

Building Community through the Power of Dance



ZUMBA[®] FITNESS

Melissa B. Bless

Managed Care Utilization Data Analyst & Zumba Coordinator for Sea Mar

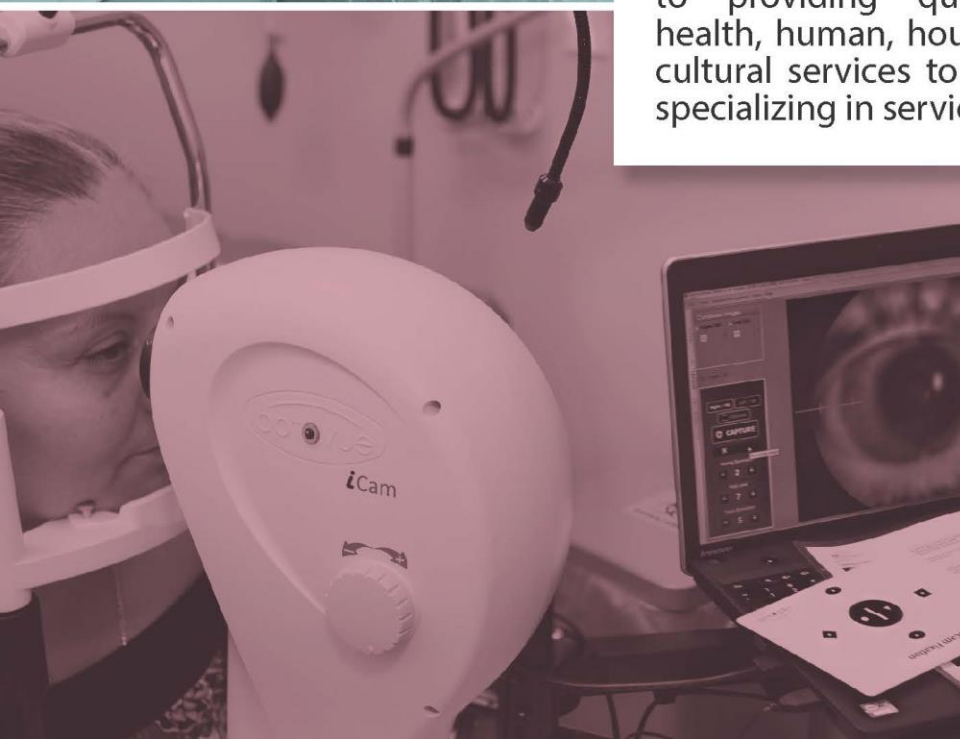
Sea Mar
Community Health Centers
Clínica de la Comunidad
Exceptional service. Every person. Every time.



