



HERO FORUM²⁰²³
Doing Well by Doing Good:
How Responsible Organizations are
Addressing Societal Challenges

**Unlocking Authentic Community: Navigating Digital Solutions for Connection and Prevention
(Sponsored by Bernalong)**

Kaleigh France, DNP, FNP-BC, BlueZone Medical; Daniel Freedman, Tivity Health

With an increasing workload and limited time with patients, at times providers are forced to take a reactive approach to addressing patients' symptoms and prevalent chronic conditions. Coupled with an ongoing national mental health crisis and a non-regimented health routine, employees, and patients, suffering from years of social isolation and loneliness, need supportive communities and tools that facilitate a healthy lifestyle at home. Join Dr. Kaleigh France as she shares her community-driven approach that connects employers, their employees, hospitals and even health plan members to a digital community with a built-in support system addressing social isolation head on. Discover how she takes a proactive approach to healthy living by prescribing more "activities" and less medication and how social support elements increase user engagement by 2.5 times.

Learning Objectives

After completing this session, participants will be able to:

1. Describe how patients, members and employees can gain access to digital content that meets and supports them wherever they are on their wellness journey.
2. Prioritize authentic connections to create flourishing communities (yes, even digitally) that drive meaningful engagement.
3. Equip healthcare workers with tools to take proactive and preventative care approaches that drive favorable outcomes.

.5 CEU

[View Slides](#)

[Take Session Survey](#)