

Community of Healing



PORTRAITS FROM THE WHOLE-PERSON SPECIALTY CARE MOVEMENT

Photography by Tariq Tarey



TARIQ TAREY, PHOTOGRAPHER

Artist's Statement

In *Community of Healing*, I explore the tenacity of the human spirit through black and white photography, focusing on individuals who have endured chronic diseases and are now on their journey to recovery. This project is a collaboration with AndHealth and their partners, who are dedicated to improving access and outcomes for specialty care.

My artistic journey has been profoundly influenced by my work with refugees, individuals who have fled the ravages of war, seeking safety and new beginnings. This experience has deepened my understanding of strength and the profound human capacity to rebuild and recover. These themes are ever-present in my work, and *Community of Healing* is a natural extension of this exploration.

The black and white medium strips away the distractions of color, emphasizing the raw, unfiltered emotions and stories of my subjects. Each portrait captures a moment of victory, a testament to the perseverance that has brought them from the depths of their struggles to the path of healing. The stark contrasts of light and shadow symbolize the battles fought and the clarity of hope regained.

Through this series, I aim to honor the strength of these individuals and highlight the universal human capacity for overcoming adversity. Their stories of endurance and are inspirational, reminding us that even in the face of immense challenges, the human spirit remains unbroken and hopeful.

Tariq Tarey, 2024

**COMMUNITY OF HEALING IS
PRESENTED IN PARTNERSHIP WITH:**

AndHealth | Lower Lights Health
Third Street Family Health Services
Jane Pauley Community Health Center
PrimaryOne Health | OhioHealth
Matt and Meara Scantland Family Fund

Community of Healing: Portraits from the Whole-Person Specialty Care Movement

Despite growing social disparities, a specialty care access crisis, and providers continually being asked to do more with less, some patients are thriving and getting their lives back from chronic disease. Their stories are inspiring to us all and demonstrate that amazing progress is possible.

A new model of care has emerged through clinical innovation and practitioner collaboration. Medically underserved and chronically ill patients are now offered the hope of better health outcomes and greater health equity. This model is being advanced by patients, community health centers (CHCs), and hospitals, and is available to all regardless of demographic, socioeconomic background, or insurance coverage.

