



COMUNIDAD SALUDABLE  
DE LA MONTAÑA. INC.

.....  
The more you inspire,  
the more people  
**will inspire you.**

*Emid Nuñez*



**DPP de Puerto Rico** 

WWW.CSDLM.ORG



**COMUNIDAD SALUDABLE  
DE LA MONTAÑA. INC.**

# Comunidad Saludable de la Montaña



ORGANIZACION SIN FINES DE  
LUCRO



FUNDADA EN 2005



MISION ES PROVEER SERVICIOS  
DE INVESTIGACION, EDUCACION  
Y PREVENCION PARA MEJORAR  
EL BIENESTAR Y LA SALUD DE EN  
COMUNIDADES DESATENDIDAS.



REGISTRADOS 2015 EN CDC.



EN 2018 FULL RECOGNITION POR  
NDPP DEL CDC



ACTUALMENTE CONTAMOS 20  
VOLUNTARIOS CON UNA JUNTA  
DE DIRECTORES

# The Board of the Innovation Team Leaders

## BOARD OF DIRECTORS



*Luis Sanchez BA*  
Secretary / Agent Specialist Products



*Emid Nuñez Conde MD CISO, LCC*  
President & CEO CSDLM Inc.



*Eliezer Lopez Garcia MBA*  
Treasurer / Product and Services Manager

## CLINICAL ADVISORY COMMITTEE



*Jose G. Rodriguez MD, LCC*  
Board of Director Vocal/Specialist EHR Technology



*Jesus Cruz Corresa MD FACOG LCC*  
Medical Director of CSDLM Inc.



*Juan Alicea MD* Cardiologist, Supervisor  
Cardiovascular Fitness Lab CSDLM Inc.



*Carlos D. Jimenez Escoto MD, LCC*  
Vice President of Global Health

## ANCILLARY COMMITTEE



*Samir Rodriguez, LCC*  
Board of Director Vocal/ Assistant



*Christian Nuñez, LCC*  
Assistant to the President



*Roberto Valines BA, LCC*  
Board of Director Vocal, Assurance Advisor

**DPP de Puerto Rico**



W W W . C S D L M . O R G

DOING BUSINESS NAME

# DIABETES PREVENTION PROGRAM OF PUERTO RICO

## REDUCING THE IMPACT OF DIABETES



Congress authorized CDC to establish the NATIONAL DIABETES PREVENTION PROGRAM (National DPP)—a public-private initiative to offer evidence-based, cost-effective interventions in communities across the United States to prevent type 2 diabetes

