

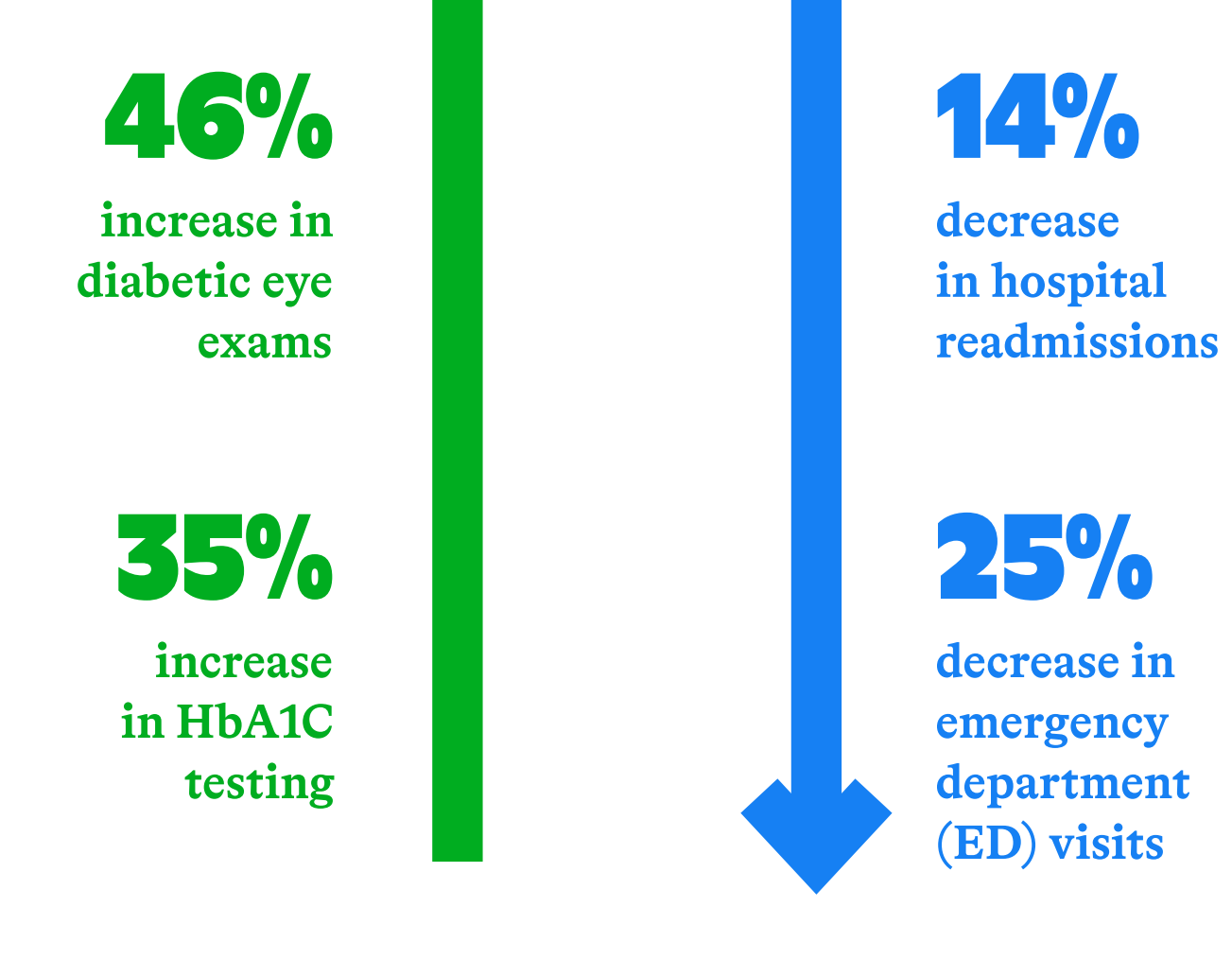
The power of Papa Pals:

Clinical and financial impacts of companion care

Papa created a new kind of care in 2017, bringing vital companionship and support to older adults and families across the country when, where, and how they need it most. In the time since, Papa has touched thousands and thousands of lives. But what has been the impact of this work? Research from Papa and its partners highlight the significant results—and opportunity—of bringing relationships and human connection to health and health care.

