



SACHIN JAIN THE TOGETHERNESS PROJECT

Sachin Jain, MD, president and CEO of CareMore and Aspire Health, health care delivery companies, is addressing senior loneliness through his venture, The Togetherness Project, which recognizes that senior loneliness and social isolation affect physical and emotional health and should be treated like any other serious medical condition. In this first-of-its-kind program offered by a health care system, CareMore clinicians screen all senior enrollees for loneliness and social isolation and intervene with those deemed at-risk. Lonely seniors develop meaningful connections through regular phone calls from social workers, home visits, and/or referrals to social hubs at CareMore clinics and other community programs. CareMore is measuring the outcomes of this intervention to determine the extent of its health and economic benefits. Early results indicate reduced hospitalizations, 75% greater participation in senior exercise, and increased use of preventive services. To date, 1,500 seniors are enrolled in the program and 200 CareMore employee volunteers have weekly phone conversations and home visits with senior buddies. Seeing the positive outcomes for both patients and CareMore employee volunteers, CareMore's parent company, Anthem, is adopting this intervention throughout its Medicare plans, which touch nearly 2 million seniors across the U.S.

PRESIDENT & CEO,
CAREMORE &
ASPIRE HEALTH

HEALTH
INNOVATORS
FELLOW
CLASS 2

Improving seniors'
health by treating
loneliness as a disease

IN HIS WORDS

“As physicians, loneliness is often staring us in the face, but we don't ask patients about it because we don't have anything to offer to help them. Now our clinicians can offer effective interventions that make patients less lonely and improve their health and well-being.”