MISSION

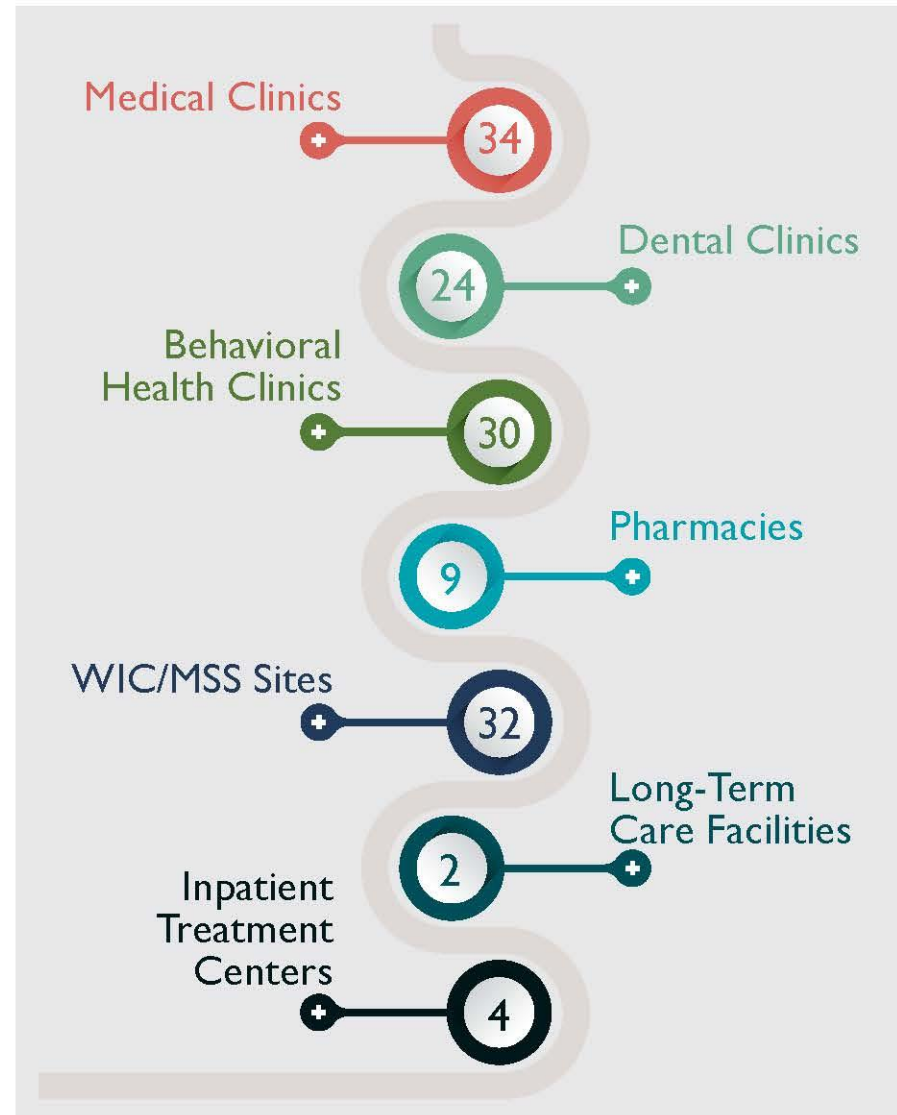


Sea Mar Community Health Centers is a community-based organization committed to providing quality, comprehensive health, human, housing, educational and cultural services to diverse communities, specializing in service to Latinos.



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 81 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 – Harry Franqui
- Program Manager – Esteban J. Porras
- Patient Contact Center
- Community Resource Navigators
- Customer Service Representatives
- Utilization and Data Analyst
- Regional Coordinators.

