

Building Community through the Power of Dance



ZUMBA[®] FITNESS

Melissa B. Bless

Managed Care Utilization Data Analyst & Zumba Coordinator for Sea Mar

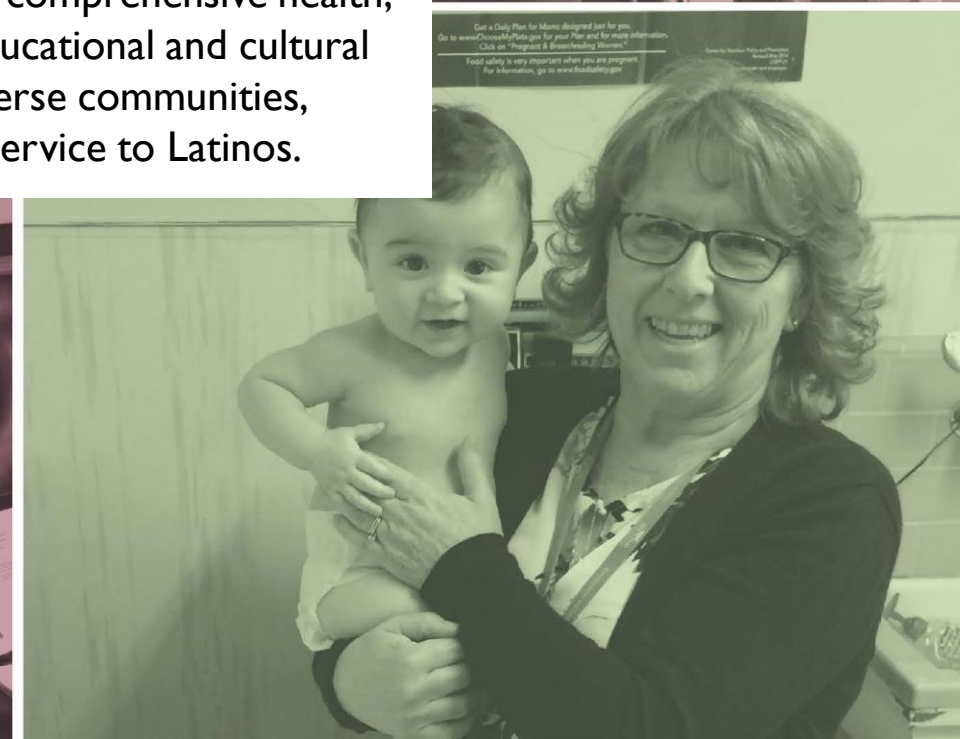
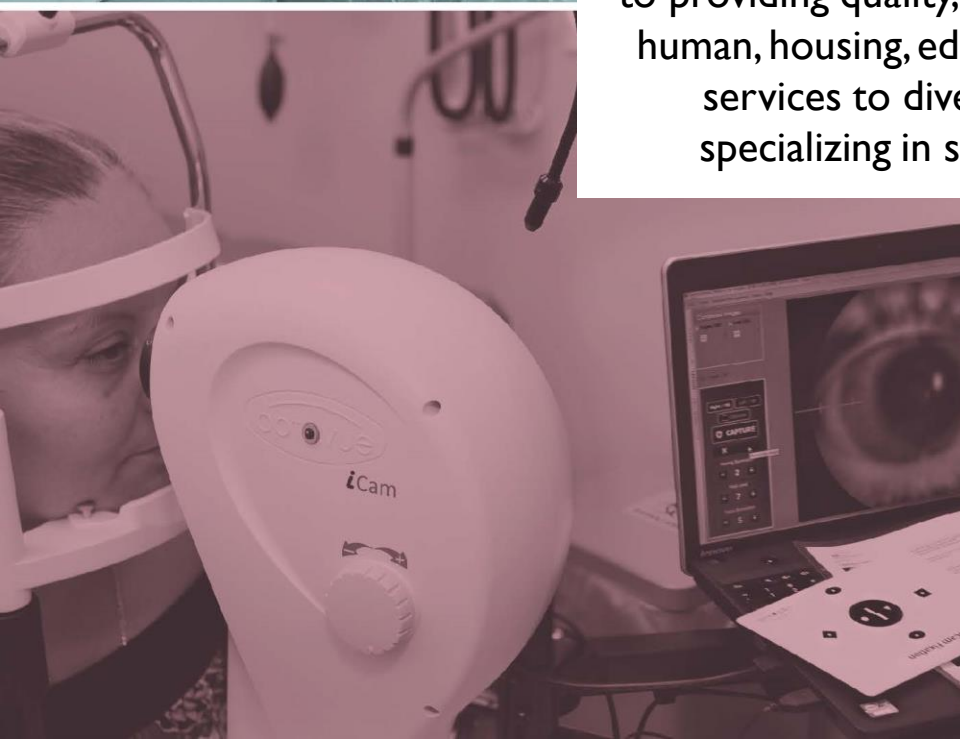
Sea Mar
Community Health Centers
Clínica de la Comunidad
Exceptional service. Every person. Every time.



