Integrative and Holistic Health and Healthcare

What does this mean for you in your role as a leader?

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Magellan Health: One company, two unique platforms

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**Magellan Healthcare**

*Focused on Complex Populations, Delivering Differentiated Services*

State Medicaid programs and integrated management for special populations, including individuals with serious mental illness and those needing long-term services and supports

Behavioral health management and employee assistance programs

Specialty healthcare management, including musculoskeletal, cardiac and advanced imaging

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**Magellan Rx Management**

*Full-Service PBM Focused on High-Growth Specialty Spend*

Full-service Pharmacy Benefit Manager (PBM) that expands beyond traditional core services

Value-driven solutions: targeted clinical and powerful engagement strategies, advanced analytics, leading-edge specialty pharmacy programs

More than 40 years of Medicaid and more than 30 years of self-funded employer experience

Medicare Part D Prescription Drug Program

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**Key Numbers**

- **25.3 million** commercial behavioral lives
- **25.1 million** commercial specialty lives
- **5.1 million** lives in government programs

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- **13.3 million** medical pharmacy lives
- **1.9 million** commercial PBM lives
- **26 states** & Washington, DC in State Medicaid PBA business

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- **10,000** Total Employees

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Integrative and holistic care
Who is a leader? You are!
Character of a leader

“If your actions inspire others to dream more, learn more, do more and become more, you are a leader.”
- President John Quincy Adams

“A leader takes people where they want to go. A great leader takes people where they don’t necessarily want to go, but ought to be.”
- Rosalynn Carter

“A leader is one who sees more than others see, who sees farther than others see and who sees before others see.”
- Leroy Eimes, leadership expert/author

“To lead people, walk beside them. As for the best leaders, the people do not notice their existence...When the best leader’s work is done, the people say, ‘We did it ourselves!’”
- Lao Tzu, philosopher
What is Integrative healthcare?

• Definition

• Integrative medicine and health reaffirms the importance of the relationship between practitioner and patient, focuses on the whole person, is informed by evidence and makes use of all appropriate therapeutic and lifestyle approaches, healthcare and disciplines to achieve optimal health and healing.
Groups supporting integrative medicine

→ Academy of Integrative Health and Medicine (AIHM)

→ Academic Consortium for Integrative Medicine and Health (Academic Health Centers or Affiliate Institutional Members)

→ National Center for Complementary and Integrative Health (NCCIH)
National Center for Complementary and Integrative Health

Established in October 1991

Focus:

→ Whole medical systems

→ Mind-body medicine

→ Biologically based practices

→ Manipulative and body-based practices

→ Energy therapies
Functional medicine: What is it?

Cleveland Clinic Institute of Functional Medicine

Center for Functional Medicine

Functional medicine is a personalized, systems-oriented model that empowers patients and practitioners to achieve the highest expression of health by working in collaboration to address the underlying causes of disease.

Why Choose The Center for Functional Medicine

Cleveland Clinic’s Center for Functional Medicine is a collaboration between Cleveland Clinic and the Institute for Functional Medicine (IFM), led by Mark Hyman, MD, Chairman of IFM, founder of The UltraWellness Center, and New York Times best-selling author. Our physicians spend time with their patients, listening to their histories, mapping their personal timeline, and looking at the interactions among genetic, environmental, and lifestyle factors that can influence long-term health and complex chronic disease.
Whole medical systems other than traditional allopathic

- Homeopathy
- Naturopathy
- Ayurveda
- Traditional Chinese Medicine
Mind-body medicine

- Yoga
- Meditation
- Prayer
- Art therapy
- Music therapy
- Dance therapy
Biologically based practices

→ Supplements
  - Vitamins – SAM-e, coQ10
  - Omega 3s
  - Melatonin

→ Amino Acids
  - 5HTP
  - NAC
  - L-Lysine

→ Herbal Supplements
  - Adaptogens (Rhodiola, Astralagus)

→ Micro-electric current therapy
  - (Alpha Stim)
Manipulative and body-based practices

→ Massage

→ Chiropractic and osteopathic manipulative therapy
Energy therapies

- Qigong
- Reiki
- Therapeutic touch
- Remote healing
Nutrition

→ Anti-inflammatory diet

→ Allergies/sensitivities
Spirituality

→ What does that mean?

→ What is the possible role for religion/ spirituality/ philosophy of life in help?

→ Can it be harmful?
What do you find credible and what do you find far out?

- Take an inventory personally
- Take an inventory professionally
- Research – how do you do that?
- How much evidence-based research do you require?
- What seems common sense and “knowable” without research?
Leaders – take your proper position and GO for it!

→ **ENJOY** yourself!

**Inspire** others

Do not strive for **perfection**, look for **advancement**

→ Remember your childlike sense of **joy, humor and zest** for life whenever you can!

→ Pick **one goal** for this coming month to take care of **yourself**

→ Pick **3 goals** to take care of **those you lead** over the coming year
Good health and wellness to us all!

*Thanks for your time and interest*