

HP4LifeSM

“A Practical Health Coverage Solution for our Health Care Crisis”

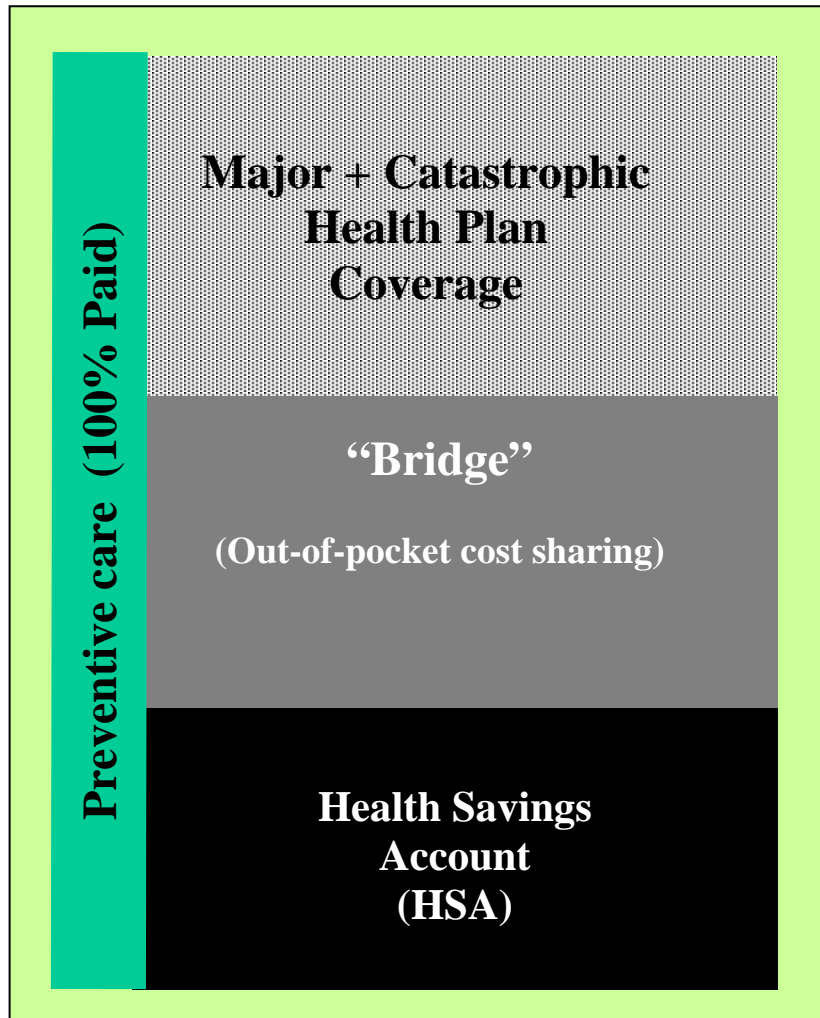
Report #1

Health Plan for Life (*HP4LifeSM*)

Overview Graphic

The *HP4Life*SM health coverage model involves a....

Consumer Driven Health Plan (CDHP) and a set of Health Management Interventions



- ✓ **“You Can Make a Difference” 2 hour workshop**
- ✓ **Annual health questionnaire (HRA) required**
- ✓ Personal wellness report mailed to each individual
- ✓ Telephone follow-up for high risk and at-risk
- ✓ Wellness coach option for high risk
- ✓ Disease management for selected conditions
- ✓ Clinical summary page for physician from HRA
- ✓ Self-directed change materials sent on request
- ✓ Wellness newsletter mailed to home monthly
- ✓ Recommended websites for health topics
- ✓ Option for a wellness mentor
- ✓ Medical self-care book mailed to home
- ✓ 24/7 toll-free health advice line
- ✓ Health audio-tape phone library
- ✓ Full amount in HSA for receipt of preventive care
- ✓ Incentive for wellness achievements
- ✓ Targeted biometric screening

Note: Those items in bold are required while the rest would be used on a voluntary basis.

- ✓ Link to site-based health and wellness services

For more information on the Health Plan for Life (*HP4LifeSM*) visit the Evergreen Freedom Foundation (EFF) website identified below. You can download any of the following reports depending on your interest in this new model for health coverage. Go to [EFF's website](#) and download any or all of the following:

Report Number	Title	Brief Description	File Size
#1	Overview Graphic	A one page graphic of the <i>HP4LifeSM</i> health coverage model.	90k
#2	Background Document on <i>HP4LifeSM</i>	This report provides the rationale for <i>HP4LifeSM</i> and sets the context for why it was developed.	200k
#3	Workshop Charge Documents for Testing and Refinement of <i>HP4LifeSM</i>	This documents provides the workshop charge, objectives and plan for testing the soundness of the <i>HP4LifeSM</i> concept and sets the stage for the workshop event that happened in September of 2003. The original version of <i>HP4LifeSM</i> is included in this document.	400k
#4	Workshop Participants and Facilitators	This document identifies the individuals who participated in the Workshop including; Steering Group Members, facilitators and participants.	200k
#5	Summary PowerPoint Presentation on <i>HP4LifeSM</i>	This PowerPoint presentation presents the background, rationale and specific forms of the <i>HP4LifeSM</i> and completed note pages.	900k
#6	Workshop Summary	This is the annotated record and summary of the two day invitational workshop to review, refine and modified <i>HP4LifeSM</i> .	325k
#7	<i>HP4LifeSM</i> : Final Model and Concept Paper	This is the formal outcome of the refinements recommended by the participants at the invitational workshop on <i>HP4LifeSM</i> .	375k
#8	About the Workshop Sponsors	This document describes the sponsoring organizations for the <i>HP4LifeSM</i> invitational conference: Evergreen Freedom Foundation and the Washington Health Foundation	75k
#9 (all eight docs)	Full <i>HP4LifeSM</i> Report Package	This download includes all eight documents described above.	2.6meg

For more information on *HP4LifeSM* contact Stephen Barchet, MD

Issaquah, WA (425) 644-9594

<mailto:barchet@earthlink.net>