



Fast Facts about EnhanceWellness

EnhanceWellness is evidence-based - What does evidence-based mean? EnhanceWellness (EW) is a program that has undergone scientific evaluation and has proven to be effective and have measurable results.

Designed by Sound Generations and University of Washington – EW is a program owned and managed by Sound Generations in collaboration with University of Washington Health Promotion Research Center. The pilot program was launched in 1998 and is currently offered in 11 states.

Holistic results – Scientific results from the original study show that participants realized positive results in several key areas:

- 72% Decrease in hospital days
- 35% decrease in psychoactive medication use
- 11% decrease in depression
- Significant reduction in rehospitalizations and HMO utilization – overall increased health!

National Recognition – The success of the program is verified by the following recognition earned:

- Substance Abuse and Mental Health Administration *National Registry of Evidence-Based Programs and Practices Legacy list*
- Agency for Healthcare Research and Quality Innovations Exchange *National Registry of Evidence-Based Programs*
- US Health and Human Services (HHS) Administration on Aging (AoA), *Program Champion*
- CDC/Osteoarthritis Alliance designated Arthritis Approved Evidence Based Intervention
- US HHS Administration on Community Living Title IID Health Promotion Disease Prevention funding eligible list

What to expect – EW offers a motivational intervention that encourages older adults to take on health challenges and manage their chronic health conditions. It complements healthcare services, yields measurable results and works well as a hub to referral to other programs and resources. Participants develop skills in self-management and experience increased levels of confidence to manage their health. Can be offered in multiple modes (in person, landline, video) in a wide variety of settings.

Tracks and reports progress to participants – Data is collected at the start of the program and again in 6 months. EW Coaches are guided through the EW process step by step, by the online data entry system, Enhance®WellWare. Participants are able to track improvements including physical activity, falls, depression/anxiety, self-management of health conditions, fatigue, pain, nutrition/weight management, social activity, alcohol, tobacco use and a variety of other health areas. Reports are customizable and available with messaging for a variety of stakeholders.