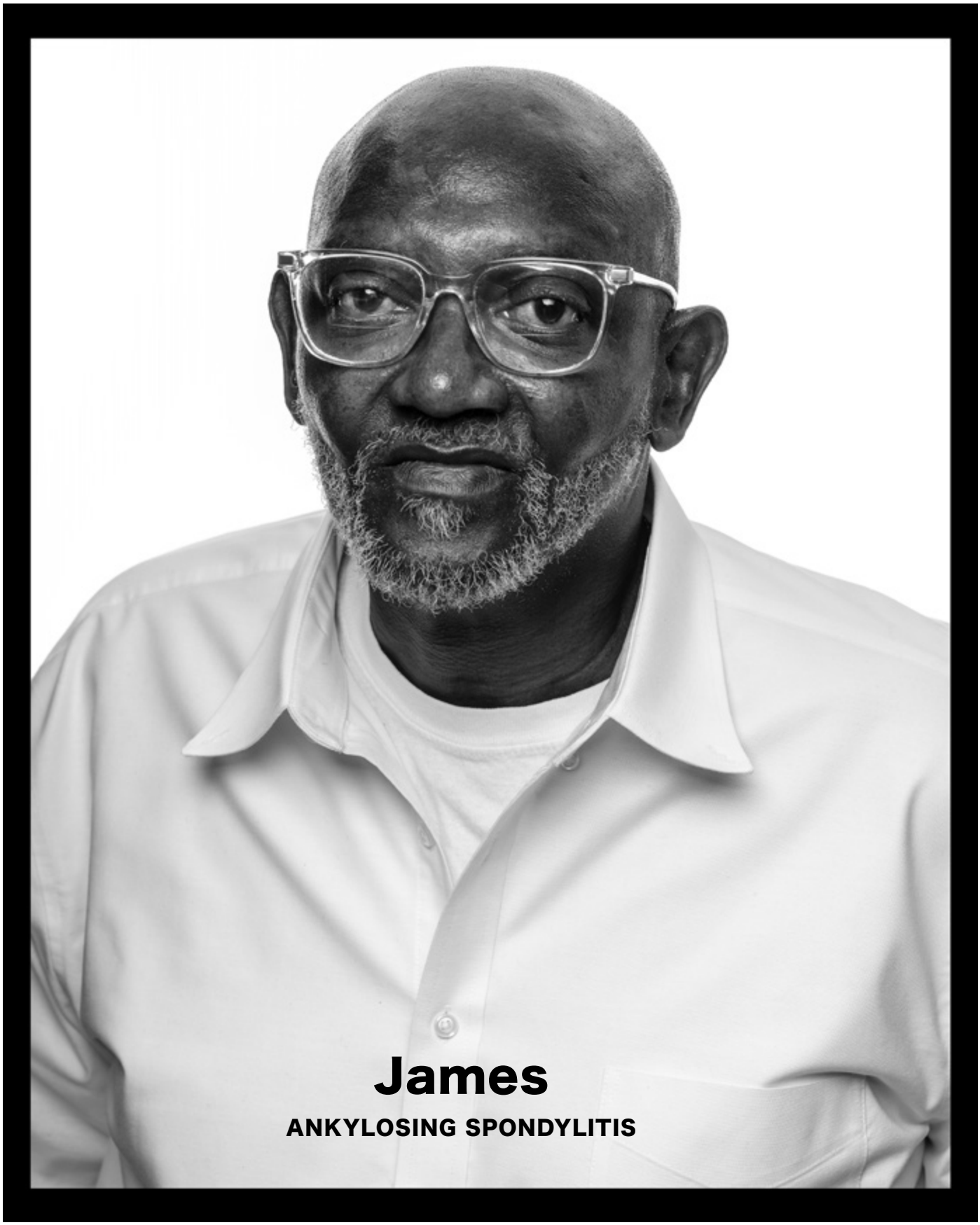
Coping with chronic diseases is especially challenging for our nation's medically underserved populations. Beyond facing a care model that requires multiple specialists, numerous medications, and other fragmented forms of care, they must also overcome social disparities and other lifestyle barriers to health which are frequently non-covered services and financially out of reach.

By transforming and modernizing care delivery to meet the unique needs of chronically ill and medically underserved populations, these patients have been empowered to achieve remarkable outcomes.

Improved Access

Patients have access to high-quality, affordable, and culturally competent whole-person primary care, behavioral health, and specialty care and specialty pharmacy under the CHC's sliding fee scale. Care is moved closer to home with on-premise and virtual options that remove barriers to health, meeting the social needs of each person.





James

ANKYLOSING SPONDYLITIS



When I was first diagnosed, I was feeling my hands tighten up and couldn't move my legs. I used to be real active in sports, playing basketball, baseball, and everything, and all of a sudden... it just went away. I was just down and out and couldn't do nothing. I was in pain every day.

I got in contact with a doctor and they let me know what I had. They gave me a lot of medicine, pills and things. I was taking them, and I didn't feel like I was getting better. I couldn't walk long distances or pick up heavy objects. I was just sitting around every day.

James was referred to Whole-Person Specialty Care by his primary care provider

I heard about this through my primary doctor and started working with my care team, and from there I've been with them ever since. They have been a big help to me to get the right medicine and whatever I need to work with my diagnosis. They've helped me work on my diet and exercise and things. The stuff they've provided for me is making me feel a lot better.

My care team helped me get to the gym. They call me a ride and come get

me, drop me off, and bring me back every Tuesday and Thursday. Without the transportation they supported for me I wouldn't have been going at all. It gives me more energy to get up and go because I know they're coming. So I get up and I'm ready. I'm looking forward to them two days of going.

Right now I have more energy. I get up, I walk more, I do more around the house. It's just got me feeling happy and it keeps me going. The more I do the better I'm getting.

When my care team came in and provided their service, it made me feel better to get up and go and do. Without it I'd probably be sitting at home in pain and everything and just feeling down on myself because the medicine they were giving me wasn't working right.

