



Open Source Wellness

Community is Medicine

Leveraging the power of community to transform health outcomes and healthcare: Preventing and reversing chronic disease through a clinically-proven, low-cost, long-lasting behavior change program.



MOVE
fun, engaging,
and playful
physical activity



NOURISH
healthy, practical
and sustainable
meals



CONNECT
authentic,
uplifting
peer support



BE
stress reduction,
cultivating
mindfulness

THE PROBLEM

1. Spending for chronic illness accounts for nearly 86% of our national healthcare spending.
2. The most effective ways to prevent and treat chronic disease are behavioral – diet, exercise, stress reduction.
3. Behavioral “prescriptions” like “Exercise more!” or “Reduce your stress!” are ineffective without a delivery system: experiential behavioral support for making sustained lifestyle changes.

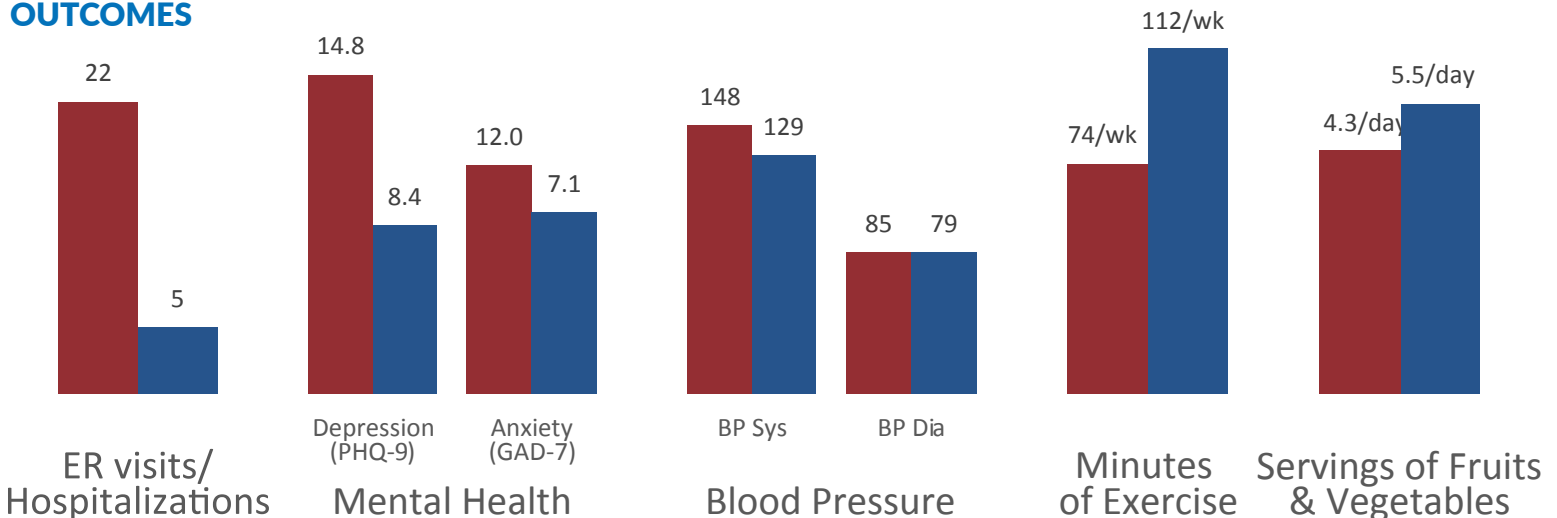
THE OPEN SOURCE WELLNESS SOLUTION: THE BEHAVIORAL PHARMACY

Building on the work of Dean Ornish, the Diabetes Prevention Program, and AHA’s Microclinics, OSW is a *radically affordable, transdiagnostic*, proven approach to addressing chronic disease, including diabetes, cardiovascular disease, depression, and social isolation.

FOUR IMPLEMENTATION MODELS

1. **Clinical:** Workflow-integrated, electronic medical record-integrated, on-site at clinics and hospital campuses.
2. **Community-based:** Open-access, accepts ‘prescriptions’ from multiple healthcare systems.
3. **Housing-based:** Animates low-income housing as a platform for health and wellbeing.
4. **Corporate:** Keynotes, workshops, and series’ to up-level engagement, resilience, and wellbeing for employees and staff.

OUTCOMES



Data from 756 patients in our clinical partnerships with Hayward Wellness Center, Tiburcio Vasquez Health Center, Native American Health Center, Lifelong Medical Care, and Bay Area Community Health, in collaboration with ALL-IN Alameda County.

THE TEAM

Dr. Elizabeth Markle - Co-Founder, Executive Director - Liz@OpenSourceWellness.org

Dr. Benjamin Emmert-Aronson - Co-Founder, Director of Operations - Ben@OpenSourceWellness.org