

# Refuse To Retire on Life



## Value of Life Care Management

Lifesprk is for those who choose to stay in control and refuse to retire on life. Life Care Management goes beyond traditional senior care with a whole person approach for the ultimate in care and guidance whether you need short-or long-term support or just want to prevent the need for care. And our proven results of reducing ER visits by 47.8%\* and hospitalizations by 56.8% keep you living healthier, independent lives longer.

### Benefits of Lifesprk's Life Care Management – Why It Works:

- **90% of the factors that shape poor health outcomes are due to reasons other than health and yet few healthcare options address these.** Life Care Management (LCM) proactively goes beyond a medical focus using the 7 elements of wellbeing to keep costs down long-term and achieve individual goals. (see more at [lifesprk.com](http://lifesprk.com))
- **60% of people who are living in the community with difficulty and receiving paid home care report an adverse consequence associated with unmet needs.** Why? Traditional private-pay home care and caregiving services don't go far enough to improve outcomes. Lifesprk's LCM is a nurse who gives seniors and their families proactive guidance, not just nursing oversight, and works directly with families as one central point of communication for the senior, family, and health providers.
- **Safeguards you from draining your financial resources.** Medicare doesn't cover everything and most of the care for Alzheimer's and stroke, just two examples, isn't covered. Alzheimer's disease has a 10-year trajectory and only the acute health issues are covered, not the day-to-day support. According to the National Stroke Association, of Minnesotans aged 65+, 7.2% have had a stroke - making stroke the leading cause of long-term disability.
- **100% satisfaction guarantee where no shift goes unfilled.** With many traditional providers, every time the caregiver calls in sick, the burden usually falls back to the family. In addition, seniors/families still have to coordinate medications, get to different doctor appointments and manage the different instructions from each of them. The LCM model provides that missing coordination and ongoing guidance - so if a caregiver calls in, we fill it, not you.
- **Reduces the need for care.** The goal shouldn't be to continue services for as long as possible. Most home care services aren't designed to methodically work to reduce the amount of care a senior needs but Lifesprk's LCM model does.

Find out how Lifesprk can help safeguard your retirement dollars and your independence:

**Call 24/7 at 952-345-0919**

or visit [www.lifesprk.com](http://www.lifesprk.com)

*\*Data for hospitalization and ER reductions reflects 2017 outcomes*



## Surprising Cost of Care: Did You Know?

- Average monthly health care costs for specific types of care in Minn:  
(Source: Genworth 2017)
  - NH semi-private room: \$8,174
  - Homemaker services: \$4,957
  - Adult day health: \$1,788
  - Lifesprk clients: \$2500
  - Lifesprk LCM only: \$365
- Total estimated lifetime health care costs for healthy 55 year couple retiring in 10 years (premiums only): \$463,848  
(Source: Allianz, Rising Health Care Costs)
- Average hospital stay for one person aged 65 to 84 can cost \$12,600.

Medicare doesn't cover what you think it will. And you don't have to wait until a health crisis to protect your health and independence. Starting now will help you protect both your wealth and health.