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## **SENIORMETRIX STUDY FINDS INTENSE THERAPY RESULTS IN BETTER OUTCOMES, SHORTER STAYS, LESS REHAB COST FOR PATIENTS**

NASHVILLE, Tenn., October 29, 2004 -- A recent study of nearly 7,000 stroke, orthopedic and heart patients found that intense therapy treatments resulted in advanced patient outcomes and shorter lengths of stay in post-acute care facilities, announced officials today from SeniorMetrix, the leader in predictive modeling and quality management for post-acute care.

The study, published in the September 2004 issue of the *American Journal of Physical Medicine and Rehabilitation* ([www.amjphysmedrehab.com](http://www.amjphysmedrehab.com)) was conducted among patients in 68 different skilled nursing facilities by clinical experts from Simmons College/Boston University and Nashville-based SeniorMetrix. Results of the study suggest that higher therapy intensity, specifically physical, occupational and speech therapy, was associated with shorter lengths of stay and greater functional independence and improvement for patients.

“These findings can have a significant and positive impact on patients, service providers and payers,” said Rick Glanz, Principal of SeniorMetrix. “The study shows that such therapy application can lead to better patient satisfaction and cost decreases, particularly for Medicare + Choice enrollees.”

SeniorMetrix offers health plan providers with real-time, predictive modeling data for optimal case management of members requiring post-acute care. This most recent study further indicates that health plan providers can incorporate more efficiencies in their decision-making systems while improving quality of care to patients and reducing practice variation.

Since 1999, SeniorMetrix has worked with service providers to lower their costs related to post-acute care. Average costs reductions range from 15 to 25 percent per senior member per month. A pioneer in data management, the company’s database of real patient information includes over 150,000 records collected over the past decade from acute hospitals, acute rehab center, skilled nursing facilities and home health agencies. The database helps clinicians and managers make more informed individual patient care decisions on a daily basis, and better aligns patient and provider expectations. The company currently serves clients in California, Maryland, Virginia, the District of Columbia, Colorado and Washington.

**About SeniorMetrix, Inc.**

SeniorMetrix is a privately held firm that supplies predictive modeling data to health plans for optimal case management of members requiring post-acute care. Clinical providers are given access to actual patient data to better plan, manage and evaluate the cost and quality of care. Founded in 1999, SeniorMetrix consists of health care professionals who are experienced in the management of post-acute care. They currently provide services to plans covering more than 600,000 M+C enrollees. For additional information about this research or for a complete copy of the study, contact Reg Warren at 781-740-8933. For more information about SeniorMetrix, call (615) 376-5596.

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