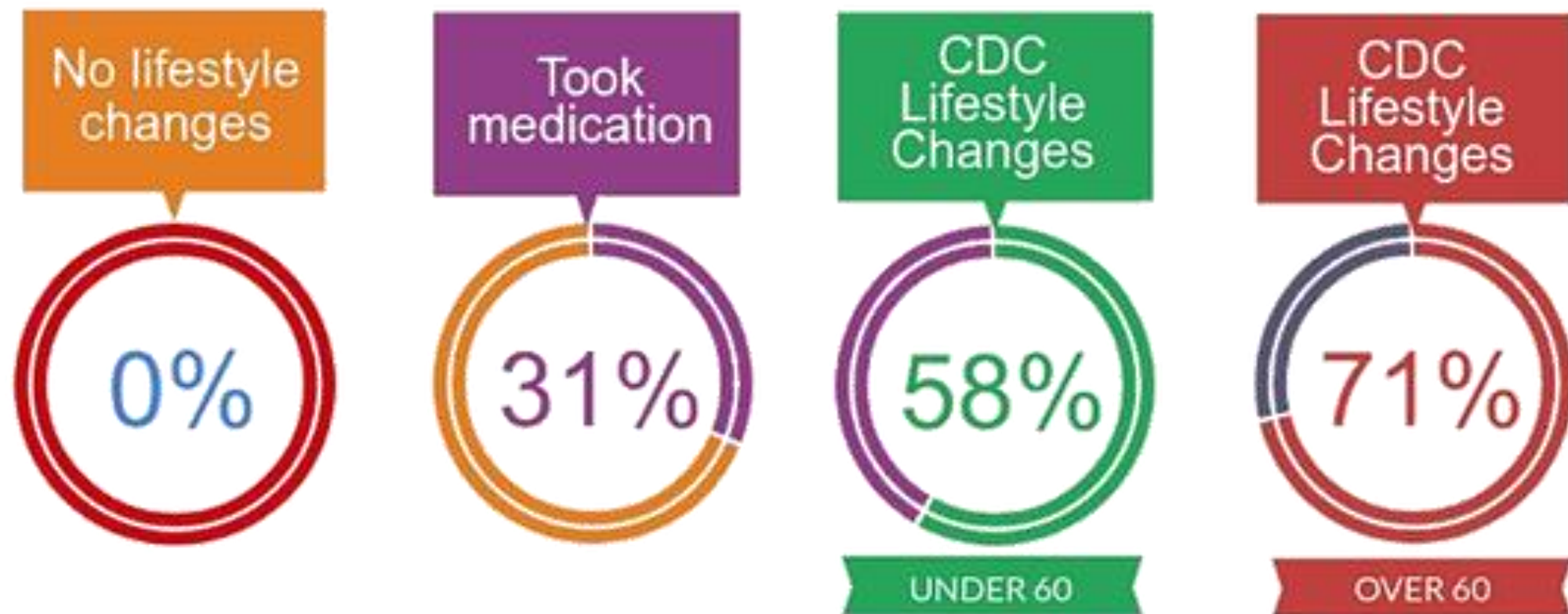
It brings together:



Research shows structured lifestyle interventions can cut the risk of type 2 diabetes in

HALF

# Decrease in Risk for Diabetes



# ¿Que Beneficios Tiene El Programa?



ECONÓMICOS



FINANCIEROS



MERCADEO



SALUD PÚBLICA



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PLATAFORMA  
DIGITAL

Contenido



# INTEROPERABILIDAD

**MICROFIT**<sup>®</sup>  
Fitness Assessment Systems

**eHR**<sub>EZ</sub>  
ELECTRONIC HEALTH RECORDS

 **SPARK360**




**DPP de Puerto Rico**

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# Agency For Healthcare Research and Quality Current Priorities

MAIN RESEARCH OBJECTIVES DPP OF PUERTO RICO 

**1**   
**Usability**  
Physician Burn in EHR note, help physicians visualized better performance in clinic.

**2**   
**Consumer IT**  
Help people manage health, concern, monitors indicators and communicate with caregivers .

**3**   
**Clinical Decision Support**  
Help patient, clinicians and other caregivers delivers right information.

**4**   
**Health IT Safety**  
New technology will handle the generation of new patient records, patient registration and information retrieval

**5**   
**Patient Report Outcomes**  
Technology who improvement patient quality of life.

**6**   
**Learning Health Systems**  
Maximizing investments by gathering evidence on how best use IT.

**7**   
**Creating Learning Communities**  
Electronic Data Methods support a learning network of researchers and clinicians.



### Intervention Sites: Deliver Program

Develop intervention sites that will build infrastructure and provide the program.