So the future looks real good. I might be back to playing softball if I keep going to the gym. I started this care and it's making me feel good. I got the energy now and I'm getting close to where I was. I'm getting that feeling again like I want to pick up a basketball, pick up a glove and go play.

Right now I have more energy. I get up. I walk more, I do more around the house. It's just got me feeling happy and it keeps me going.



Paul
PSORIASIS



I got diagnosed with psoriasis in '91. When I was first diagnosed, I had a lot of dry patches of skin on my elbows, knees, facial area. I was covered probably 60% of my body. It was very difficult to even be outside. The most difficult aspect of my diagnosis was being in the general public. It's just emotional. I couldn't even go out without a shirt on in summer months. I was worried about what people might think.

There was hardly any access to care. It was anywhere from a 45-minute to an hour commute to go and actually see a doctor. I was just offered a topical solution. I felt like I couldn't get through. I gave up many times.

Paul was referred to Whole-Person Specialty Care by his primary care provider

The biggest difference for me has been getting the referral call, knowing that there's hope and that people do actually care.

When I received my referral call I was excited. *There was hope.* I had never received a call for help before. Now I have this care team—with offering meals and a health coach and other things, it motivated me to try to do better. And I'm able to do all this virtually over my laptop.

The impact on my life is tremendous. Physically, mentally, and emotionally. I feel like I'm human again.

If I didn't have access to this type of care I wouldn't be here today. Now I'm about 70% clear. No patches. The inflammation went down. I no longer have body aches and pains. I feel like getting up and going out and seeing the world now. The impact on my life is tremendous. Physically, mentally, and emotionally. I feel like I'm human again.



Lesley
RHEUMATOID
ARTHRITIS



When I was diagnosed, I was feeling confused. I was just a kid. I was 16 years old, a four-sport athlete. I was ready to change the world and my diagnosis felt like a big chain of limitation that was going to slow me down.

Life managing my RA before whole-person care was basically a series of a lot of pills, a lot of worry about what it was doing to my body over time, and a lot of moving back and forth between good days and bad days. On a bad day, I might put my feet on the ground and literally hit the floor because I couldn't stand up. My single biggest challenge was the lack of mobility I had and the unpredictability. I couldn't plan a long journey without always worrying, which was hard because I wanted to travel internationally.

Lesley found Whole-Person Specialty Care through the community

I saw an advertisement for patients with RA and I thought, well, that's me. I had worked with a holistic physician a few years back, but I couldn't afford to continue doing it because it wasn't

covered by insurance. When I found out that this care was going to be using some of the same practices but that it would be affordable for me, I was all in on that. I knew this was something I wanted to be a part of.

It's been over 37 years. I've spent a lot of time traveling to different specialists and a lot of them are in really high demand. Sometimes it can take 6, 7, 8 months to get in. To know that when I do have a problem I can talk to somebody right away means the world.

My care team has taught me how I can heal my own body and move forward in life. Before I found this care I was using a motorized wheelchair, and now I'm able to go on my own. It's made life a lot easier. I have big plans now to travel to Slovakia and get in touch with my grandfather's homeland. My condition is more under control and instead of being something that's controlling me, I feel like I have the tools to shape my future the way I want it to go.

Everybody deserves to feel how I feel.

My condition is more under control and instead of being something that's controlling me, I feel like I have the tools to shape my future the way I want it to go.

Corey

PSORIASIS





I started getting these red blotches on my skin and it was just really itchy. I tried every cream and every lotion and thought it was just eczema. None of that stuff worked. I always start scratching, it was like an itch that you couldn't fulfill. Sometimes I'd scratch 'til it bled.

I finally saw a dermatologist and he told me it was psoriasis. I started using other creams, but those quit working. I finally started with an injectable biologic, and that's the only thing that's ever worked. I could never get the full dosage. Even after it clicked, it would just drain out from where the shot went in so I wasn't getting a full dose.

So the medication helps, but it's also expensive and my insurance, well, they didn't renew it this year. There's no way I can afford the shot at full cost.

