The healthcare industry is constantly changing. Nearly every day, new technologies enhance the way we provide care. Providers are always finding new ways to enhance quality and offer even better care for patients. And most interestingly, the way hospitals and providers think about keeping you healthy is changing, too.

It’s our mission at Inspira Health Network to embrace this change and continually improve health in our communities. It’s not enough to offer great care for patients when they come through the doors of our hospitals, outpatient centers and physician practices. We also provide our neighbors with preventive care and education to keep them healthy, reduce their need for hospital visits and improve their quality of life.

To do this, Inspira has introduced a variety of population health strategies. This is a growing trend and you may have heard this healthcare term in the news. Essentially, population health describes how we manage the overall health of a group of people and hold ourselves accountable for their outcomes. The goal of population health is to improve care in our communities by enhancing quality and lowering costs. This concept is called the triple aim: better care at a better cost that contributes to better health for everyone.

Inspira Health Network is a regional leader in population health. In recent years, we have introduced many new models of care by bringing together healthcare providers, such as physicians, hospitals, and post-acute care treatment providers. When we work together to improve patient care, we can reduce costs and improve the overall well-being of the community.

One example is our Accountable Care Organization called Inspira Care Connect. This group of community doctors, hospitals, and other healthcare providers have come together voluntarily to offer Medicare patients in our region high quality, coordinated care. That means when we work together to care for our patients, especially the chronically ill, we help to ensure that they receive the right care at the right time by avoiding unnecessary duplication of services and preventing medical errors.

A similar population health model, the Physician Hospital Organization or PHO, allows hospitals and physicians to collaborate to improve the delivery of care to a population of patients. Our PHO, Inspira Health Partners, brings doctors together here in our community to enhance the quality and efficiency of health care across our region, which ultimately improves outcomes and lowers costs. With more than 150 members in our PHO, Inspira is helping our community doctors collaborate and achieve the goals of population health. And we’re growing this initiative to include even more providers.

Another key population health strategy is called the patient-centered medical home. This model of care promotes an ongoing, personal relationship between a patient, doctor and the patient’s care team. Whatever the medical needs – primary or secondary, preventive care, acute care, chronic care, or end-of-life care – the patient has a medical “home”; a single, trusted doctor and care team, where they can receive continuous, comprehensive and integrated care.

At Inspira Medical Group’s family medicine practices, we have introduced a patient-centered medical home model to help manage a population of our Medicare patients by focusing on their wellness and proactively managing their chronic disease. And we’re seeing very positive outcomes, especially in the reduction of patients’ re-admissions to our hospitals, a major factor in improving the overall health of our neighbors.

Thanks in part to our proactive approach to population health, Inspira was selected to participate in the Horizon Blue Cross Blue Shield’s OMNIA Health Alliance. Inspira is the only partner and one of only two tier one providers in South Jersey participating in the Alliance. This partnership between physicians, hospitals and an insurance provider allows us to share valuable patient data enhancing our ability to care for patients, measure population health initiatives and ultimately reduce the cost of health care while improving lives.

Pursuing population health is a part of our goal at Inspira Health Network to be on the forefront of providing innovative, quality care for our neighbors. That’s why we will continue to explore new ways to improve the delivery of health care in our region by enhancing the quality of patient care, providing preventive health services, and reducing health care costs for our community.