MISSION



Sea Mar Community Health Centers is a community-based organization committed to providing quality, comprehensive health, human, housing, educational and cultural services to diverse communities, specializing in service to Latinos.



Community health centers provide multiple services under one roof, which saves time and money for patients and families.

As a patient-centered medical home that places a high priority on integrated care, Sea Mar co-locates many of its services. Sea Mar's **80+** physical locations are home to the following services:



Sea Mar Managed Care Department

The Managed Care Department leads all of Sea Mar's outreach events and strategizes different ways to make services and resources known and easily accessible to our low-income and underserved communities.

Services:

- Enrollment Assistance per county
- In Clinic CSR at all facilities
- Coordination of Events and outreach with CRN's at all facilities
- Scheduling Appointments for our Managed Care Population
- Partnership with Health Education Program to offer FREE Zumba Classes to the community

Staff:

- Managed Care Director – Ana Owens
- Patient Contact Center
- Community Resource Navigators
- Customer Service Representatives
- Utilization and Data Analyst
- Health Informatics and Metrics Project Coordinator
- Regional Coordinators

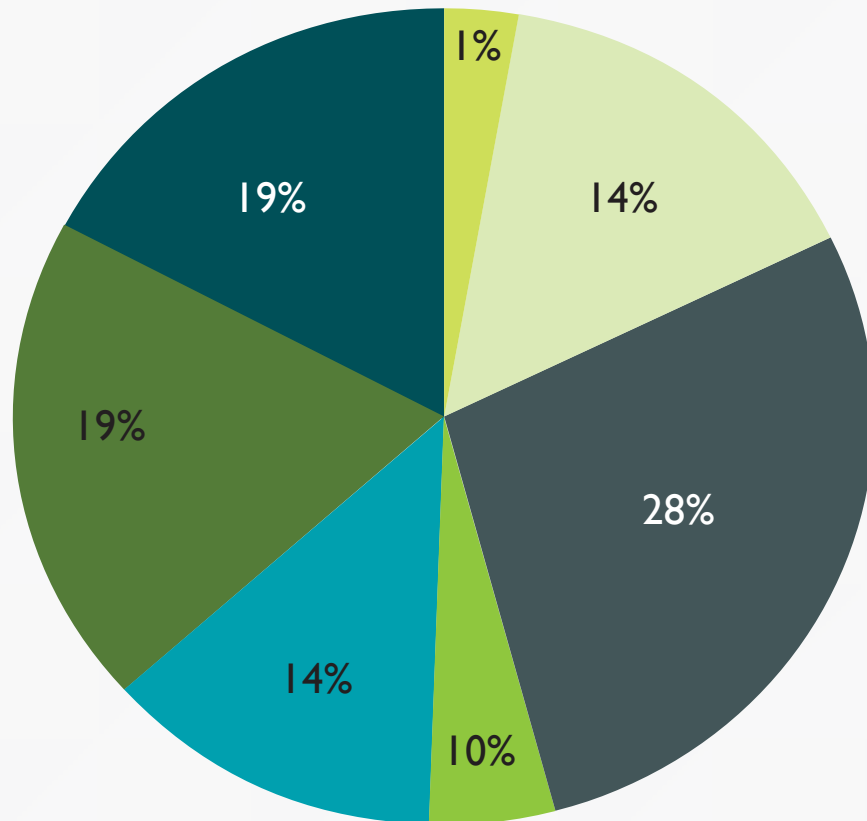
Sea Mar Managed Care Department

“May you be blessed with anger at injustice, oppression and exploitation of people and the earth, so that you will work for justice, equity and peace.”

