place in your own home has many benefits:

It's more convenient

You are able to get the care you need with fewer trips to rehab locations and without having to worry about transportation.

Home is where your heart is

You likely feel the safest, most relaxed and most comfortable when you're in your own home.

Your care fits your environment

By taking care of you in your own home, nurses and therapists are able to help you learn about nutrition, exercise, taking your medication and prevention planning, all in a real-world environment. This allows you to be functional where you live. Other rehabilitation settings can't offer this.



As one of the nation's largest providers of home health, CenterWell Home Health is a trusted name among patients and their families.

CenterWell Home Health employs over **9,000 clinical team members**, serving more than **355,000 patients** in 360 cities annually.

Our nurses, therapists, social workers and home health aides have a reputation for industry-leading, award-winning, compassionate care.

In 2022, **236 CenterWell Home Health branches** were awarded **4 stars** or more by the Centers for Medicare & Medicaid Services for their quality of patient care.⁵



CenterWell Home Health takes a unique approach to home healthcare

We provide personalized care to each patient

In our eyes, no two patients are the same. That's why we take the time to really get to know you, so we can understand your personal health goals, environment and routines.

We believe in the power of positive health behaviors and skills

In order to help patients achieve their personal health goals, we show them how adjusting their routines and behaviors has a positive effect on how they act and feel.

We empower our patients by engaging them in their lives

Because we're in our patients' homes, we're in our patients' lives. And by helping them manage their daily routines, we help them make longer-lasting changes to their health.

We help patients understand the *why*

We not only teach patients about their medications, nutrition and routines, we also show them *why*. This knowledge empowers them to make better long-term health choices.



We're always here to help

It's easy to see why CenterWell Home Health is one of the best choices when it comes to home health. If a healthcare provider has recommended home healthcare for you, we encourage you to connect with one of our nurses to learn how to get started.

We're always here to answer any questions or talk with you further about our personalized approach to care. We're also able to contact your physician within 24 hours to make sure we're able to provide the care you need, and then we can be at your door to begin home health in under 48 hours. And if you're not eligible for home healthcare services, we'll help you locate alternative, community-based resources to get you the support you need.



Ask us about care

Call us 24/7
833-453-1107



Visit us at

CenterWellHomeHealth.com
for more information



Sources

1. Patrick Racsa et al., "Value-Based Care through Post Acute Home Health Under CMS PACT Regulations," *The American Journal of Managed Care* 28(2) (Feb. 2022), accessed Oct. 18, 2023, doi.org/10.37765/ajmc.2022.88827.
2. James Howard et al., "Improved Cost and Utilization Among Medicare Beneficiaries Dispositioned from the ED to Receive Home Health Care Compared with Inpatient Hospitalization," *The American Journal of Accountable Care* 7(1) (March 2019), accessed Oct. 18, 2023, <https://ajmc.com/view/improved-cost-and-utilization-among-medicare-beneficiaries-dispositioned-from-the-ed-to-receive-home-health-care-compared-with-inpatient-hospitalization>.
3. Nathan Stall et al., "Systematic review of outcomes from home-based primary care programs for homebound older adults," *Journal of the American Geriatrics Society* 62(12) (Dec. 2014): 2243–2251, accessed Oct. 18, 2023, doi:10.1111/jgs.13088.
4. Christine S. Ritchie et al., "A Quality of Care Framework for Home-Based Medical Care," *Journal of the American Medical Directors Association* 19(10) (Oct. 2018): 818–823, accessed Oct. 18, 2023, doi:10.1016/j.jamda.2018.05.020.
5. "2022 Home Health Compare Refresh," Centers for Medicare & Medicaid Services.

Home Health services are available for all eligible patients with a healthcare provider referral. CenterWell™ does not discriminate on the basis of race, color, national origin, age, disability or sex. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-877-320-2188 (TTY: 711)**. 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 **1-877-320-2188 (TTY: 711)**.