Papa delivers cost savings in Medicaid

Proactively addressing social drivers of health with a social support model also improves health care utilization.



Methodology

Meridian Medicaid members aged 45+ with a high rate of ED utilization across Michigan were eligible for participation in Papa. Analysis compared data from before program enrollment to data six months post-enrollment. Results represent “active” members (163), who had at least one Papa visit during the pilot period (May-October 2021).

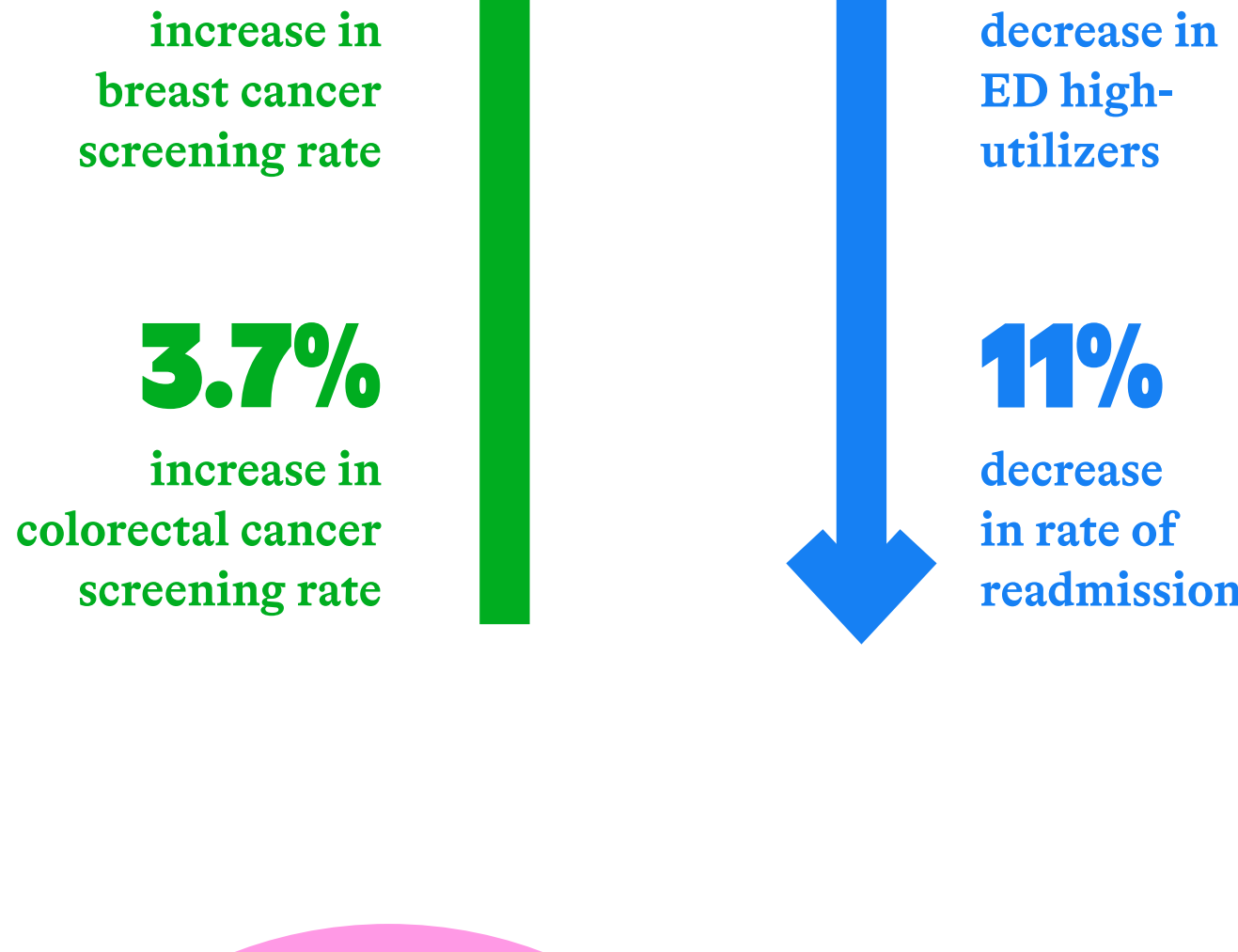
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DID YOU KNOW?