# 7 a 10 Centros



## PROGRAMA NACIONAL DE PREVENCIÓN DE LA DIABETES DE PUERTO RICO

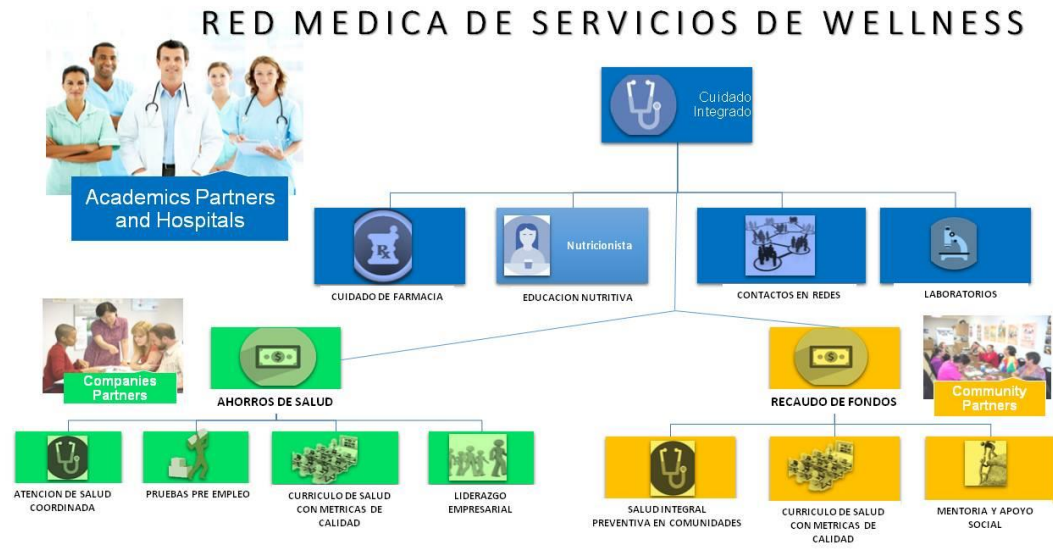


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DE LA MONTAÑA. INC.

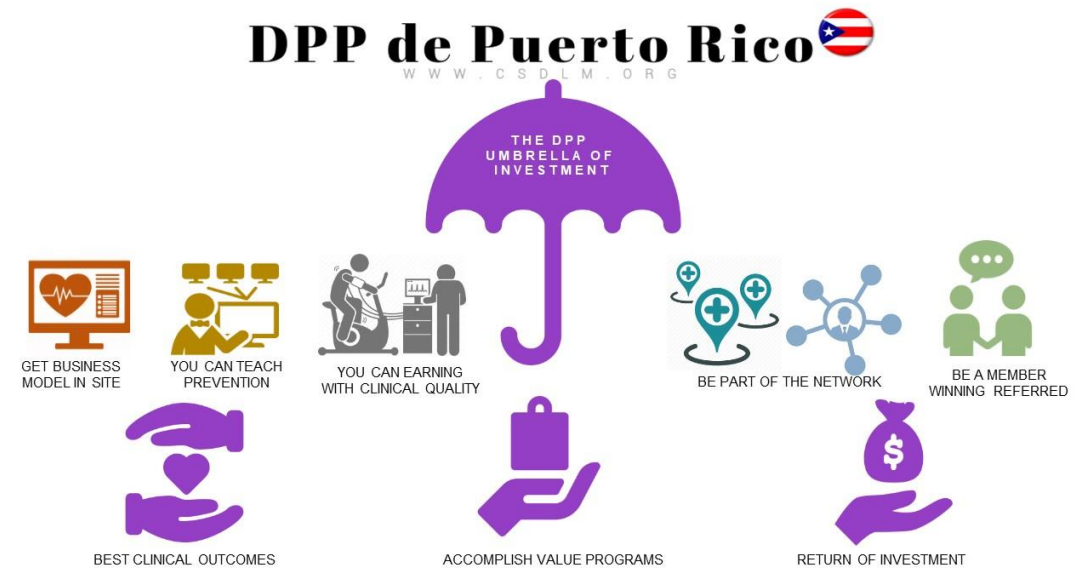


# Dos componentes fundamentales:

## Conexión en comunidades



## Plataforma de Cobertura Digital





The Umbrella  
of Investment

# Investment in Clinical Outcomes EHR and Interoperability

## DPP de Puerto Rico



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### INCLUDING:

- CLOUD SERVICES
- CYBERSECURITY
- RISK ANALYSIS
- STANDARDS AND PROCEDURES
- EMERGENCY RECOVERY DATA
- OFFICE TRAINING
- MONITORING INTRUDERS,  
HACKING & PHISHING



# YOU CAN MASTER ANYTHING

*Stop trying to do everything*

Get rid of your  
perfectionism and live a  
better life from now on



The Umbrella  
of Investment

# Investment in Clinical Outcomes

## Health in the Hand of Consumer



DEVICE  
SECURITY



*Fitbit*



- By Patient

- By Wellness  
Categories Services and Products

The connection of devices that will transform health in Puerto Rico.  
The **Puerto Rico DPP** 🇵🇷 preventive services network standardizes preventive medicine services that are also connected to home devices, alth and medical wellness plans in the United States, Puerto Rico and the Caribbean.