Corey was referred to Whole-Person Specialty Care by his primary care provider

My care team set me up with coverage that's going to waive all the fees of every shot. They also had a team member who set me up and explained how to do the injections so I could fully get the dose. I guess I was just pulling it out too fast, so after they helped me out I've had the full effect.

I've been doing much better. I definitely feel better about myself. I've lost weight and my skin is clear.

My care team set me up with coverage that's going to waive all the fees of every shot. They also had a team member who set me up and explained how to do the injections so I fully get the dose.



Marais

**PSORIASIS +
PSORIATIC
ARTHRITIS**



My mom also had psoriasis, so she knew once I started getting plaques what it was. We mostly did topical steroids for the majority of my childhood and early adult life. I always had a decent amount of discomfort. My skin was always dry and itchy or very sensitive or even cracked. Navigating that as a child is absolutely something that was challenging. As I got older I started to learn more about psoriatic arthritis and have similar joint pains. I finally sought out a dermatologist.

Then came the battle with insurance, and that was, again, a very long process. I would call the doctor's office and they would say to call my insurance. I would call my insurance and they would say to call the pharmacy. I was getting the runaround because of the lack of access to more expensive biologic medications.

Once I did get on my medication it was great for about two years. And then my insurance decided, nope, we're not paying for that anymore. And then began my journey of finding a medication they would pay for that also works for me.

Marais found Whole-Person Specialty Care through the community

I came in with really no expectations and no idea what I was getting into. Coming from such a blank slate, it's really been amazing to see how this care team has met me where I'm at, as far as my knowledge base and understanding. Everything has been made very accessible. There's been no shaming, there's been no consequence. It has always been super supportive.

Access to this kind of care is something I think everybody should have, but it is very difficult to get without this team.

Since working with my care team, the access issues have been much smoother. I have a dedicated team of people that at any point in time I can send a message and just say "hey, I'm having this issue" and I know that's not just going to some random voicemail at my doctor's office that's also getting hundreds of other voicemails left. It's going to a person who knows me, who knows my insurance situation, my doctors, they know my symptoms, and I get a message back quickly.

Outside of just access, there are things that I never knew could impact my psoriasis, such as nutrition or supplements, and that's been a whole new treatment approach in addition to the medication that I use. I've had really amazing results since starting. I've had a significant reduction in my overall inflammation that I didn't know that I even had. It's one of those things where you don't know how bad you feel until you start feeling better.

Access to this kind of care is something I think everybody should have, but it is very difficult to get without this team.

Whole- Person Care

We provide personalized treatment focused on the root cause of each patients' condition while addressing their unique social drivers of health (SODH) in a cost-effective care setting and format that provides the ideal solution for chronic diseases.





Keith

PSORIATIC ARTHRITIS



I wasn't really upset when I was diagnosed. I was glad to get an answer to why I was in so much pain. It was pretty restrictive. I faced pain when I worked, when I was active, when I was doing anything. I couldn't pick up a cup of coffee, I had to use two hands. I took medications and did see some benefit, but it pretty much subsided in about 2 or 3 years.

I had an appointment with my rheumatologist because I really wasn't happy with how I was doing and progressing. I was at my wit's end.

Keith found Whole-Person Specialty Care through the community

I wanted to take control of my health and how I felt. My previous treatment had never included nutrition, a proper diet, or supplements. Since I started Whole-Person Specialty Care I've gotten a whole new understanding of my health and my diet. I've seen a great benefit and lessening of pain. My mobility is much better, and I don't have the issues I was dealing with regularly. So that's been a great benefit to me.

I think the best thing that's happened to me lately is the care I've received. It's been my end-all-be-all because if I have an issue or a problem, I can reach out and get an answer in a short amount of time.

Today I would rate my condition as 80% better than it was just a few short months ago. I feel better. I sleep better. I work better. I'm in considerably less pain. Now I can walk up and downstairs, my knees don't hurt. Just overall I feel better. I have a much better understanding of myself. I feel unbelievable!

I get to be old, but I don't have to feel old. Everyone deserves access to care like this.

