



University of Southern Maine

Portland, Maine

Healthier at Home[®] Research Study

Evaluation Time Period: 12 Months
Employees and Retirees
N = 130

COST EFFECTIVENESS RESULTS

- 16% of employees avoided an emergency room visit by using Healthier at Home[®]. This amounted to a reduction of 18 E.R. visits and produced a savings of \$10,548.00. When comparing the cost of Healthier at Home[®] to the savings, the Return on Investment was 10:1.
- 46% of employees stated that Healthier at Home[®] helped them and their family members decide when to see a doctor. (A question about the number of doctor visits avoided did not appear on the evaluation form.)

OTHER RESULTS

- 79% of employees referred to the guide during the last year. The average number of times each family used the guide was 4.4 times.
- 71% stated the guide helped them make more informed decisions about their family's health care.
- 95% stated the guide is a reliable source of good health advice when dealing with common illnesses as well as emergencies.
- 57% stated the guide improved the quality of care they gave themselves and their families.
- 90% stated the guide was a valuable employee health care benefit.

GENERAL COMMENTS

- Helped to decide when to see a doctor or seek further medical care.
- Helped in treating / diagnosing minor ailments / conditions.
- Helped me to change diet, better nutrition.
- Helped to verify symptoms.
- Assisted in prevention.
- Good reference for simple injuries and issues.
- Learned about various treatments for health issues / conditions.
- Home safety issues.
- Reinforced healthy habits, existing knowledge.
- Helped to prevent unnecessary doctor visits.
- Informed me about OTC medicines.
- Made us feel more certain of our actions.
- Stress prevention by easing "fear of the unknown". Like knowing it's there.
- Good idea. Easy to use reference. Good source of information. Helpful.
- Helped to take care of small health issues before they become major health problems.
- Promotes positive health practices.