

## San Diego County Medical Society Foundation

*Improving Health, Changing Lives*

One in four adults in San Diego County are at highest risk for poor health because they do not have health insurance. The vast majority are employed, but do not have access to insurance through their employment. Others are family members working hard to raise their children, and the cost of insurance is too great a burden on their family budget. Increasing numbers of small employers are dropping their insurance coverage or raising the employee share of premium due to the rapidly rising premiums.

Those at the lowest income levels and the disabled usually qualify for government subsidized healthcare, including MediCal or County medical plans. But the working poor, those families with a household income from \$20,000 to \$60,000, are the most often uninsured. And that is where the services of the San Diego County Medical Society Foundation are most needed.



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IMPROVING HEALTH, CHANGING LIVES.



## Access to Specialty Health Care Services

SDCMSF partners with specialty care physicians, hospitals and surgery centers, and other ancillary health providers who contribute their time, expertise and resources to serve the healthcare needs of those receiving primary care at local community healthcare centers. Hundreds of patients each year receive specialty healthcare services from our corps of volunteer physicians.

### Achieving better health:

Patients reported their health condition as improving from Fair to Good six months after receiving care.

### Getting back to work:

Improved health conditions enabled patients to return to work, and supporting their families.

### Reducing community health center visits:

Patients reported that after their enrollment in Project Access, they experienced a 63% reduction in clinic usage.

### Reducing Emergency Room usage and hospital stays:

Patients reported a 76% reduction in ER usage in the six months since receiving specialty care, and a 90% reduction in hospital night stays.

## Health Education is Key to Wellness

The majority of an individual's health is determined by their behaviors; healthy behaviors translate into healthier people. SDCMS Foundation works with primary care providers and specialty care physicians to enhance the health of community residents through a number of initiatives:

- Text4Baby seeks healthier babies and mothers through mobile messaging to expectant and new parents on time-sensitive health issues including nutrition, exercise, stress, and illness prevention strategies.
- We are working to improve the adult immunization rates, currently less than 10% of target, through education and access to care.
- Appropriate colorectal cancer screening can save lives; our efforts include practitioner and public education and access to appropriate screening, diagnosis and treatment.



## Improving the Practice of Medicine

SDCMS Foundation is also committed to assisting primary and specialty care physicians increase their knowledge base and productivity through programs including:

- Primary care physician consultations with specialists through eConsultSD, providing timely information for medical conditions to enhance the primary care provider's ability to provide patient care.
- Specialty care clinics at community health centers can expand the health center's capacity to serve patients. Specialists are matched with health centers seeking to provide specialty care onsite on a regular basis.
- Technical assistance to initiate the use of Electronic Health Records and achieve increased productivity is provided to small-practice physicians.
- Scholarships to medical students and residents hoping to serve the medically underserved provide modest financial assistance.
- Mentorship and advocacy training offer medical students valuable educational experiences.

## Improving Health Benefits For Us all

### SDCMSF Benefits Low-income Patients

- Access to specialty healthcare not available through their primary care provider
- Care Management and Coordination
- Enabling services, i.e., transportation and translation
- Identification of eligibility for public assistance programs
- Reduced duplicative visits

### SDCMSF Benefits Community Health Centers

- Facilitates access to care for improved health of patients
- Increases capacity to serve health needs of patients
- Provides support to referral managers and clinic staff
- Reduced need for repetitive visits

### SDCMSF Benefits Volunteer Physicians

- Makes volunteerism easy and less burdensome on office staff
- Ensures referrals are appropriate, and visits are efficient
- Provides case management and office staff support

### SDCMSF Benefits the Community Healthcare System

- Reduces emergency room visits
- Reduces inpatient hospitalization days
- Coordinates resources and reduces duplication
- Reduces overall costs

### SDCMSF Benefits the Business Community

- Gets employees back to work from disability
- Reduces number of missed days of work
- Healthier community members contribute to our local economy

**Our Mission:**  
**Enhancing health in San Diego County by improving access to care and supporting physicians serving community residents.**