**MICROFIT**<sup>®</sup>  
Health & Fitness System

**DPP de Puerto Rico**   
WWW.CSDLM.ORG

HealthWizard Trial Download

HealthWizard is designed for desktop and laptop computers running Windows OS.



## Create Exercise and Diet Plans for Your Clients

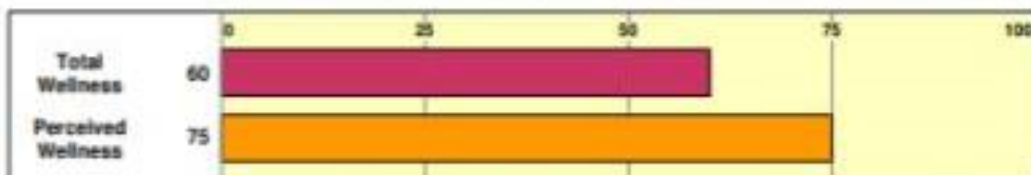
To complement the MicroFit HealthWizard 5 health and fitness assessment profiles we provide two excellent stand-alone software programs to manage your personal training and diet planning activities.





### Your Total Wellness Score

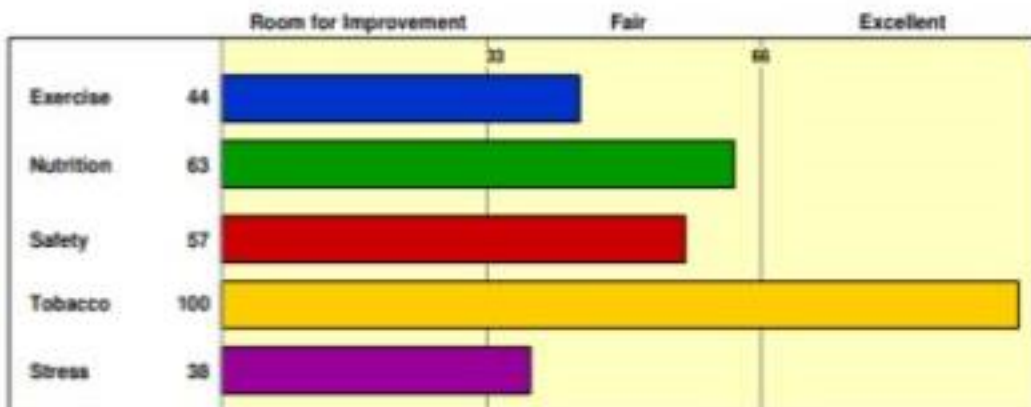
Your Total Wellness Score is a measure of how many healthy activities you are currently doing in the behavior areas of exercise, nutrition, safety, tobacco and stress. Your Perceived Wellness Score shows how many healthy activities you think you are doing. Read this entire report to learn how you can achieve a Total Wellness Score of 100.



You estimated accurately the degree to which you are taking care of yourself. By reading this report you will discover other actions you can take to improve your health.

### Where to Target

When you decide to make behavior changes it is helpful to focus on one behavior area at a time. A common method is to select the behavior area that needs the most improvement. The following sections in this report provide information on how to change your behavior in the areas listed below.



