

## TALKING TREND

### AI in Healthcare: The Future of Patient Care



Artificial intelligence (AI) is transforming healthcare, offering significant improvements in patient care and health management. A recent [Mayo Clinic article](#) offers a look at its impact.

A [report from the National Academy of Medicine](#) highlights three key advantages: improved patient outcomes, reduced costs, and enhanced population health. AI is integrated throughout the care continuum, from preventive screenings to diagnosis.

#### Preventive Care

AI is revolutionizing cancer screenings. At the Mayo Clinic, AI tools can assess kidney volume in patients with polycystic kidney disease in seconds, reducing analysis time dramatically. This allows radiologists to focus on complex cases.

#### Risk Assessment

AI excels in identifying health risks. A [Mayo Clinic study](#) showed it could detect individuals at risk for left ventricular dysfunction, even without symptoms, and predict coronary artery disease risk.

#### Chronic Disease Management

AI helps manage chronic conditions like asthma and diabetes by sending medication reminders and screenings. It also analyzes social media to predict disease outbreaks, as seen during COVID-19.

#### Enhancing Patient Care

AI improves diagnostic accuracy, outperforming traditional methods in predicting survival for malignant mesothelioma and enhancing colonoscopy procedures. Patients often prefer AI chatbots for healthcare inquiries due to their perceived empathy.

#### Supporting Healthcare Professionals

AI aids physicians by:

- Highlighting relevant medical advances.
- Streamlining administrative tasks like clinical documentation.

However, the American Medical Association emphasizes "[augmented intelligence](#)," where AI supports rather than replaces human expertise.

[Centene](#) harnesses technology to transform community health in innovative ways. Our teams develop advanced technology solutions that enhance our ability to deliver coordinated care while focusing on our members and providers. Advanced Technology drives healthcare delivery through data-driven intelligence. APIXIO enhances value-based care with AI-powered insights, improving decision-making by unlocking actionable information from both structured and unstructured data.

#### Challenges of AI in Healthcare

Despite its potential, AI poses risks, including bias from poorly trained algorithms and misleading medical advice from chatbots.

#### Future Directions

As AI evolves, effective regulation will be essential for ensuring its safe and ethical use in healthcare.

## INDUSTRY NEWS

### Healthcare Industry Emphasis on Health Literacy



The definition of health literacy was updated in August 2020 with the release of the U.S. government's [Healthy People 2030](#) initiative.

The update addresses personal health literacy and organizational health literacy and provides the following definitions:

- Personal health literacy is the degree to which individuals have the ability to find, understand, and use information and services to inform health-related decisions and actions for themselves and others.
- Organizational health literacy is the degree to which organizations equitably enable individuals to find, understand, and use information and services to inform health-related decisions and actions for themselves and others.

#### The new definitions:

- Emphasize people's ability to use health information rather than just understand it
- Focus on the ability to make "well-informed" decisions rather than "appropriate" ones
- Acknowledge that organizations have a responsibility to address health literacy
- Incorporate a public health perspective

October was National Health Literacy Month and this year Health Net focused on Digital Health Literacy.

#### What is Digital Health Literacy?

Digital health literacy or eHealth literacy, is defined as being able to seek, find, understand, and appraise health information from electronic sources and apply the knowledge gained to addressing or solving a health problem. By improving digital health literacy, members will be able to learn how to access online health information or set up virtual doctor's appointments.

This year, Health Net is doing this by sharing more about digital health resources such as:

- Finding health information online.
- Helping members learn more about telehealth services (Teladoc Health).\*
- Using health education programs through easy to scan QR codes and clickable URL links.

Select a link to learn more about the digital resources Health Net offers:

- [Your Wellness](#)
- [Digital Health Education Resources at Your Fingertips](#)
- [Teladoc Health External Link](#)

\* You may receive services on an in-person basis or via telehealth, if available, from your primary care provider, a treating specialist or from another contracting individual health professional, contracting clinic, or contracting health facility consistent with the service and existing timeliness and geographic access standards required under California law. Any cost share for services received through Teladoc Health will accrue toward your out-of-pocket maximum and deductible (if your plan has a deductible). By scheduling through Teladoc Health, you consent to receive services via telehealth through Teladoc Health. See your health plan coverage document for coverage information and for the definition of telehealth services. You have a right to access your medical records for services received through Teladoc Health. Unless you choose otherwise, any services provided through Teladoc Health shall be shared with your primary care provider.