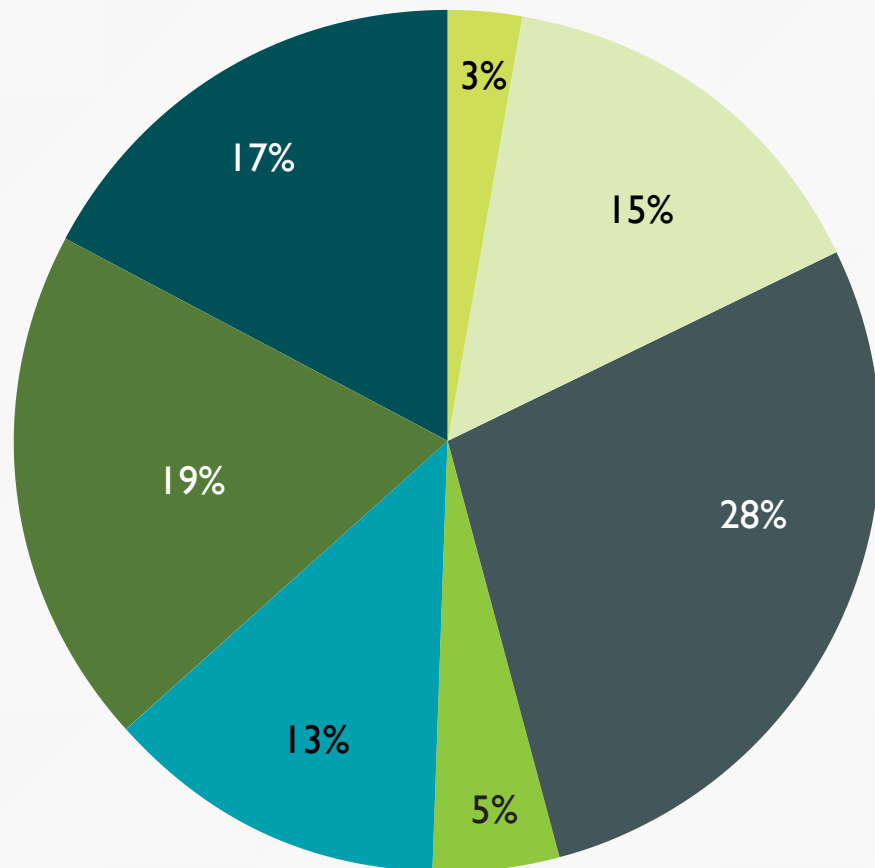
Sea Mar Managed Care Department

“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: 1,334,040



Services Provided

Medical 28%

Dental 17%

Behavioral Health 13%

Preventive Health 19%

Assisted Living, Home Care,
Senior Services, Nursing Home 5%

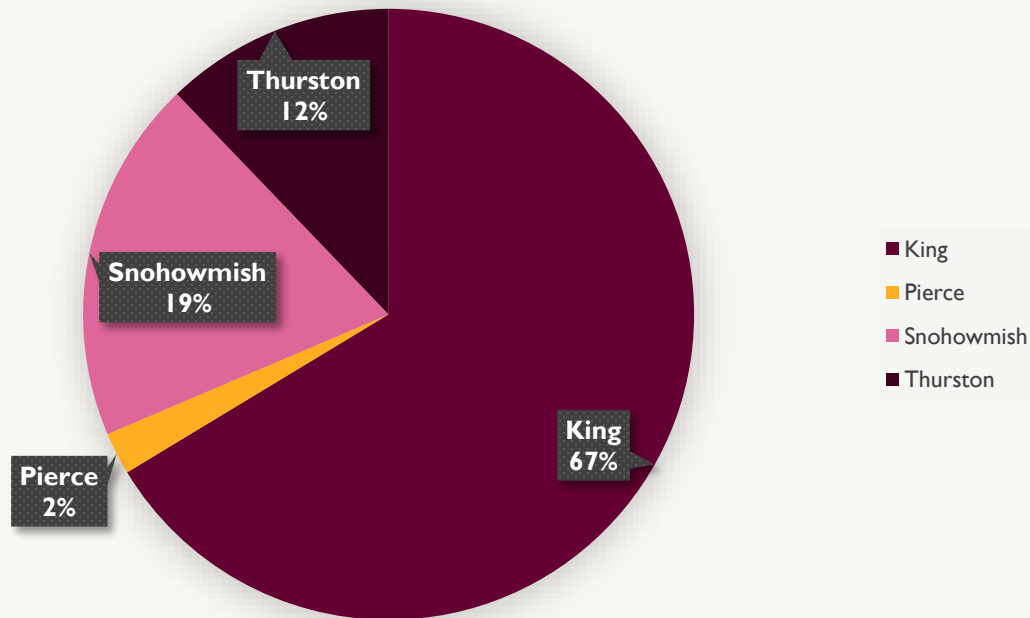
Education 3%

Other Support Services 15%

- Data is for fiscal year from April 2016 thru March 2017

Zumba Outreach at Sea Mar

Zumba Outreach per County 2018



Total Zumba classes offered in 2015:
2 classes

Total Zumba classes offered in 2018:
9 classes

From 2015 to 2018, we have had an estimated growth of 458%

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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