

# *Value-Based Resources for Older Adults to Enhance Health System Performance and Support Active Aging*

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[www.altura.health](http://www.altura.health)

11/24/24 (updated)



# Physical Activity's Impact on Quality and Costs

- Adding 3,000 steps a day may **significantly lower blood pressure in older adults** – **SBP decreased by 7 points and DBP by 4 points** . *Journal of Cardiovascular Development and Disease 7/27/23*
- At just 3,000 steps per day **prevents heart failure in women - risk reduced by 26%**. *JAMA Cardiology 2/21/24*
- 12 hours of inactivity per day **increases the risk of dementia by 63% - “Sit less and move more” per the lead author**: *JAMA 7/22/23*
- The **risk of stroke can be reduced long term** even with low levels of physical activity. *BMJ Journals: Journal of Neurology 3/5/24*
- Even small amounts of cardio fitness can **reduce the risk of prostate cancer by 35%**. *BMJ Journals: Journal of Sports Medicine 1/30/24*
- Sitting just 30 minutes less per day **may cut high blood pressure among older adults**. *JAMA 3/27/24*

# UpRight™ Active Aging and Fall Risk Reduction

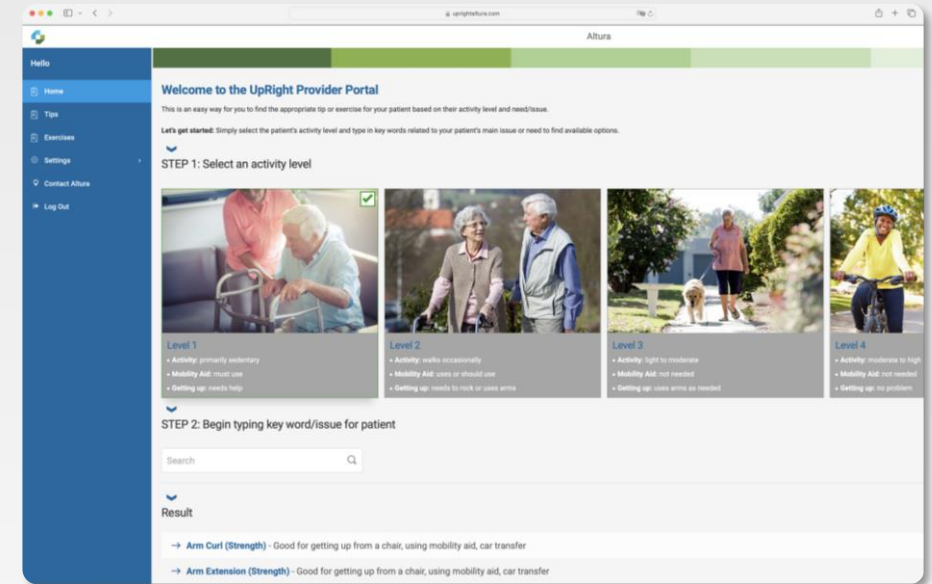
Flexible & scalable  
based on needs,  
patient population  
and/or budget



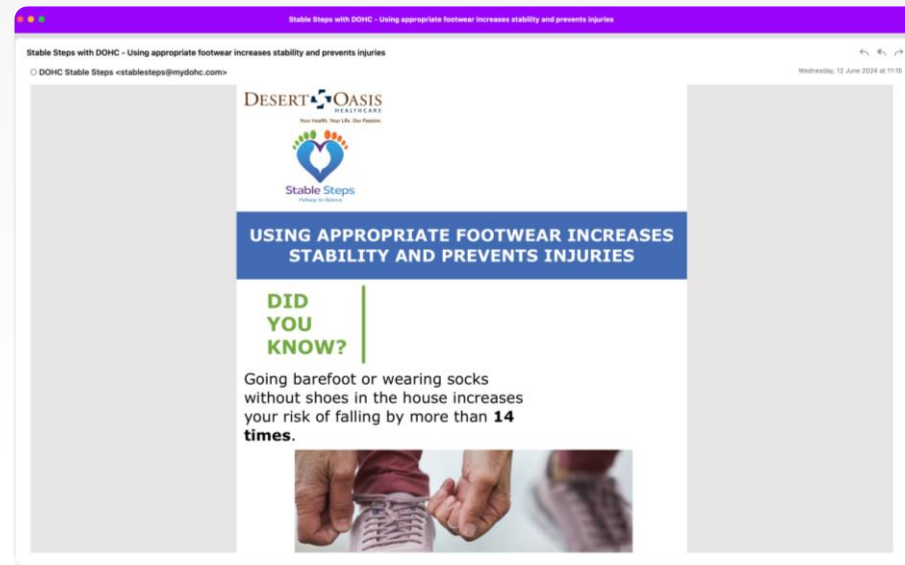
## Self-Service for Patients | Branded Microsite