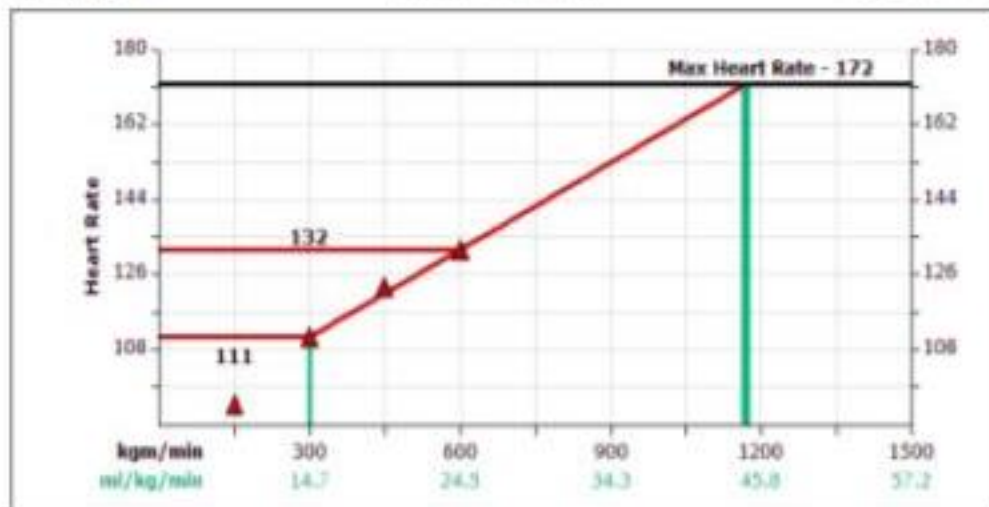
### Your Area of Interest: Stress Management

Another method is to focus on the behavior area you are most interested in. A high level of interest is a motivating factor that will help you achieve success. A successful experience will build your confidence and lead you to try other behavioral changes.

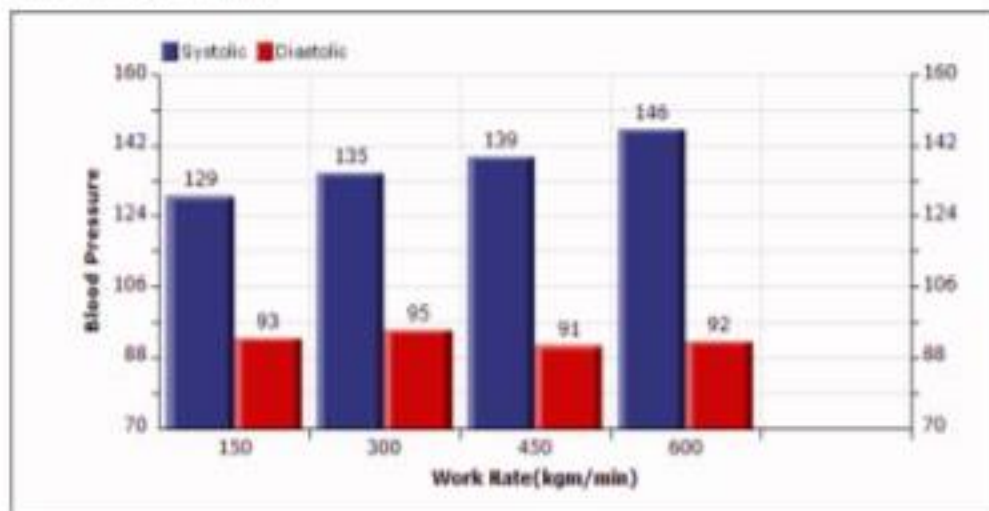
Female, Age 48

Protocol: Bike, MicroFit

Weight: 135.0 lbs



### Blood Pressure by Work Rate





The Umbrella  
of Investment

## Investment in Clinical Outcomes EHR and Interoperability



MICROFIT  
Health & Fitness System

DPP de Puerto Rico

HealthWizard Trial Download



The interoperability capability of the **DPP of Puerto Rico** system includes the exchange of clinical information in any type of EHR and establishes the legal and HIPPA commitments for information exchange within the preventive services program certified by federal government.



