

How We're Building Healthier Communities



OUR CORE VALUES

Reverence
Integrity
Compassion
Excellence

OUR MISSION

The Mission of Catholic Health Initiatives is to nurture the healing ministry of the Church, supported by education and research. Fidelity to the Gospel urges us to emphasize human dignity and social justice as we create healthier communities.

Dear Friends,

While politicians grapple with what to do about health care, we, at CHI Health, are delivering it. We are not waiting for Washington to tell us what to do, we are making bold moves to ensure everyone in our community has access to health care whether or not they can afford it. It is a basic human need and as a faith-based organization, we are called to provide high quality care — period. Our mission at CHI Health calls us to educate, heal and build healthier communities. We do it at the highest levels because it's the right thing to do.



This publication is a transparent report of the dollars we, as a not-for-profit organization, have invested in our communities over the last year. In fiscal 2017, which closed on June 30, 2017, CHI Health invested more than **\$191.4 million** back into our communities. That reflects a **31.1 percent increase** over 2016. The majority of those dollars went to caring for the poor and underserved as explained below.

CHI Health places our Community Benefit into three main buckets:

- **Care for the uninsured or underinsured:** CHI Health provided **\$80.2 million** in care to our community neighbors who need it but couldn't afford it. That is a 58.1 percent increase over 2016. The jump is partially due to a change in our Financial Assistance Policy, which we reviewed and adjusted this year to give even more generously to those who cannot afford high deductibles or care at all. This also includes care to patients in crisis such as individuals who are homeless or trauma victims.
- **Unpaid costs of Medicaid:** In FY2017, CHI Health provided **\$92.5 million** in health care not covered by state Medicaid. That number is up 17 percent over 2016. Medicaid is a health care program that assists low-income families or individuals to pay for the care they need.
- **Broader Community Health:** These are efforts by CHI Health and our employees to help, in very tangible ways, to build a healthier community. In FY2017, CHI Health invested **\$18.7 million** in programs and partnerships to provide health education, subsidize care and improve the overall health of the community.

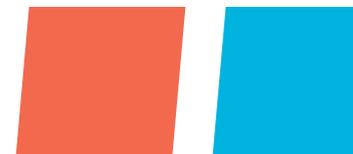
Importantly, we know those seeking our help are not only the ill and injured – they are also employers, government agencies and nonprofit organizations. By working directly with these organizations to design care around the needs of their workforce, lower costs, and provide more individualized care, we are ushering in changes to improve the quality and cost of care in a way that benefits the community as a whole.

We remain deeply committed to Nebraska and southwest Iowa. Our employees and providers are your neighbors and friends and we are proud of this community. It is our privilege to serve you.

Sincerely,

A handwritten signature in black ink, appearing to read "Cliff A. Robertson, MD". The signature is fluid and cursive.

Cliff A. Robertson, MD
Chief Executive Officer
CHI Health



How We're Building **Healthier Communities**

What distinguishes our work as a health care system is not just our excellence in delivering care, but our ability to elevate the health status of entire communities — especially those most in need.

This report details our efforts and the results we're achieving — from the financial assistance we provide to the uninsured and underinsured, to unpaid costs of Medicaid, to the broader community health efforts we engage in via internal and external services, programs and partnerships.

You'll also discover how we're concentrating our efforts within four major health issues impacting communities: Root Causes of Health, Obesity/Chronic Disease, Behavioral Health and Violence.

Along the way, we'll show you how programs like the Faith Community Health Network contribute to Community Benefit, and how the separate but similarly-charged CHI Health Foundation makes an impact.

Rest assured, Community Benefit is at the heart of CHI Health, and we're pleased to share our efforts and results with you.



Faith Community Health Network

One way we live our mission is through our Faith Community Health Network (FCHN). This network of trained Faith Community Nurses and Health Ministers includes more than 100 members within 68 congregations across Nebraska and western Iowa.

Faith Community Nurses and Health Ministers promote health, healing and wholeness for individuals and groups within their congregations/communities, through spiritual care, education, screening, support and advocacy. Examples of their outreach include:

- 80 Tai Chi class locations drew 2,500 participants in Omaha and surrounding areas. Participants showed an improvement in balance, which is a key factor in falls and the number one cause of emergency room visits.
- More than 622 colon cancer screenings kits were distributed by over 33 congregations across the region. One story of success: a parishioner who received the kit was subsequently diagnosed early with colon cancer and was able to avoid chemotherapy and radiation.

