

Centering[®]Healthcare INSTITUTE

Improving health by transforming care through Centering groups



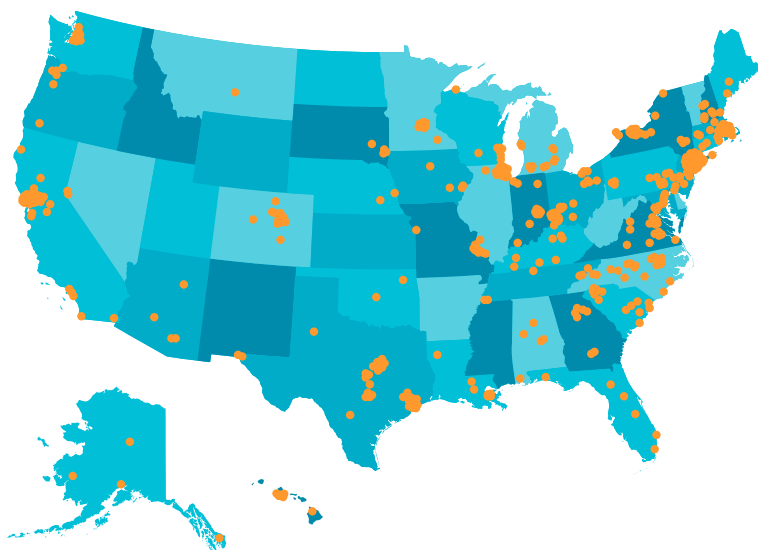
Centering Healthcare Institute is a 501c3 organization that has worked closely with healthcare providers from all sectors to change healthcare. With over two decades of experience as the go-to resource, we've developed and sustained the Centering group care model in more than 425 practice sites and with some of the largest health systems in the world. Through this work, Centering group care has reached over 50k women in 2015 which is equal to 1% of all births.

We offer:

- Implementation support for system change
- Training in group facilitation and group care
- Site approval for model fidelity and quality assurance
- Practice management and support tools including CenteringCounts™ data collection and reporting
- Curriculum materials and supplies that support providers and patients

425+ SITES | 50,000+ WOMEN

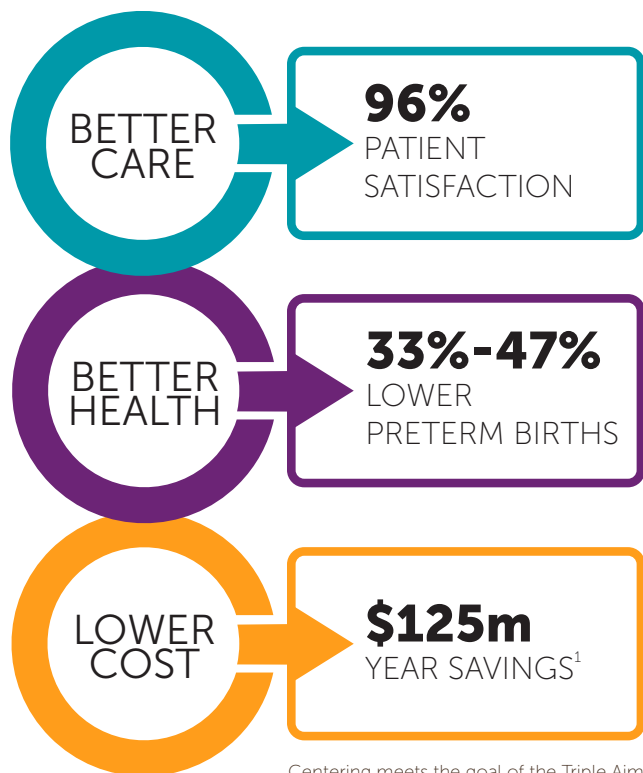
(CenteringCounts data, 2015)



Leadership and collaboration is at the heart of our success. We are working with many dedicated individuals and organizations to build a future where group healthcare becomes the standard of care. We've created a movement that is impacting outcomes, the patient experience and provider satisfaction.

**TOGETHER WE WILL CONTINUE
TO LEAD THE CHANGE**

Centering[®]Healthcare INSTITUTE

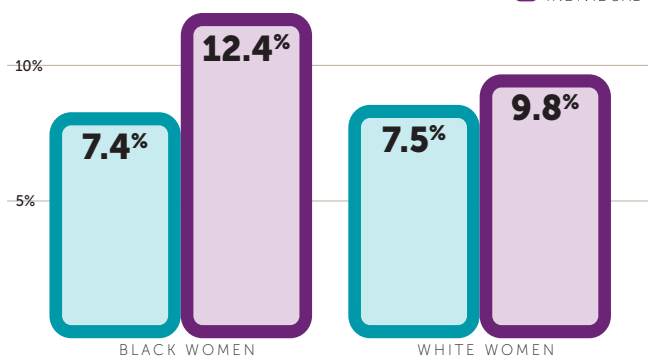


Centering meets the goal of the Triple Aim

Based on numerous studies, Centering saves the healthcare system millions of dollars and has been found to:

- Lower preterm births^{2,3}
- Equalize the race disparity of preterm birth amongst black and white women²
- Increase breastfeeding rates⁷
- Improve adolescent pregnancy health⁸
- Better attendance at postpartum visits^{8,9}