**I get to be old, but I don't have to feel old.
Everyone deserves access to care like this.**

Connie

**ANKYLOSING
SPONDYLITIS**





It was a busy time in my life. I was working on my degree and had a three-year-old and I was just trying to keep my head above water. And then all of a sudden, I started feeling like I couldn't get off the couch. My hands and feet were hurting. I knew I wasn't feeling myself, but I wasn't sure why. For a long time I was told it was probably depression or that maybe I just needed a little more exercise. Finally I started seeing a new doctor and she immediately scheduled me to see a rheumatologist and they realized that I, in fact, did have something else going on.

I had been on a biologic for about a year and it had helped some, but I was dealing with some persistent symptoms. I knew I was at a place where I needed help, some extra support. I needed something outside of myself, to not spread myself so thin, going to specialists and going through different avenues to get the job done. I knew when I started reading about whole-person care that it was the answer to that. It was a way to bring all of that together so I didn't feel like I had to do it all alone.

Connie found Whole-Person Specialty Care through the community

When I first connected with my care team I tried very hard to manage my expectations because I wasn't sure what to expect. It just sounds too good to be true. But consistently, from the time I met my doctor and everyone that I've met along the way, every single step I've been blown away.

So much has happened since I started this care. We ran a whole series of tests just to get a baseline of where I was. I was able to make changes to my diet.

I was able to add intentional activity into my day. I started to prioritize rest. My provider prescribed me medication and ordered a lot of different supplements to take. It was pretty amazing to see, over time, how much of a difference it made. I began to have more energy. I began to have less pain when I woke up in the morning. My mental health improved. I just felt like I was more clear. I could do some of the things I didn't feel like I was capable of doing before and really started feeling like I had a handle on my day-to-day life. And that was in the span of just a couple of months of really following my care plan and doing what I knew I needed to do. You can't ask for much better than that.

So it has met my expectations and beyond to the point where I feel like for the first time I'm not just a consideration in my healthcare, but I am a direct part of the process. Which is how I feel that healthcare should be.

Our healthcare system desperately needs change, especially for people who may have lower socioeconomic status and people who don't have medical literacy, to even know where to begin. And this could revolutionize healthcare. It really and truly can. I believe that it is a way to empower people, to educate people, and it's the essence of patient centered care.

This could revolutionize healthcare. It really and truly can.

Helen

**RHEUMATOID
ARTHRITIS**





I was in a lot of pain every day where I couldn't get out of the bed, and I constantly would go to my doctor. They started doing more and more tests. And then he finally told me it seems like it's pointing towards rheumatoid arthritis. I asked him, "where does it come from?" And he really couldn't tell me. I didn't really think of my diet as a factor.

I would lay in bed because of the pain, I called off work a lot because it was so painful for me. I would just never get out of the bed. I actually put a lot of things on hold. I had to really look at my life and stop doing things because it was so painful. I used to ride my bike. I used to walk my dog, and I didn't even walk my dog anymore. I didn't even want to travel and my kids are all out of state. But I didn't want to drive. I just accepted it. I would talk to people, but nobody could relate to what I was going through. So that was very difficult for me to put a lot of things in my life on hold.

Helen found Whole-Person Specialty Care through the community

Everybody was so caring and accommodating, which I was not used to that. My provider was like, "we're going to help you. This is what we do." And I didn't expect it. Because I've dealt with a lot of doctors, and they all tell me the same thing: we're going to up your medication. When it was the diet and the food and everything, it was just amazing. They put a lot of things in place that I never thought about. My diet and my lifestyle, things I ate and did that was causing my inflammation.

My life is so different now. I never expected it to be like this. I can do things that I never could before. So I appreciate it so much. I can't explain it. It was overwhelming that someone cared about me like that.

Now I walk my dog again. I've been doing more projects around my house. I'm out in my yard, in my garden. I just had to put a lot of things on hold, but I can go back to them now because I'm feeling way better. Having access to this care has meant a lot. I wish more people knew about it.

My life is so different now. I never expected it to be like this. I can do things that I never could before. So I appreciate it so much.