The average cost of treating 10 common primary care treatable conditions at a hospital ED is 12x higher than visiting a physician’s office and 10x higher than going to an urgent care center.¹

Papa improves health care utilization in Medicare Advantage

Social companionship service reduced readmissions and frequent visits to the ED.



Methodology

Claims-based analysis conducted by a leading actuarial firm used data from SummaCare on 1,420 Medicare Advantage members engaged with Papa’s services. Results represent members who had at least one visit with Papa in 2021 and had historical claims data from 2019. Papa participants were compared to a matched cohort of SummaCare members who did not use Papa’s services (members were matched one-to-one using a validated risk scoring model).

[read more](#)

DID YOU KNOW?

Lonely people are admitted to hospital emergency rooms 60% more often than their non-lonely counterparts.²



A steady rise in severe loneliness

Loneliness isn’t slowing down with the pandemic. We must treat loneliness like any other chronic condition requiring intervention.



Methodology

Analysis included members from Medicare Advantage plans that were active with Papa January 2020 through March 2022. 11,037 members were assessed at enrollment using UCLA Three-Item Loneliness Scale and CDC’s Healthy Days Measure.⁴

DID YOU KNOW?

Unhealthy days are associated with multiple chronic conditions and predict both hospitalization and mortality.⁵



Papa reduces loneliness among older adults

Interventions to prevent chronic loneliness can improve health and quality of life.



For that 60%, the number of mentally unhealthy days reported by members decreased by 6.2 days and the number of physically unhealthy days decreased by 2.1 days.

Methodology

Analysis included adults ages 65+ who were active in Papa in 2021 and provided follow-up data. A total of 435 participants, out of 2,650 participants identified as lonely at baseline, were successfully contacted to collect complete follow-up data. Surveys occurred January through September 2021 and assessed outcomes using UCLA Three-Item Loneliness Scale and CDC’s Healthy Days Measure.⁶