PRETERM BIRTH <37 WEEKS BY RACE



Retrospective cohort study Picklesimer, et al 2012

Centering is improving maternal-child health outcomes.^{2,3} Preterm birth affects 11.4% of all births in the U.S. and is the leading cause of death in the first year of life. The cost of preterm births in the U.S. is \$26.2 billion annually; \$51,600 per infant. This burden includes medical and health care costs, intervention services, special education services and loss of work and pay of the families.⁴

Centering is making an impact on health outcomes and cost savings among Medicaid patients.⁵ Medicaid finances almost 50% of all births in the U.S. and takes on a significant amount of the costs associated with preterm birth.⁶



1. Calculated the difference between the U.S. preterm birth rate (11.4%) and Centering preterm birth rate (6.8%) for 50K women. Considering the cost of PTB is \$54,149/birth, the cost savings is \$124,542,700 savings.
2. Picklesimer A, et al. The effect of CenteringPregnancy group prenatal care on preterm birth in a low-income population. *American Journal of Obstetrics & Gynecology* 2012 Vol206: 415, e1-7.
3. Ickovics JR, et al. Group prenatal care and perinatal outcomes: a randomized controlled trial. *Obstetrics and gynecology*. 2007 Aug;110(2 Pt 1):330.
4. Institute of Medicine, 2007
5. Gareau S, et al. Group prenatal care results in medicaid savings with better outcomes: a propensity score analysis of CenteringPregnancy participation in South Carolina. *Maternal Child Health Journal*. 2016 March; 2016.
6. Medicaid Health Plans of America, 2014
7. Zielinski R, et al. Improving Infant and Maternal Health through CenteringPregnancy: A Comparison of Maternal Health Indicators and Infant Outcomes between Women Receiving Group versus Traditional Prenatal Care. *Open Journal of Obstetrics and Gynecology*. 2014 Jun 23;2014.
8. Trotman G, et al. The Effect of Centering Pregnancy versus Traditional Prenatal Care Models on Improved Adolescent Health Behaviors in the Perinatal Period. *Journal of pediatric and adolescent gynecology*. 2015 Oct 31;28(5):395-401.
9. Trudnak TE, et al. Outcomes of Latina women in CenteringPregnancy group prenatal care compared with individual prenatal care. *Journal of Midwifery & Women's Health*. 2013 Jul 1;58(4):396-403.

Centering[®]Healthcare INSTITUTE



Centering group care delivers a better care experience for providers and their patients.

Providers report higher satisfaction with their practice because it allows them to get to know their patients in a more relaxed and meaningful way. Instead of fifteen minute visits, providers are with their patients one and a half to two hours. Spending this time together allows for deeper connection and more time to discuss the topics that are important to both patient and provider.

Patients consistently report high rates of satisfaction in Centering group care. The longer time with their providers allows them to have their questions answered and to develop a partnership with the provider. Centering also provides patients:

- Better health outcomes
- Self-care
- Increased self-confidence
- Support and friendships
- An environment of learning & fun

"No matter how much I thought I knew or how many books I read, nothing could have prepared and supported me as much as CenteringPregnancy did."

Centering Mom

"Centering empowers women, connects them to each other and fosters their strength."

Centering Provider

"The care that I received and the support system I now have are so crucial to my motherhood and the decisions I make in my daughter's life."

Centering Mom

Centering®Healthcare INSTITUTE

Centering, an evidence-based model of group care, is a paradigm shift that effectively addresses the complex social determinants of health. Visits meet nationally recognized standards and are facilitated by a credentialed health provider. The Centering model combines health assessment, interactive learning and community building to help support positive health behaviors and drive better health outcomes. It brings patients out of the exam room and into a group setting. They receive the highest quality of care and, as part of an ongoing group, form a supportive community where they develop skills and confidence to take control of their health.



HEALTH ASSESSMENT

Both provider and patient are involved in the health assessment. Patients receive one-on-one time with their provider and learn to take some of their own assessments. This engages them in their own self-care or care of their child.



INTERACTIVE LEARNING

Engaging activities and facilitated discussions help patients to be more informed, confident and empowered to make healthier choices for themselves, their children and their families.



COMMUNITY BUILDING

One person's question is another one's question. Patients quickly find comfort in knowing they are not alone. Participation in group care lessens the feelings of isolation and stress while building friendships, community and support systems.

CenteringPregnancy® group care follows the recommended schedule of ten prenatal visits, but each visit is 90 minutes to two hours long—giving women ten times as much time with their provider team. Moms engage in their care by taking their own weight and blood pressure, recording their own health data, and have private time with their provider for belly check.

CenteringParenting® provides family centered well-child care for the first two years. Parents are actively involved in their child's assessment at every visit: tracking their growth, development, immunizations and oral health. Individual well-child health assessments, immunizations and developmental screenings follow the Bright Futures™ nationally recognized guidelines. An emphasis on self-care, wellness and women's health is woven throughout.

"It was a discussion, a group of pregnant women together on a journey with health care providers investing in our well-being, our health and the health of our babies."

Centering Mom