# Pilot Prototype In Utuado

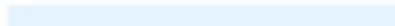
## DPP Intervention Rooms and Lab



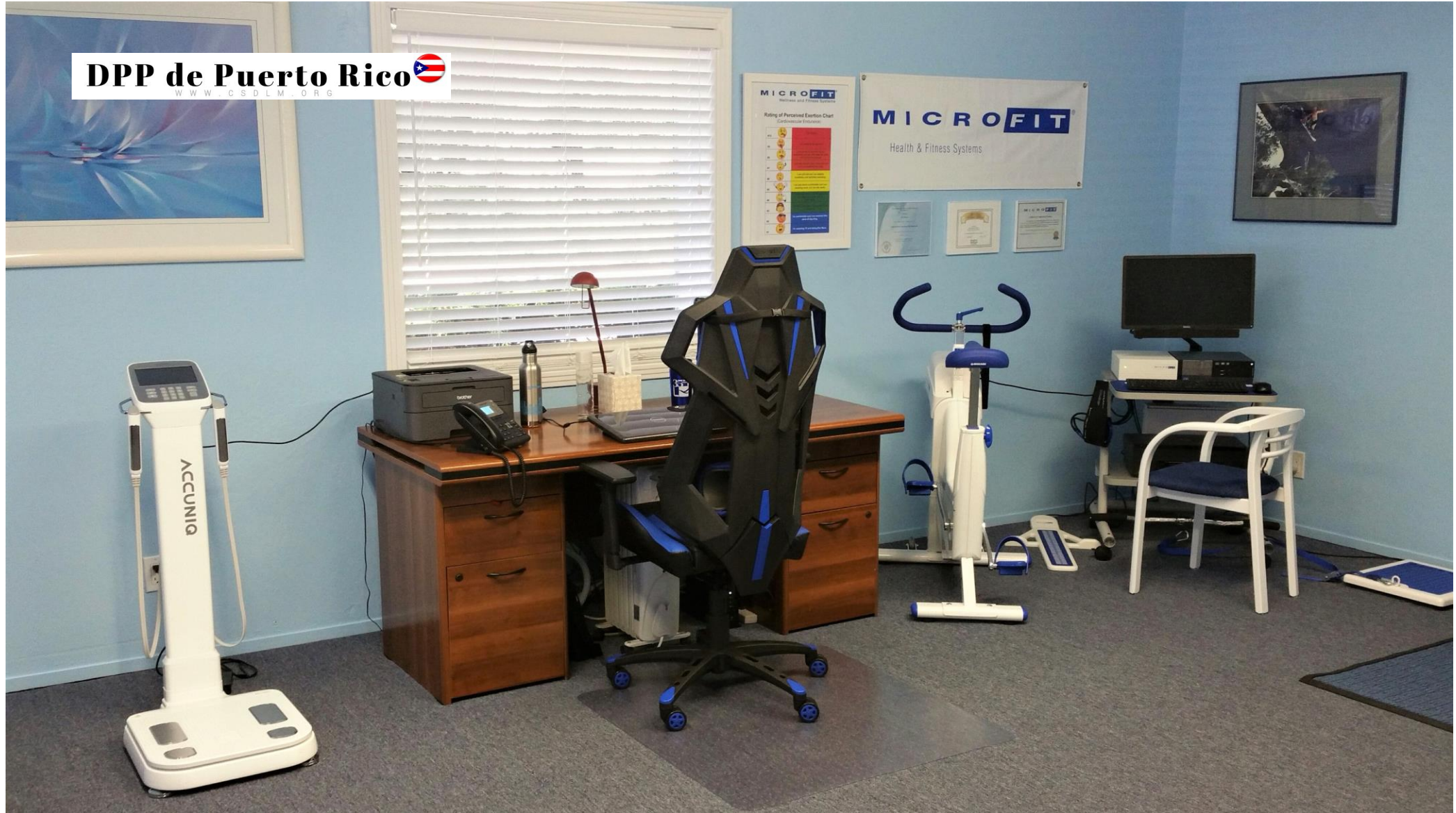
We have Agreement as Community Setting Prototype With El Calvario Church, Utuado



# Preparticipation Health Screening Medical Fitness Laboratory Calvario Church Utuado



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**MICROFIT**  
Health & Fitness Systems

