

Final Evaluation Report

Title: Evaluation of the Medicare Lifestyle Modification Program Demonstration, Schneider Institutes for Health Policy, Brandeis University, April 30, 2009

The following documents comprising the final report are contained in the compressed zip file named MPS_FER.zip:

Executive Summary – Evaluation of Lifestyle Modification and Cardiac Rehabilitation in Medicare Beneficiaries (52 pages)

Appendix A.1 – Impact and Cost Effectiveness of the Medicare Lifestyle Modification Program Demonstration (32 pages)

Appendix A.2 – Recruitment into Lifestyle Modification Programs: A Cross-Atlantic Perspective: Abstract (2 pages)

Appendix A.3 – Effects of the Medicare Lifestyle Modification Program Demonstration on Cardiac Risk and Quality of Life (22 pages)

Appendix A.4 – Perspectives from a Beneficiary Survey: Enrollment into Lifestyle Modification Programs (18 pages)

Appendix A.5 – Effectiveness of Lifestyle Modification Programs in Changing Behaviors of Elders (25 pages)

Appendix A.6 – Costs of Cardiac Rehabilitation and Enhanced Lifestyle Modification Programs: Abstract (2 pages)

Appendix B.1 – Use of Cardiac Rehabilitation by Medicare Beneficiaries after Myocardial Infarction or Coronary Bypass Surgery (20 pages)

Appendix B.2 – System Level Factors and Use of Cardiac Rehabilitation (12 pages)

Appendix B.3 – Cardiac Rehabilitation and Survival in Older Coronary Patients (24 pages)

Appendix B.4 – Cost-Effectiveness of Cardiac Rehabilitation in Older Coronary Patients (24 pages)

Appendix C.1 – the Economics of Cardiac Rehabilitation: A Review of Literature (16 pages)

Appendix C.2 – Disparities in Utilization of Cardiovascular Treatment by Gender, Race and Ethnicity: Opportunities for Prevention (13 pages)

Appendix C.3 – Benefits of Stress Management in Coronary Heart Disease (43 pages)

Appendix C.4 – Systematic Review of Multifactorial Lifestyle Modification for Coronary Heart Disease (27 pages)

Appendix D.1 – Quality Monitoring and Review: Medicare Lifestyle Modification Program Demonstration Final Report, Delmarva Foundation for Medical Care, April 30, 2009 (81 pages)