

Evidence of Investment Improvement in

Community Health Outcomes

Vail Health HCBA Report

1. Free or Discounted Health Services

Items included here:

- Charity Care - Financial Assistance at Cost
- Cost of Medicaid

According to Healthy People 2030, people frequently forgo the health care services they need because of high costs, lack of insurance, and distance of available health care. To help ease the burden for community members, Vail Health provided hospital discounted care (HDC) and financial aid for 455 patients in 2023, including 360 HDC patients and 95 FA approved patients. Vail Health actively meets with policy makers at the state and federal level to discuss and support various healthcare policies that support enhancing access to care. Vail Health's Community Outreach Program provided 460 Medicaid enrollment referrals in 2023, including 247 submitted applications by families and 328 lives approved. Vail Health provided rent and logistical support to Mountain Family Health Center, the local Federally Qualified Health Center, for the opening of two new locations in Avon and Gypsum.

2. Behavioral Health

Items included here:

- Support Group/Cancer
- Eagle Valley Behavioral Health Contribution

Provided more than 3,000 sessions to cancer patients via Vail Health Shaw Cancer Center's Spirit of Survival survivorship programing, a comprehensive wellness program that addresses the physical and emotional effects of cancer, long-term health goals, and the impact of cancer on day-to-day life. Recognizing behavioral health is the gateway to addressing whole person health, Vail Health expanded its Behavioral Health service line (VHBH) with the addition of 23 licensed providers that now all accept commercial insurance and governmental programs. In FY23, VHBH provided approximately 15,000 unique behavioral health sessions, including 5,500 psychiatry sessions, more than 8,300 therapy sessions, and 1,200 integrated behavioral health sessions. Additionally, Vail Health centralized all behavioral health services within the Edwards Community Health Campus, conveniently located in the middle of the Eagle River Valley. On the campus, Vail Health launched the Wieggers Mental Health Clinic, providing high acuity outpatient behavioral health services; built out 12 additional outpatient offices for clinic engagement and

case management; and began construction on the new Precourt Healing Center, a 28-bed regional inpatient behavioral health facility which opened in spring of 2025. Also located on the campus are services provided by community partners of The Community Market (food bank) and My Future Pathways (an educational assistance program for students from low-income families). Vail Health is committed to the behavioral crisis, which is particularly prevalent in our mountain community. Our support of Eagle Valley Behavioral Health promotes increased access to behavioral health services and community support and education related to behavioral health.

3. Social Determinants of Health

Items included here:

- Cancer Education
- Consumer Health Library
- CPR/First Aid/Stop the Bleed Classes
- Comm Education/Lectures
- Parenting/Family/Sibling
- School based education - Sun safety
- Self Help/Injury prevention
- Transpo/Car Seat Safety Program
- Water Safety
- Women's Health Education
- Cash donations to community organizations
- In-kind donation to 501(c)(3) organization United Way of reduced rent
- In-kind donation of meeting room space to community 501(c)(3) not-for-profits
- Other related patient expense - transportation, clothing, etc

Through a collective impact model, Vail Health and its partners are able to help improve the health and wellness of our community members. Supporting other community nonprofits through cash and in-kind donations is a key component of moving the needle. In FY23, Vail Health provided \$15M in cash donations to community partners. Additionally, through its joint venture partnership in the Vail Valley Surgery Center, Vail Health donated \$150,000 to community initiatives through VVSC in FY23. Vail Health supported a variety of local initiatives

with partners such as, Bright Future Foundation, Eagle County School District, Your Hope Center, the Cycle Effect, the Community Market, and in Summit County, new support of Family Resource and Intercultural Center (FIRC) and the Summit Foundation. Through Vail Health's trauma team, more than 80 life jackets were provided at complimentary rental stations in high-traffic water-access areas of Sylvan Lake and Eagle River Park. 'Stop the Bleed' educational classes were taught by the Vail Health Emergency Department and Trauma Staff free to the public, training 550 teens and adults in the life-saving technique. The Vail Health Trauma Services team also educated almost 3,000 middle school students via Skier Safety classes. The Vail Health Emergency Department also helped conduct 155 car seat safety checks for parents prior to taking their baby home from Vail Health Hospital. Vail Health partners with the emergency medical services in Eagle County to educate 200 students during the summer at Camp 911. Vail Health also funds the STEM Project Lead the Way curriculum for students. ThinkFirst program distributed just over 800 free bike helmets to kids and ski helmets (adults). By partnering with Eagle County School, Vail Health Shaw Cancer Center Sun Safety program educated over 1,300 students on sun protection. Vail Health supports the Education Foundation of Eagle County by offering 12 teachers funding for their STEM grants to enhance their real-world classroom teachings. Vail Health helped improve access to healthier food through financial support and partnership with Community Market in Eagle County and the Family and Intercultural Resource Center in Summit County. A donation to the Vail Valley Charitable Fund helped seven patients with living expenses, including rent and utilities. Vail Health partnered with Mobile Intercultural Resource Alliance (MIRA) on a bi-lingual Breast Cancer Awareness talk with 30 locals in attendance. A partnership with Mountain Youth led to the successful continuation of Eat Chat Connect, a series hosted in both English and Spanish, which strives to educate parents, provide healthy meals, and build understanding around youth development, as well physical and mental health.

