



Health and Wellness

OneCare supports prevention-focused initiatives that promote health and wellness through a variety of strategies designed to impact individuals, organizations, communities, as well as the overall healthcare delivery system. OneCare supports primary care practices to identify those patients who may benefit from outreach for annual wellness exams and promotes the Vermont Department of Health offerings for wellness promotion in the community. Offerings such as: engaging maternal and child health coordinators to promote improved developmental screening in their communities through innovative partnerships with providers, early care and education professionals, and other service providers; collaborating with Parent Child Centers on early childhood mental health and trauma interventions; expanding oral health strategies such as the application of fluoride varnish in primary care; improving vaccination rates; increasing physical activity and nutrition; promoting safety and injury prevention; tobacco cessation; and mental health services.

OneCare is facilitating the spread of primary and secondary prevention efforts through a partnership to expand the Rise VT initiative, begun in the Franklin/Grand Isle counties. Rise VT aims to promote healthy lifestyles at home, in the workplace, at school, and while at play. This innovative model enlists employers, schools, municipal government, and citizens to promote healthy lifestyles through a variety of innovative methods using evidence-based approaches and timely data collection and evaluation. Target lifestyle changes include items such as improved consumption of fresh foods, increased physical activity, reduced consumption of sweetened beverages, breastfeeding friendly environments, and to reduce smoking. OneCare, through its partnership with Rise VT, intends to expand to two additional health service areas in 2017 and additional communities in subsequent years.

- **Rise VT:** www.risevt.com
- **Accountable Communities for Health:** http://healthcareinnovation.vermont.gov/sites/hcinnovation/files/Pop_Health_VT%20ACH%20Opportunities%20and%20Recommendations.pdf