## HEALTH NET NEWS



### Announcing - New Three-year Contract with Providence!

We are excited to announce our continued and expanded partnership with Providence! We have agreed on a new three-year contract which ensures all participating products will remain in-network through December 31, 2027.

Providence offers exceptional care from:

- 17 hospitals
- 5 foundations
- 29 ancillary providers

The partnership allows us to offer enhanced service offerings and provide you with high-quality healthcare options across six California counties.

We are also excited to share that Providence will join our [Ambetter Network for both PPO and HMO products in Orange County starting in 2025](#).

For more information and a list of Providence hospitals & medical groups, contact your Health Net Account Representative.

## IN THE COMMUNITY The Neighborhood Village



No number of doctor's visits will make you healthy if you don't have housing and nutritious food.

That's why Health Net is a proud supporter of CBO Salt + Light's "The Neighborhood Village" (TNV) in Tulare County, which celebrated its ribbon cutting on Sept. 26.

TNV brings 50 modular homes to the community to address chronic homelessness and provide relief for at-risk families through a peaceful setting that provides wraparound services and safety.

Dozens of other organizations, local, county, state and federal government offices as well as advocates were part of the collaboration that has brought The Village to completion.

Health Net sponsors TNV's Community Kitchen, which will:

- Educate TNV residents on nutritious food with a training program.
- Provide nutritious meals to positively impact residents' overall health.
- Prepare food for mobile outreach to support others in Tulare County experiencing homelessness.
- Offer income opportunities for TNV residents through a catering micro-enterprise.



Once a person has stable housing & nutritious food, they can begin to work on other aspects of their health, such as physical and mental health.

## WELLNESS

### November Wellness Webinar – Loneliness & Your Health



Join us for an insightful and engaging webinar on "Loneliness and Your Health," where we delve into the profound impact of loneliness on physical and mental well-being. In today's fast-paced and digitally connected world, feelings of loneliness are becoming increasingly common, affecting individuals across all age groups.

Loneliness is more than just being and socially isolated. This webinar explains the symptoms of loneliness and tips on how to feel better and improve your health.

Don't miss this opportunity to learn about the critical issue of loneliness and take proactive steps towards a healthier, more connected life. We look forward to seeing you there!

#### [Register for this webinar](#)

Note: If clicking on the registration link does not work properly with your computer system, please register by copying & pasting the registration link into your browser.

Once the host approves your request, you will receive a confirmation email with instructions for joining the meetings. Please don't forget to add these instructions to your calendar.

**Loneliness and Your Health will be held on Wednesday, November 20, 2024, from 12:00 p.m. to 12:45 p.m. Pacific Time (PT)**

## JUST FOR FUN

### For This Thanksgiving, Easy to Make Cranberry Sauce!



Cranberry Sauce is a must have staple for most Thanksgiving dinners. Forget the jelly stuff in the can this year and try homemade instead.

Here's a quick and easy recipe from [allrecipes.com](#).

#### Cranberry Sauce Ingredients:

Believe it or not, this homemade cranberry sauce comes together quickly and easily with just three easy-to-find ingredients. Here's what you'll need:

- **2 ounces Fresh Cranberries:** Opt for fresh cranberries that are firm, plump, and blemish-free. Lighter colored cranberries are best for sauce, as they contain more [pectin](#) and result in a thicker consistency.
- **1 cup White Sugar:** White sugar does more than add sweetness to classic cranberry sauce: It also absorbs liquid and, when heated, thickens the sauce.
- **1 cup Orange Juice:** All cranberry sauce starts with a liquid base. If you don't like orange juice, you can substitute pomegranate juice or even red wine.

#### How To:

1. Gather all ingredients.
2. Dissolve sugar in the orange juice in a medium saucepan over medium heat.
3. Stir in the cranberries and cook until they start to pop, about 10 minutes
4. Remove from heat and place sauce in a bowl. It will thicken as it cools
5. Enjoy!

**Have a Happy, Safe and Healthy Thanksgiving!**