4. Community Based Health Care

Items included here:

- Education: Senior Citizens
- Fitness/Exercise
- Health Fairs
- Immunization/Adult
- Nutrition/Weight Management
- Screenings-School based (Sports Physicals)
- Screening/skin cancer

- Diversified Services Unrestricted Contribution
- The Steadman Philippon Research Institute (recognized globally for its pioneering research in osteoarthritis, healing, surgery, and injury prevention and rehabilitation).
- Project Cure

Vail Health supports the Home Health Collaborative through Eagle County Paramedic Services Community Paramedics. The Vail Health Family Birth Center partnered with Eagle County Family Connects to expand home visitation with new families, ensuring patients feel supported through their post-discharge services. Out of Family Connects 218 total home visits, 183 were scheduled at the bedside of the patient before they left Vail Health. Vail Health supports continued cutting-edge medical research with more than 60 studies happening through its funding of Steadman Philippon Research Foundation. These studies are focused on orthopaedic and cancer patient outcomes across multiple age groups to improve mobility and reduce pain. Vail Health provides two certified athletic trainers to ensure high school athlete safety during sporting events. Vail Health offered 220 high school athletes free pre-sports physicals. Vail Health partnered with the Sun Bus to offer 47 skin screenings. Vail Health Shaw Cancer Center offered more than 1500 fitness and exercise sessions to cancer patients at no charge. Vail Health hosted community running and mountain biking clubs open to the public, which provided group fitness opportunities for more than 150 people. In partnership with Mobile Intercultural Resource Alliance (MIRA), 60 people took advantage of the free bi-lingual fitness classes offered this year. For the aging population specifically, Vail Health provided 27 balance/tai chi classes in FY23 and also partnered with Eagle County Healthy Aging on the Aging Well Expo, which offered a health screening and resource fair to more than 100 aging adults in Eagle County. Vail Health's Cardiac Rehabilitation fitness and nutrition program provided more than 1,000 patient sessions to aid in patient recovery from cardiac events and reduce patients' risk of further heart disease. In conjunction with its primary and specialty care partner, Colorado Mountain Medical, Vail Health contributions allowed for expansion in Endocrinology and other specialty services. Additionally, Vail Health's program support of VVMC Diversified Services brings much-needed specialty healthcare such as Cardiovascular, Pulmonology, General Surgery, Plastics and Breast Surgery.

5. Provider Recruitment, Education, Research and Training

Items included here:

- Medical students, Interns, Residents and Fellows
- Nursing Education
- Other Allied Health Professions

- Research

- In-kind donation to 501(c)(3) organizations Vail Summit Orthopedic Foundation and Steadman Philippon Research Institute of reduced rent

A Patient Care Tech and Clinical Assistant 12-month training program for local workforce was created in FY23. Internships, residencies, and fellowships are provided across the organization, resulting in five Howard Head High School Internships, two Orthopedic Physical Therapist Residents, two Sports Physical Therapist Residents and one Certified Hand Therapist Fellowship. A job shadow program provides learning opportunities for 50 local students annually. Additionally, a clinical setting was provided for 59 students enrolled in healthcare education, including nursing, certified nursing assistant, surgical tech, CT tech, lab and pharmacy. Vail Health's support of research that seeks to improve and optimize orthopaedic patient outcomes aligns with this community benefit through its impact on expediting healing, facilitating aging in place, and promoting healthy lifestyles through improved mobility and pain reduction. Vail Health supports continued cutting-edge medical research with more than 60 studies happening through its subsidized rent funding of Steadman Philippon Research Foundation in order to allow them ample space to perform studies. Shaw Cancer Center ran clinical trials and research studies, during which 580 patients were enrolled in at least one study and followed by the Shaw research team during FY23. Vail Health staff submitted multiple research papers for professional journals, including three research papers written by Howard Head Sports Medicine staff published in medical publications focusing on: criteria-based progression after revision hip labral surgery; return to activity following ankle surgery; and shoulder strength related to active aging.