Melissa

PSORIASIS





My situation was unusual. I had inflammation with poison ivy, and the poison ivy just never healed. They did some tests and they found out that I had psoriasis. I didn't really know what it was and why I had it. It was so humbling to know that this is something I have to live with for the remainder of my days, and it's something kind of inherent in me. The gun was loaded genetically, but environmentally, that is what pulled the trigger.

They kept pushing creams and ointments and that didn't seem to work. I did light therapy. That didn't work. It was kind of keeping it maintained, but I always had it.

And then eventually, through a lot of paperwork and insurance, came the biologic injections, which initially I was part of a program that was cost effective for me. And then that program ended. And those injections would have been very expensive and just something I couldn't afford. So I again, had to take things into my own hands.

Melissa found Whole-Person Specialty Care through the community

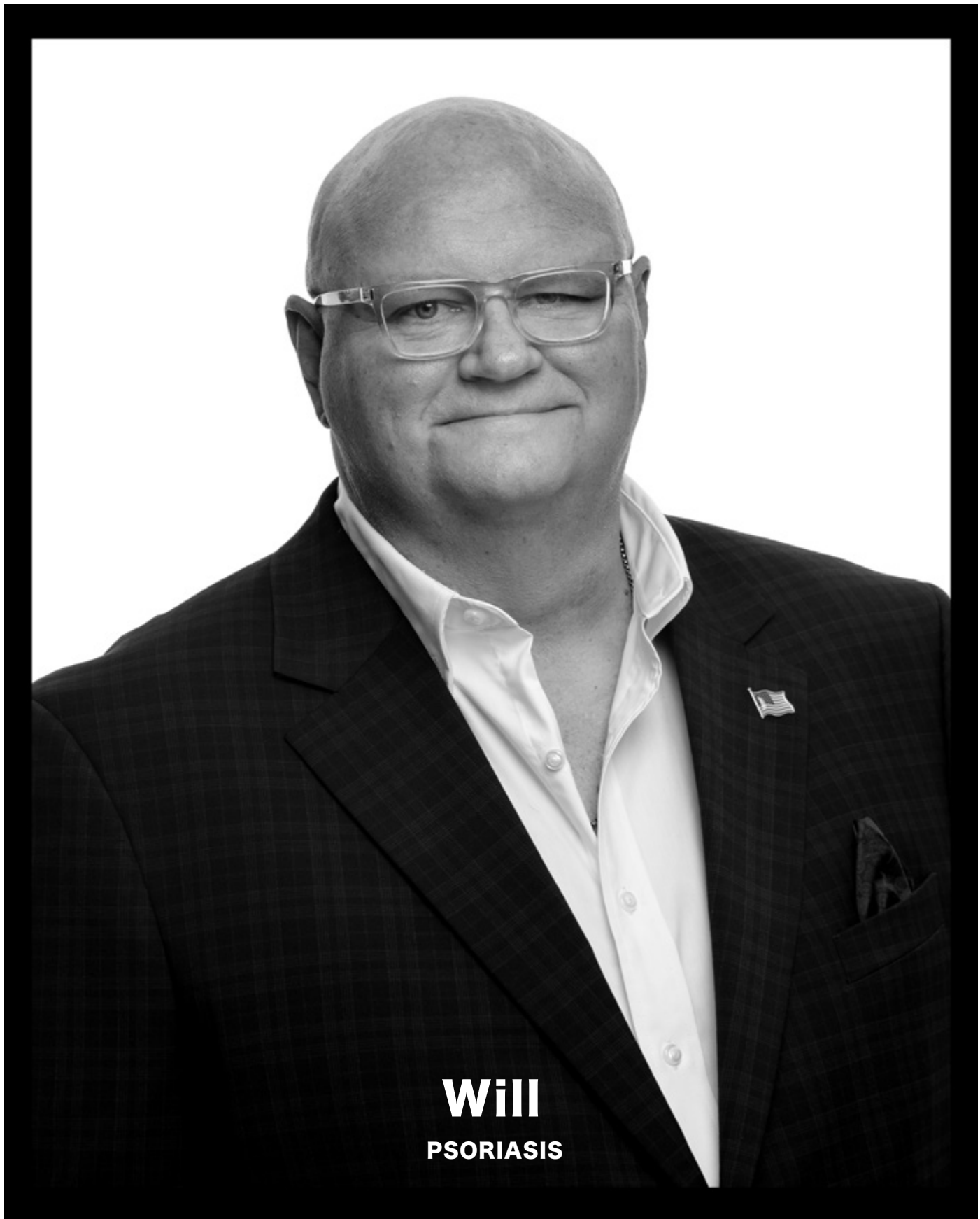
Just finding this was a real gift for me. The care team showed me a path I didn't think was possible. They helped me get access to my biologic and gave me the tools to take health into my own hands and to empower me to start that lifelong journey of wellness and good health.