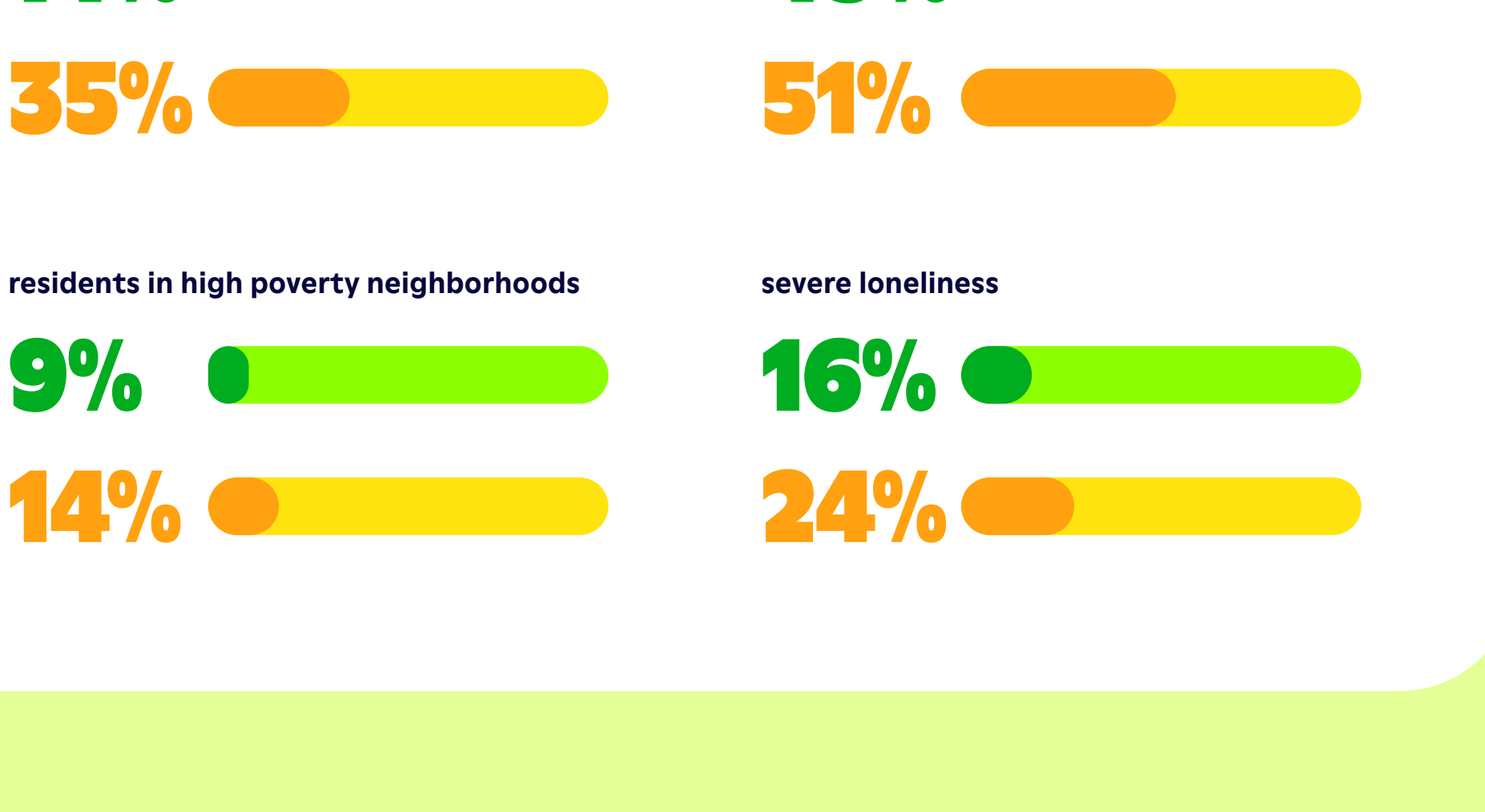
DID YOU KNOW?

Individuals living with disabilities, residing in communities of color, or reporting a high burden of physically unhealthy days are at highest risk of loneliness.⁷

Papa is a pathway to address health disparities

Members of Dual Eligible Special Needs Plans (D-SNPs) experience higher rates of severe loneliness and a greater burden of unhealthy days than Medicare Advantage (MA) members.

Differences in MA and D-SNP members:



Methodology

Data included 15,790 Medicare Advantage and 2,865 Dual-Eligible Special Needs Plans (D-SNP) members who answered Papa’s enrollment phone call survey. Surveys occurred January-March 2022 and assessed loneliness using UCLA Three-Item Scale and CDC’s Healthy Days Measure.

[read more](#)

Papa meets people where health happens—in homes and in communities—to create a much-needed bridge between medical and non-medical support and address the social factors that impact upwards of 80% of health outcomes.⁸

Discover why leading health plans and employers choose Papa to support members and employees, differentiate from the competition, and curb costs. Contact us at hello@papa.com or for media inquiries, at press@papa.com

1. UNITEDHEALTH GROUP
2. NIH
3. AARP
4. MCHAMARRA JC AND RUDY ET. THE RISE OF LONELINESS: TRENDS AMONG ALABAMA MEDICARE ADVANTAGE ENROLLERS OVER THE COURSE OF PANDEMIC. PRESENTED AT GERONTOLOGICAL SOCIETY OF AMERICA ANNUAL SCIENTIFIC MEETING, NOVEMBER 5, 2022, INDIANAPOLIS, IN
5. CDC
6. MCHAMARRA JC AND RUDY ET. COMPANIONSHIP TO ADDRESS QUALITY OF LIFE AND LONELINESS AMONG OLDER ADULTS WITH SEVERE LONELINESS. PRESENTED AT GERONTOLOGICAL SOCIETY OF AMERICA ANNUAL SCIENTIFIC MEETING, NOVEMBER 5, 2022, INDIANAPOLIS, IN
7. PAPA
8. ALPMA