These individual efforts add up. In FY2017, FCHN members:

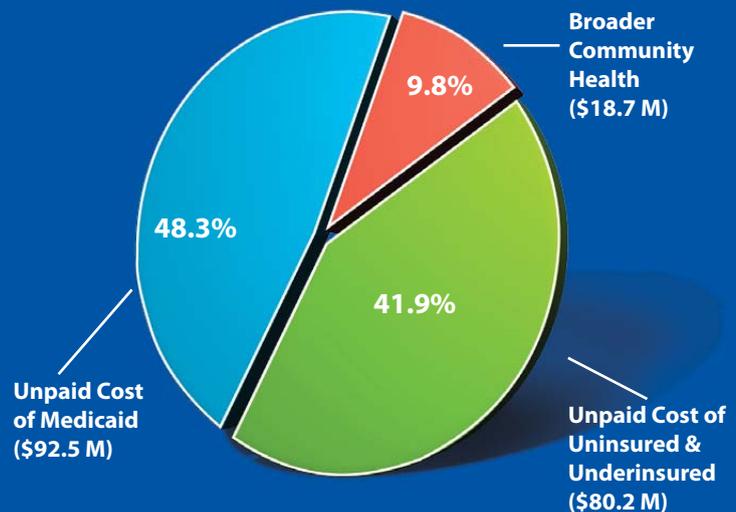
- Conducted more than 110,000 contacts with individuals or groups.
- Gave more than 17,000 volunteer hours, equating to \$433,500 of in-kind services to communities.
- Saved approximately \$300,000 in costs to individuals, families, and health systems as a result of services provided.



CHI Health Community Benefit Totals \$191.4 million

CHI Health invested \$191.4 million in Community Benefit programs and financial assistance in FY2017* this reflects our commitment, as a Community Benefit Organization, to care for vulnerable and underserved populations and to meet the needs of the communities we serve throughout Nebraska and southwest Iowa.

*Fiscal Year 2017 (July 1, 2016 – June 30, 2017)



Community Benefit is reported in two main categories:

Access through Financial Assistance - \$172.7M (90.2%) of our total FY17 Community Benefit Investment, including:

- › **\$80.2M (41.9%) - Unpaid Cost of Uninsured & Underinsured** - CHI Health provided financial assistance to 183,739 people who are uninsured or underinsured and could not afford to pay for health care services.
- › **\$92.5M (48.3%) - Unpaid Cost of Medicaid** - The unreimbursed cost of serving 117,632 Medicaid patients.

Broader Community Health - \$18.7M (9.8%) of our total FY17 Community Benefit was invested in internal and external services, programs and partner organizations to improve community health, including:

- › **\$5.9M - Health Professions Education** - Staff investment in the training of future health care professionals.
- › **\$5.5M - Community Health Improvement Services** - Investment in programs and partnerships to provide health education and to improve the overall health of the community.
- › **\$4M - Subsidized Health Services** - Clinical programs such as the burn unit and rural access to care through emergency departments and clinics provided, despite a financial loss, because they meet an identified community need.
- › **\$2.1M - Financial and In-Kind Contributions** - Investments in community groups and other not-for-profit organizations with a focus on meeting identified community health needs.
- › **\$1.1M - Community Building Activities and Community Benefit Operations** - Funding of proven coalitions and operations that build capacity to address the root causes of health problems.
- › **\$0.1M - Research** - Investment in clinical research that is shared with the public.



How We're Building **Healthier Communities**

Hospitals across CHI Health are partnering to address the top needs in each of our communities we serve. Here are examples of this work across four common health needs in our region.

Root Causes of Health

What if quality health care isn't enough to keep someone well? Research has shown that other factors have a significant impact on overall wellness:

- 50% - socioeconomic factors and physical environment (such as housing, employment, education)
- 30% - health behaviors (such as smoking, drinking, diet)
- 20% - clinical care

Just as health care is useless if a patient can't get to a clinic to receive it, prescribing medication is not helpful if patients have to choose to purchase medication or food for their family. This is why CHI Health is working to address the root causes of health and help improve not only our patient's health status but also quality of life. Some examples of this work include:

• **Community Link**

Location: University Campus in downtown Omaha, Neb.
Purpose: Identify patients with needs beyond direct medical care (food, utility assistance, transportation, etc.) and link with community partners to address those needs.
Reach: More than 300 patients in 2017

• **ED Connections**

Location: Partners CHI Health St. Elizabeth and Bryan Health in Lincoln, Neb.
Purpose: Reduce unnecessary emergency department visits by removing/minimizing barriers to care (transportation, medication costs, etc.)
Reach: 83 clients in 2016 and a 72% reduction in unnecessary ED visits.

Obesity/Chronic Disease

Half of all Americans have at least one chronic disease (heart disease, cancer, stroke, diabetes, etc.), and those chronic diseases are the leading cause of death, disability and health care costs in the U.S. The good news is almost all of these conditions can be prevented through changes in lifestyle behaviors and addressing the underlying root causes of disease.

CHI Health works across the region to provide accessible screenings and education, and promote healthy habits. Doing so helps community members identify risk factors for chronic disease, learn healthy behaviors which reduce their risk, and access the care needed to improve their health. Some examples of this work include:

• **5-4-3-2-1 Go!®***

Location: CHI Health facilities in Plainview, Schuyler, Nebraska City and Omaha, Neb.
Purpose: CHI Health partners with schools, clinics, out-of-school organizations, health departments and parents to help kids eat healthy and be active by sharing a healthy lifestyle message for kids in kindergarten through 5th grades.
Reach: More than 30,000 kids in six counties in Nebraska in the last three years.

