

A close-up portrait of a man with a beard and mustache, wearing a dark suit jacket, a light-colored shirt, and a patterned tie. He is looking slightly to the right with a subtle smile. The background is blurred, suggesting an office or professional setting.

# Trust in CareATC Shared-Site Solution Leads to Better Health Outcomes for Small Company

INCREASED ACCESS  
TO PREVENTIVE CARE  
DECREASES NUMBER OF  
HIGH-RISK EMPLOYEES



THE  
POWER  
TO BE WELL

More than one in four Americans have multiple chronic conditions, according to the National Center for Health Statistics, part of the Centers for Disease Control and Prevention. Evidence is growing that the presence of one chronic condition has a negative impact on the risk of developing others.

Employees who have chronic diseases and unhealthy lifestyle behaviors have higher medical costs, miss more workdays and are potentially less productive at work.

A recent Milken Institute analysis determined that treatment of the seven most common chronic diseases, coupled with productivity losses, will cost the U.S. economy more than \$1 trillion annually.

[View survey](#) ▶

A CDC study estimates that productivity losses cost employers \$1,685 per employee, each year.

[View study](#) ▶

Human resources consultancy Mercer found a rapidly growing share of healthcare claims are for services costing more than \$50,000.

[View article](#) ▶

**Many employers are looking for creative ways to reduce health risk factors among their employees in an effort to optimize their healthcare spending.**



THE  
POWER  
TO BE WELL

# IN THIS CASE STUDY:

- + LEARN HOW A VISIONARY SMALL COMPANY STARTED ITS EMPLOYEE HEALTHCARE JOURNEY WITH AN ON-SITE HEALTH AND WELLNESS CENTER—A SOLUTION THAT HAS HISTORICALLY BEEN THE DOMAIN OF
- + COMPANIES WITH 750 OR MORE EMPLOYEES.

SEE HOW CAREATC WAS ABLE TO HELP MAKE THE COMPANY'S VISION WORK MORE COST EFFECTIVELY AND SUCCESSFULLY BY TRANSITIONING TO A CAREATC SHARED-SITE HEALTH AND WELLNESS CENTER SOLUTION.

READ ABOUT THE IMPRESSIVE HEALTH OUTCOMES AND REDUCTION IN AT-RISK EMPLOYEES THAT HAVE BEEN REALIZED SINCE THE TRANSITION.

# A healthcare solution ahead of its time

Southern Hills Country Club is a private, member-owned country club located in Tulsa, Oklahoma. Founded in 1936, the club has played host to 15 major championships and been recognized as one of the top 100 courses in the world.

Despite its small size (fewer than 200 full-time employees), Southern Hills approached CareATC in 2005 to set up an on-site healthcare center with the vision of caring for its employees' health, reducing chronic conditions and having the added benefit of being able to retain and recruit the best workforce talent.

The on-site center CareATC set up included advances in tracking and analyzing employee and family health, skilled primary care providers, and employee and family preventive health engagement strategies.

However, as the years progressed, employees' spouses and dependents found it inconvenient to seek care at the country club's on-site location. Without spouse and dependent usage, the cost of staffing the on-site center became increasingly prohibitive to the country club. Clinic hours had to be reduced, resulting in fewer employees being able to access center services when they needed care—further reducing usage. Decreased hours and center usage meant employees, spouses and dependents either skipped care or went elsewhere, leading to increased costs to the country club.



THE  
POWER  
TO BE WELL

# Keeping a healthcare solution viable

Because CareATC seeks to provide its clients with the best working solution for controlling costs and increasing health outcomes, it approached Southern Hills with the option of transitioning to a CareATC Shared-Site Health and Wellness Center model.

Shared-site health and wellness centers are a newer concept that allows multiple companies to share center overhead costs as well as the cost of medications, supplies and staffing. Shared-site centers are also located throughout cities in areas that are closer to employees' homes and more convenient to spouses and dependents.

CareATC had established health and wellness centers throughout Tulsa, as well as with clients who, like Southern Hills, wanted the benefits of an employer-sponsored healthcare center while keeping costs in check.

Transitioning from an on-site model to a shared-site model meant significant savings to the country club and allowed it to offer employees, spouses and dependents:

- access to care 40 hours per week
- the added benefit of a bilingual CareATC provider, which resulted in increased usage and employee and family satisfaction



THE  
POWER  
TO BE WELL

*“ At CareATC, we are continually working with our clients to assess the best possible models of care to optimize both cost savings and workforce health. Our 14-year relationship with Southern Hills allowed us to maintain the country club’s trust while we transitioned it in October of 2013 from what was an ambitious and visionary on-site model of care for its employees to a more workable, affordable and ultimately successful shared-site model.”*

—Ann Stoeppelwerth, Chief Operating Officer, CareATC

## Number of lives cared for by CareATC

Employees: 117

Spouses: 33

Dependents: 43

### Cost Savings

#### 2016-2017

- Shared-Site Health and Wellness Center realized a 38% return on investment = a savings of **\$32,326 ▲**

#### 2017-2018

- Shared-Site Health and Wellness Center realized a 49% return on investment = a savings of **\$44,765 ▲**

### Shared Health and Wellness Center Realizing High Employee Usage

- 70% of employees have visited a Shared-Site Center
- 74% of spouses have visited
- 45% of dependents have visited

### Employees and Families Are Getting Healthier

- From 2017 to 2018, employees and families showing low risk for developing chronic conditions went from 49.63% to 67.13%.
- Not only is this a significant change, Southern Hills' population has one of the highest percentages of low risk individuals that CareATC has ever seen.

### 2018 Personal Health Assessment Results

- 42% of participants improved their BMI—reducing their risk of developing chronic diseases such as diabetes, heart disease, stroke, cancer and more.
- 89% of participants improved their A1C—reducing the risk of complications such as blindness, kidney disease and nerve damage.
- 58% of participants improved their cholesterol—reducing their risk for heart disease.
- 71% improved their diastolic blood pressure numbers—reducing their risk of heart attack and stroke.



THE  
POWER  
TO BE WELL



## ***Give your organization The Power to be Well***

Take control of your health plan spending

**Contact Us** ▶

### **About CareATC**

CareATC Inc. is a leading innovator in the health technology sector providing on-site and shared-site primary care. By leveraging groundbreaking technology, CareATC offers customized population health management solutions for employers that reduce healthcare costs by promoting health, preventing disease, and providing a shorter path to care. CareATC manages more than 150 clients in 35 states, serving more than 300,000 members. Headquartered in Tulsa, OK, CareATC is the first provider of on-site clinics to achieve 100% network accreditation from Accreditation Association of Ambulatory Health Care, Inc., earn the Evidence-Based Design Accreditation from the EDAC™ Advisory Council and be Net Promoter® Certified.