This is our the team’s spirit as we are out in the community every day - we strive to fight for the well-being of all our patients and community members, while still holding respect and sensitivity of all cultural and socio-economic backgrounds.

Sea Mar Patient/Client Profile: Visits

Total Patient and Client Visits: 1,326,904

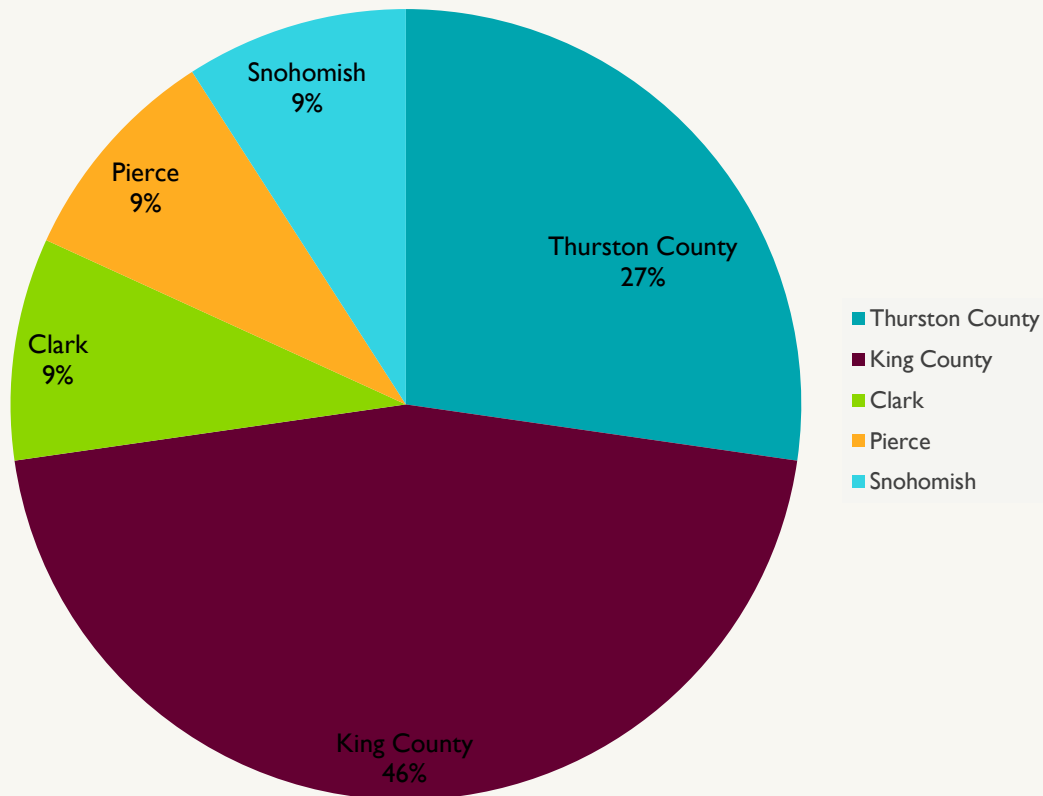


Services Provided

Medical	28%
Dental	19%
Behavioral Health	14%
Preventive Health	19%
Assisted Living, Home Care, Senior Services, Nursing Home	10%
Education	1%
Other Support Services	14%

Zumba Outreach at Sea Mar

Zumba Outreach per County 2018



Total Zumba classes offered in
2018:
9 classes

Total Zumba classes offered in
2019:
11 classes

In 2018 we have had an estimated growth of 22%
Estimated attendees 5,879

Fact: People love Zumba!

Actually –
THEY DON'T JUST LOVE IT, THEY LIVE IT.



180
Countries



15 Million
People



200,000
Locations

“Esta clase es una clase muy buena para la salud, la cual tambien ayuda a quitar el estres. Los cambios positivos me han ayudado a quitar el estres.”

- Paciente de Sea Mar.

“A positive, relaxing time to get rid of the stress and a fun way to exercise. This class/instructor is very empowering to better self-esteem.”

– Sea Mar Patient.

**Music brings us together and
breaks down barriers so let's...**



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