• **Nursing Outreach**

Location: Sienna/Francis House, Omaha's largest homeless shelter.
Purpose: Nurses from the Omaha Metro area hospitals provide monthly outreach to provide free blood pressure screenings, education about risk factors for stroke and other health risks, and provide referrals to accessible health services.
Reach: More than 500 services provided during Spring and Summer of 2017.

• **Fruit and Vegetable Vouchers**

Location: CHI Health Missouri Valley, Missouri Valley, Iowa.
Purpose: This partnership with the local farmer's market and Healthy Harrison Coalition increases access to fresh produce by providing free vouchers for fruits and vegetables and free transportation.
Reach: The program continues to expand each year and feedback demonstrates the value residents see in having access to these healthy options.

*This message was created by the Consortium to Lower Obesity in Chicago Children (CLOCC). 5-4-3-2-1 Go!® is a registered trademark and Copyright © 2004 Ann & Robert H. Lurie Children's Hospital of Chicago. All rights reserved. www.clocc.net

Behavioral Health

Across the communities CHI Health serves, behavioral health is consistently identified as a top health care issues. In fact, people with mental illness have been found to have more co-occurring health issues and die earlier than the general population.

A grant from our parent organization, Catholic Health Initiatives, has enabled CHI Health to form coalitions in nine communities to improve access to behavioral health services, reduce the stigma of mental illness and improve outcomes of treatment efforts. Examples of this work include:

- **Mental Health First Aid (MHFA)**

Location: Schuyler and Nebraska City, Neb. and Corning, Iowa.

Purpose: This eight-hour course gives participants the skills needed to help someone who is developing a mental health problem or experiencing a mental health crisis.

Reach: A total of 177 individuals were trained during 10 events.

- **School-Based Programs**

Location: Grand Island, Neb. (Discovery Kids) and Schuyler, Neb. (In-School Therapy).

Purpose: Education programs and therapeutic support reduce alcohol/drug use, increase ability to resist peer pressure, reduce truancy rates and improve graduation rates.

Reach: More than 100 students to date.

Other efforts continue across the region. For example, CHI Health Mercy in Council Bluffs, Iowa, supported the Mills County Family Matters project to facilitate support groups and peer-to-peer interactions for families experiencing substance use disorders. These efforts helped prevent relapse and promoted sustained recovery.



CHI Health Foundations

Foundations formed at CHI Health hospitals raise awareness and manage and distribute funds in support of our mission. Each connects the needs of our patients and communities with the generosity of our employees, individuals, corporations, physicians and volunteers.

The employee-funded Philanthropy@Work and similar foundation programs make it possible to build projects like Healing Gardens, a tranquil place for patient and families, and S.A.N.E., which reduces the trauma of sexual assault by staffing emergency departments with specially-trained nurse examiners. These foundation programs also make it possible to give on an individual level to many different needs identified in each community such as cancer patients and employees in crisis who struggle to cover bills or access basic supplies like food and lodging, new parents who can't afford car seats, young burn patients headed for special camps and college students studying for health careers.

Violence

The adverse effects of violence extend beyond the immediate victim. Research has linked exposure to violence to chronic disease, mental health issues and lower quality of life, plus increased risk of continuing the cycle of violence and disease.

Catholic Health Initiatives is committed to reducing violence in all of its communities by 2020. To further that goal in our region, CHI Health has implemented programs and partnered with numerous violence prevention efforts. These address contributing issues such as gang and gun violence, sexual assault, human trafficking, child abuse and more. One example of this work includes:

- **Second Step**

Location: Kearney, Lincoln and Nebraska City, Neb.

Purpose: Curriculum designed to reduce impulsive and aggressive behavior in children and adolescents by increasing their social competency skills.

Reach: 3,500 children in Nebraska.

ABOUT CHI HEALTH

CHI Health upholds the commitment of our founders to nurture the healing ministry of the Church through an emphasis on human dignity and social justice as we create healthier communities. The Sisters of Mercy, the Lutheran deaconesses, the Sisters of St. Francis of Perpetual Adoration, and the Society of Jesus (Jesuits) all shared a calling and a passion for serving those most in need through compassionate care and excellence in medicine.

This rich and diverse spiritual heritage forms the foundation for CHI Health which was created in 2013

with the merger of Alegent Creighton Health and CHI Nebraska. CHI Health today is a comprehensive not-for-profit, faith-based regional health care network extending from Western Iowa through Central Nebraska. The continuum of care offered by this network addresses the area's health care needs through an Academic Medical Center with a Level 1 Trauma Center, a Burn Trauma Center, 7 Acute Care Hospitals, 5 Critical Access Hospitals, 5 Behavioral Health Facilities, 3 Acute Rehabilitation Facilities, a Heart Hospital, 2 Skilled Nursing Facilities, and over 13,000 employees.

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LOCATIONS

IOWA

CORNING
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MISSOURI VALLEY
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CHI Health

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