

# **Santa Monica Bay Physicians**

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## **Santa Monica Bay Physicians Demonstrates Wellness with Its Own Employees**

**Santa Monica, Calif.** – At a time when employers are struggling with rising insurance costs and reducing employee health benefits, Santa Monica Bay Physicians (SMBP) is offering an innovative program to its 175 employees.

The physician group is providing employees paid time of to obtain a free health assessment through February 6, 2009. The group partnered with Care Solutions to provide the innovative screening services, health risk assessment and health coaching program. The main purpose of this program is to make employees aware of risk factors that can lead to future conditions and provide support to help them make steps to optimize their health.

“As primary care physicians, we are strong promoters of personal wellness and prevention,” said Bernard Katz, MD, Co-Chief Executive Officer of SMBP. “We’re trying to serve as role models to our employees as well as other businesses in our community.”

“It’s sort of an extension of the proverb, ‘Physician heal thyself’,” said Mark Needham, Co-CEO. “Only in this case we are trying to keep our physicians and staff well and illness-free.”

“We are pleased to partner with SMBP. Health care organizations have a unique opportunity to set the standard for employee health management in their community,” said Dr. Raymond Gavery, CEO of eCare Solutions.

Employees will go through 10-minute screenings at SMBP offices. The screening includes measurements for height, weight, waist, hip, wrists measurements, blood pressure reading and a full blood draw for cholesterol, glucose, triglycerides, tobacco and other blood chemistries. In addition, employees complete an online customized health risk assessment. About two weeks later, employees can view the result of the assessment and screening on their private online Personal Health Desktop provided by eCare. All work is confidential and complies with medical privacy laws.

Research has established that increasing employees’ wellness can reduce time off and health-related expenses.

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Santa Monica Bay Physicians is dedicated to exceptional healthcare for every member of the family, through every phase of life. With 34 physicians and our staff in 10 offices around the Westside of Los Angeles, our doctors cover primary care, as well as a multitude of specialties and sub-specialties. Our patient care is based on the person as a whole, the integrity of the individual. Our physicians are all board-certified specialists working together with a team of sub-specialists to provide total healthcare.

#### **About eCare Solutions**

eCare Solutions is a business-to-business company providing solutions for health management, predictive modeling of health risk exposure and health risk cost avoidance.

eCare Solutions' mission is to develop and deliver technology-enhanced solutions for addressing the health care and health benefits concerns of corporate customers. eCare Solutions' core product, eCareConnect, offers a broad range of lifestyle and disease management applications with a comprehensive patient centric health information system. eCare Solutions also provides a full compliment of health risk management services such as disease management, health coaching, on site health centers, health promotion, and health risk assessment for municipal, medical, managed care, insurance and corporate clients.

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