



healthmattersSM

of Central Oregon

Our Mission:

Develop and implement innovative strategies to improve health through the active participation of the Central Oregon community.

What is HealthMatters?

- HealthMatters of Central Oregon is a non-profit 501 (c)(3) **dedicated to improving the health of Central Oregonians through active community participation.**
- The Board of Directors is a diverse and proactive group that includes health and human service leaders, business leaders, policy makers, community advocates and others. **These unlikely allies are working together to coordinate services, improve access and effect health system change within our region.**

What does HealthMatters do?

- HealthMatters acts as a neutral convener to bring key stakeholders together to work collaboratively on improving our community's health.
- HealthMatters provides Central Oregon with a collective voice on issues including **health care integration, access, coverage, prevention, and wellness.**
- Four key initiatives have been implemented to improve health outcomes for Central Oregonians: **SharedCare, Links 4 Health, Trails to Health, and Living Well – Central Oregon.**

Who does HealthMatters serve?

- HealthMatters serves the people of Central Oregon, including Crook, Deschutes & Jefferson counties.

What is the impact on the community?

- Together, WE at the grassroots level are able to work toward...**better health, for more people, at less cost.**
- Through the leadership of HealthMatters, the involvement of community stakeholders, the development of public and private partnerships, and action linked with dialogue, change within the Central Oregon community is possible—including program implementation, health policy change and regional health care integration.



healthmattersSM of Central Oregon

Dedicated to improving the health of Central Oregonians through these initiatives:



This regional initiative allows a **Community Links Specialist** to help families connect to the services and community resources that are available. The Community Links Specialist works with families to determine their needs. *Examples include:*

- a primary care provider
- insurance coverage
- development screenings
- mental health and County services

Utilizing the Pathways model, the primary goal is to reduce or eliminate barriers to receiving health and human services.

Visit healthmattersco.org or contact Links 4 Health at 541-647-1765



Community health improvement plan to provide affordable, comprehensive health care benefits to uninsured, lower wage workers in Crook, Deschutes & Jefferson counties.

Effective use of health services and community resources, coordination of care, education, and member responsibility are key aspects that ensure the success of this regional initiative.

The intent is to combine affordable health care with access and education, which empowers people to take more control of their health.

Visit sharedcareco.org or contact SharedCare at 541-647-1765 ext 307



This regional initiative is a six-week workshop that teaches skills for living a healthy life while living with chronic conditions. *Participants learn:*

- practical ways to deal with pain and fatigue
- better nutrition and exercise choices
- new treatment choices
- better ways to talk with doctor and family
- real-life skills for living a full, healthy life with a chronic condition

Developed and tested by Stanford University, this workshop is designed to complement and enhance medical treatment and disease management.

Visit livingwellco.org or contact Brenda Johnson at 541-647-1765 ext 302



Empowering people with information, skills and resources for better health and health care. *This initiative is designed to:*

- help employees and their families promote health, prevent illness and make informed decisions
- support employers to manage health costs and rate increases, reduce absenteeism, and improve productivity and morale.

Trails to Health offers: a Healthwise Handbook, health newsletters, and personalized online tools including: health risk assessments, articles & resources, e-learning and health action plans.

Visit healthmattersco.org or contact HealthMatters at 541-647-1765