

# Modernizing Our Health System

Accountable Communities for Health (ACH) is a groundbreaking approach to transform a community's health by building a more expansive, connected and prevention-oriented health system.

## Our Current Approach is Limited

Meet Elena — despite her best efforts, Elena continues to battle type 2 diabetes and is worried that her children will grow up to get the disease as well. She leaves her doctor's office with a prescription and a new diet plan but feels defeated. Where will she exercise? How can she make sure her family gets the nutritious food they need?

Elena, like so many of us, is facing a health care system that stops at the doctor's office and leaves patients with too little support, fighting environments that make health an uphill battle.

## And There's a Better Way

Accountable Communities for Health (ACH) is a new model that transforms a health system to harness the power of a network of community-wide interventions that no single health organization could hope to match.

If Elena lived in a region with an ACH, her doctor visit would only mark the beginning of her care. Elena's doctor might also write a prescription for a walking club and refer her to the YMCA for their diabetes prevention program. She could join a parent group to advocate for healthy food policies at her children's school. A community health worker could add her indicators to a confidential database so the ACH is able to track patterns and continue to build strategies that safeguard the entire community's health.

### ACH Model



## Delivering Health

When multiple institutions across varying sectors work in alignment, we create better health outcomes for everyone. For Elena, her family, friends and neighbors, the ACH builds a comprehensive and sustainable strategy that helps everyone get and stay healthy.



### Maximized Resources

ACH partnerships enable the best use of public and private resources by driving dollars toward the most impactful health solutions.



### Health Equity

The ACH ensures that, regardless of income, every resident has a better chance to be healthy.



### Prevention

Because keeping residents healthy is more compassionate and affordable than constant medical attention, ACH invests in prevention.