DPSC DIABETES PREVENTION  
SUPPORT CENTER

## The Certification



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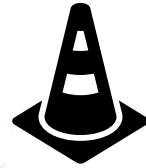
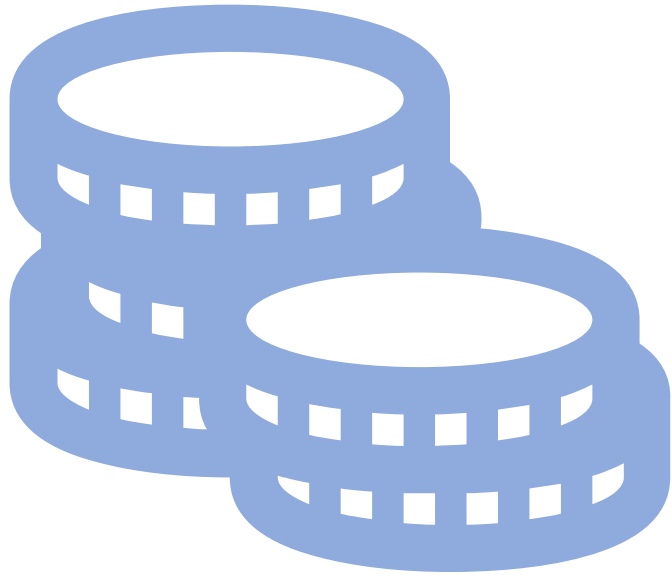
# Fitness Program



DE LA MONT

E

# Ganancias por ingreso per capita



Servicios preventivos



Consejería 11 códigos  
8 SP y 2 Lab.