## Resources for Physicians & Staff | Easy-Access Portal



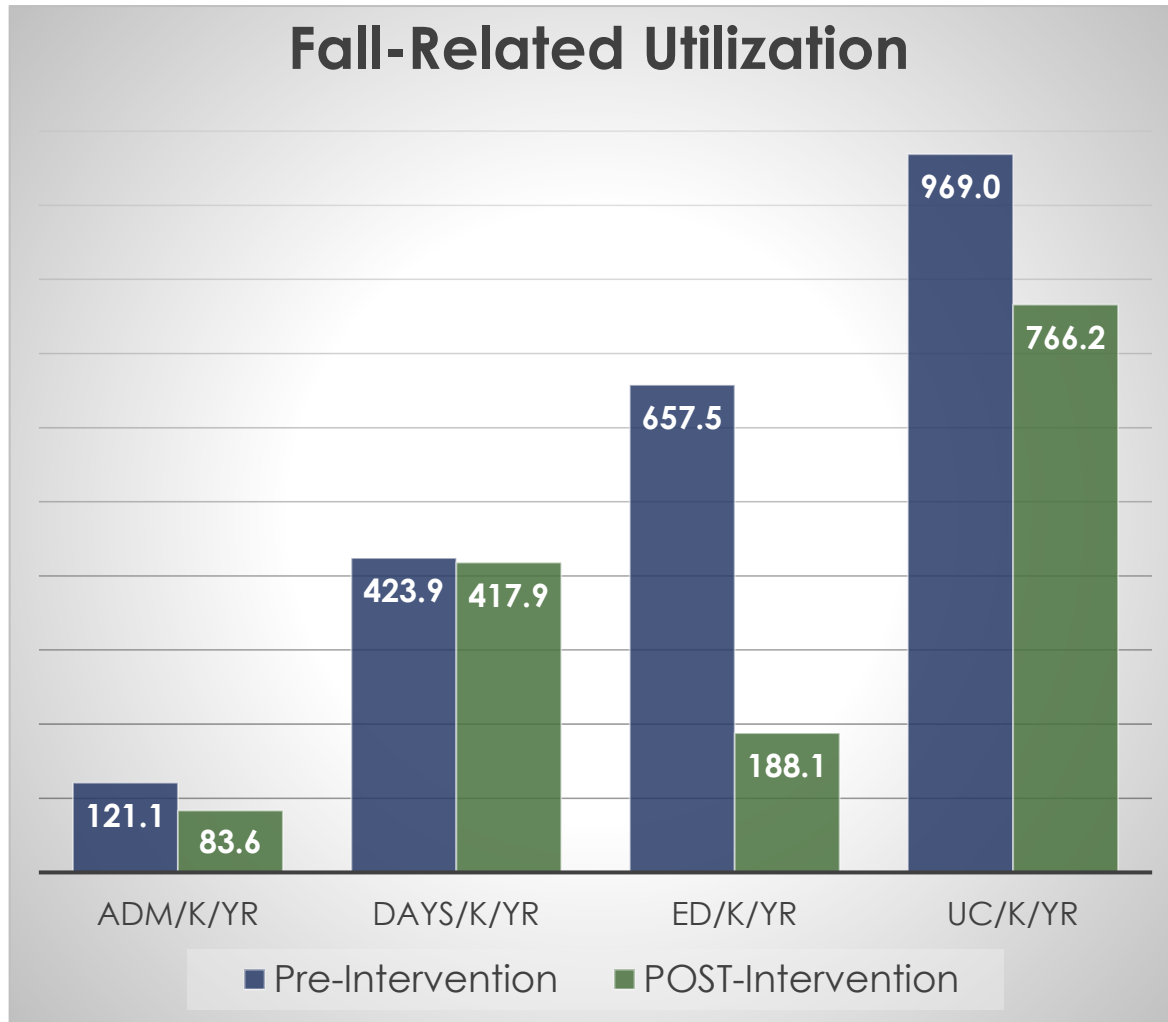
## Newsletter to Rising & High-Risk | Branded Email



## Hotline & Outreach | Patient Activation Specialists



# UpRight's Impact on Utilization



- Active Altura UpRight Partner- High risk subset of MA population
- 5 or more contacts with functional tips and/or exercises provided
- Fall-related utilization collected pre- & post- intervention
- Avg 9.5 months pre, 11.8 months post
- Normalized per 1000 per year

## All categories saw decreases

- Acute admissions ↓ 31%
- Acute days ↓ 1%
- **Emergency Dept visits ↓ 71%**
- Urgent Care visits ↓ 21%

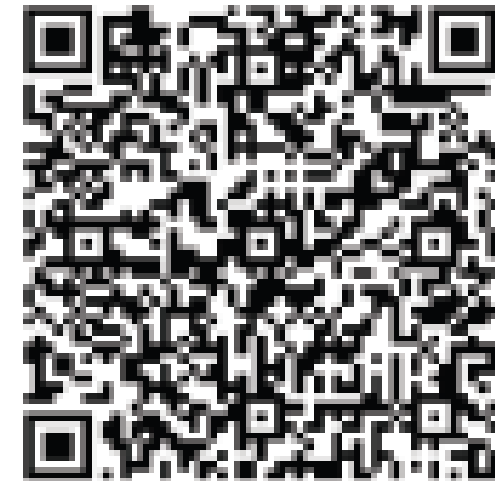


To download related case study and article, please email [info@altura.health](mailto:info@altura.health) or use QR codes:

America's Physician Groups  
Case Study



AMGA Group Practice  
Journal Article



**For Complementary Fall Risk Assessment or  
trial use of  
Provider/Staff Portal,**

**please email:**

**[info@altura.health](mailto:info@altura.health)**

# ALTURA OVERVIEW

## Engaging People for Better Health

For over 24 years Altura has specialized in the health engagement of older adults.

With many resource options, we improve performance and enhance the patient experience for our health system partners.



**750+**

Healthcare Organizations Supported



**685+**

Quality Programs & Studies



**3 Million+**

Patients Engaged (older adult specialty)



**65+**

Specialize in engaging older adults



**23-year**

value based care history



**5+ Languages**

diverse, highly trained internal team



**Interoperable Technology**



**Customizable & Nimble Solutions**



**Actionable Analytics**