



# the HEALTH AND WELLNESS HUB!

Written by Cassandra Romero, MHA Student  
Site Supervisor: Mollie Mackenzie

*“Live Well, Eat Well, Be Well”*

## Using Technology for A Healthier You!

The Inland Empire (also known as the IE) is quickly becoming the fastest growing region in the nation. It includes both San Bernardino and Riverside counties. With over 4.2 million residents, Inland Empire Health Plan (IEHP) is committed to giving the residents we serve better health outcomes.

Through our **Health and Wellness Hub**, we not only hope to provide our members improved access to health and wellness resources, we also want to bridge the gap in health education.

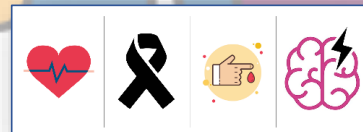
**Why Do We Need this Hub?**

Currently the data shows Inland Empire residents are suffering from chronic diseases due to lifestyle and eating habits.

Some of these diseases include:

- Heart Disease
- Cancer
- Diabetes
- Stroke

The purpose of this Hub is to help encourage Inland Empire residents to change their behaviors into healthy ones.



## Accessible

At IEHP, we understand a good portion of our population is in poverty<sup>1</sup> and cannot afford costly resources.

We want our Hub to be as accessible to the public as possible.

That is why our Hub will be available for free soon in both the Apple App Store and Google Play App Store.

We also hope to give necessary, personalized health and wellness resources to everyone who uses our Health and Wellness Hub.

## Educate

A large portion of the San Bernardino (38%)<sup>2</sup> and Riverside county (66%)<sup>3</sup> populations were identified as overweight or obese.

To help mitigate this, IEHP looks forward to providing health and wellness education ranging from health assessments to nutrition to exercise.

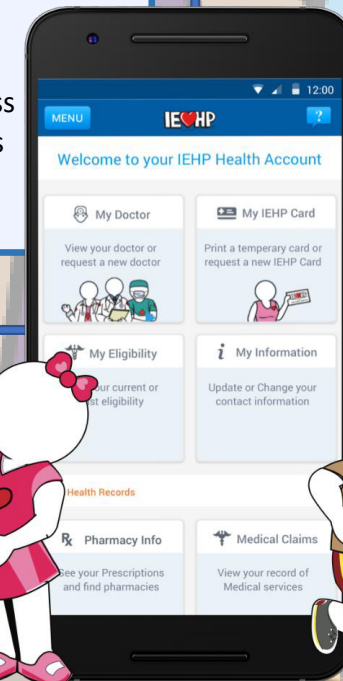
## Engage

Using the latest methods of engagement, we hope to capture IE residents' interest in our Hub through fun challenges and rewards.

Ranging from leaderboards to obtaining vouchers, our Hub can prove to be entertaining.

## Be Well

Like our tagline, IEHP wishes our residents to *Be Well* as they use our Hub for the betterment of their health and wellness.



### Inland Empire Health Plan

Information Technology Department  
10801 6th St #120, Rancho Cucamonga,  
CA 91730  
(800) 701-5909

### References

- 1 - Overall Poverty. (2015). Retrieved from <http://wp.sbcounty.gov/indicators/income/overall-poverty/> Poverty percentage: San Bernardino County, 16%; Riverside County, 12.7%
- 2 - Overweight and Obesity. (2015).
- 3 - Healthy Riverside Annual Report. (2015).