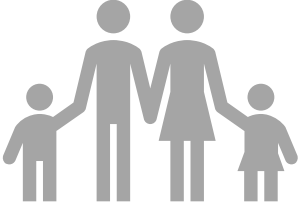



DPP Servicio Preventivo

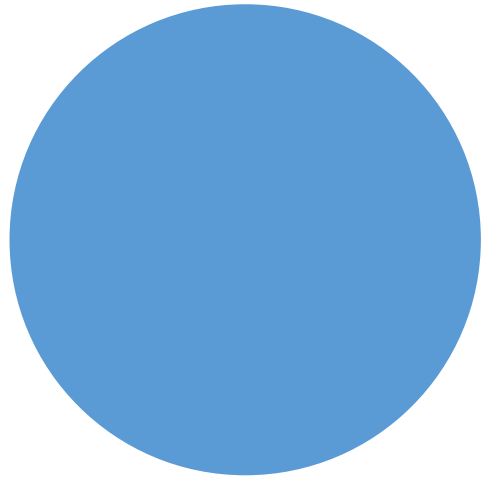


**\$1,344.01 INGRESO PER CAPITA**  
**15% A 30% DE INCREMENTO EN**  
**SU PRÁCTICA**



# Analisis del Mercado DPP en Medicare PR

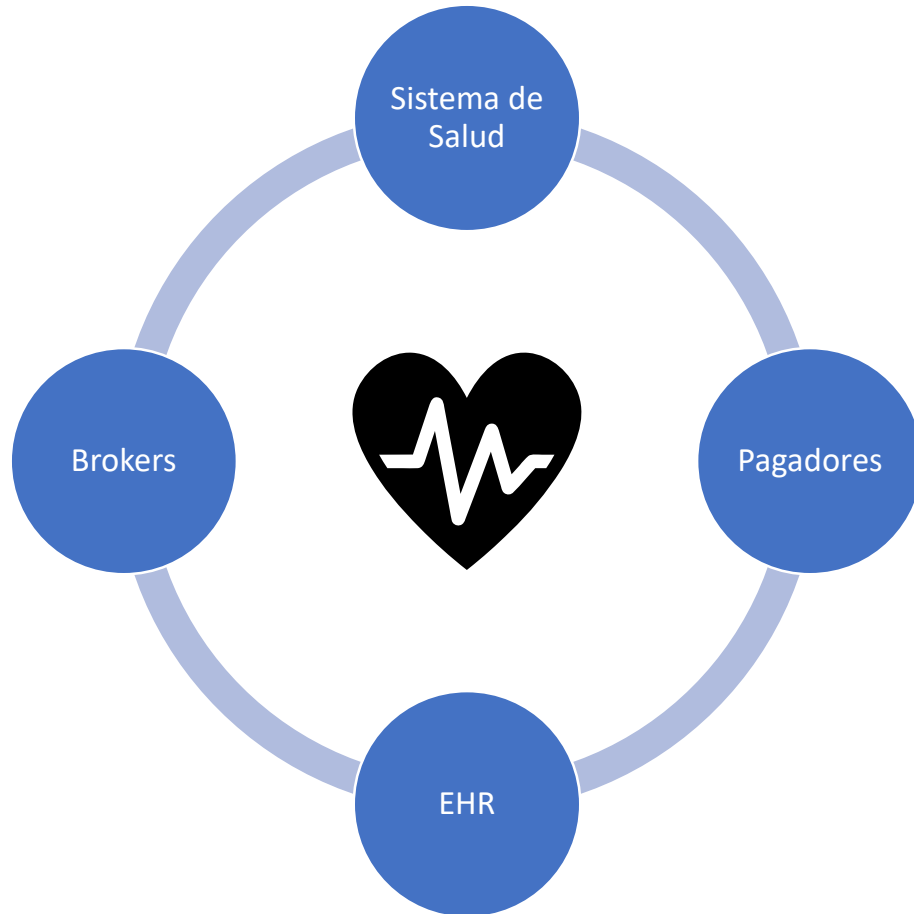
				
<p><b>793,055</b> BENEFICIARIOS</p>	<p><b>37%</b> <b>293,430.35</b> Prediabetes</p>	<p><b>Medicare Advantage</b> <i>PP:208,220.46</i> <i>M:\$139,507,708</i> <i>TAA:\$1.3</i></p>	<p><b>Medicare Tradicional</b> <i>PP: 85,209</i> <i>M: \$57,425,030</i> <i>TAA:\$237,230,00</i></p>	<p><b>Mercado</b> <b>\$1.6 B TAA</b> <b>\$1,2 B Ingr</b> <b>= \$100,000</b></p>



Fondos sin facturar por  
Servicios Preventivos

**\$1 Billón**

# Beneficios para Industriales Pioneros



## ***PROMEDIO DE AHORRO***

*Mejora de ahorros por Diabetes Retrasada o Prevenida \$35,000*

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## DPP Transportation



The pilot includes daily transportation to the program on several rural routes.



## TRANSPORTE INCLUIDO

DPP de Puerto Rico CSDLM Inc.   
[www.csdlm.org](http://www.csdlm.org)  
(787) 698-0073



Comunidad Saludable de la Montaña

**DPP de Puerto Rico**   
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# Mercadeo

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50 ESPACIOS PARA  
DICIEMBRE 2019

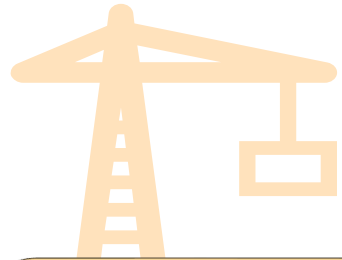


CAMPANA STAT



PRODUCTOS Y SERVICIOS  
ACCESIBLE POR ECOSISTEMA

# 2019 - 2021



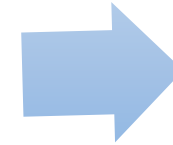
**CONSTRUIR RED  
DE AFILIADOS**  
Certificados,  
Reembolso y en  
Cumplimiento

8 de Mayo de 2019



**Implementar la  
plataforma digital**

9 de Agosto de 2019



**implementar  
sistema  
prevencion**

13 y 14 de Diciembre 2019  
Febrero de 2020 -2021

# DPP NETWORK

**INTEROPERABILIDAD,  
INTEGRACIÓN DE DATOS,  
CALIDAD Y PAGO.**



# Conferenciantes



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and Assistant Professor  
of Epidemiology University of  
Pittsburgh



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Adjunct Associate Professor of Epidemiology  
University of Pittsburgh



Empowered by CSDLM Inc.



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- [WWW.CSDLM.ORG/CONSORCIO](http://WWW.CSDLM.ORG/CONSORCIO)
- TELEFONO: (787) 698-0073