Every single person I've been in contact with has been nothing but kind and gracious and supportive. I really felt heard, and I think that's important. All they've shown me was grace and dignity and respect.

De-escalating from my injections was a journey. I skipped an injection and my care team said we'll take this one step at a time. Month after month went by and when my next injection was due came and went. I was psoriasis-free and met with my care provider six months after my last injection should have happened and we were both celebrating. It was amazing. My blood work looked great. There was no inflammation. My provider was thrilled, more excited than I was initially because I guess it just didn't really sink in that I'm not on ointments or creams or light therapy. I had no injections. It was a freeing moment and she really helped me see that. Then I became really enamored with the entire process and what it provided me. It was a real gift.

They provided a path and we're walking that path together. It's a path of wellbeing, good health, and freedom of the autoimmune issue I was dealing with. This is a lifelong toolkit that I will take with me for the rest of my days.

I became really enamored with the entire process and what it provided me. It was a real gift.



Will
PSORIASIS



The process and decline of a disease like this is very gradual. I used to bike five or six times a week with my brother, and because I had pains in my body, especially my feet and hands, gradually I found myself going down to four days a week, to two, then once a week, to when I realized I wasn't riding anymore and how much that was impacting my life. I feel like it kind of robbed me of spending time with my brother as well. That was very meaningful to me and him, just us being out enjoying the weather. That's when I finally took some steps to address it.

Healthcare is bound by so many rules and regulations, and they're so overwhelmed with patients. When you're dealing with health insurance, you know, insurance doesn't want to pay for certain medications until you try other medications. It was just such a long process. I went through multiple drugs to finally get something that would make an impact on me. It was very difficult.

Will was referred to Whole-Person Specialty Care by his primary care provider

It was actually through my primary care provider. He had mentioned it to me in his office and put the referral in. And one day, I got the call. And that gentleman from the very first call, he was amazing. He was so caring and compassionate and wanted to make sure I was going in the right direction and getting the help and support that I need. They have done everything above and beyond what I would have expected, from the receptionist to the physicians to all the care providers and pharmacists. It's a huge team, but it's a very personal team too. Everyone involved has been amazing.

Their pharmacy team took on my medication challenges, and they have been amazing at it. I used to have to make a lot of phone calls about my medications, and then I'd have to go back and see my specialist. And sometimes that takes months to get back into the doctor. This cuts right to the pharmacist who makes that direct call to my physician and they make those decisions together. And I think that's what's important about it. It takes out all that extra time. And when you have a disease that really controls your life, what you can do, and how you function, every day counts—because when it drags on and on, it's just more days you lose out on the world that you want to be in.

I think Whole-Person Specialty Care is something that healthcare has missed out on for many years. Everyone is so focused on their own specialty and not focused on the whole body, including mental health. Because when you have a debilitating disease, you find yourself becoming more and more isolated. I think that's why it's been so important that they pick up the phone and they call you. I've never had that level of service before, and I think it's amazing. I honestly do.

I really look forward to being part of life again and submerging myself in all the things I love.

When you start feeling better once again, it's a gradual climb up. You notice little things about yourself. Even if it's putting on your shoes. When you go from just having shoes that you can slide your feet into to having shoes that you can actually tie, now, that's a big deal. That's a huge deal! I really look forward to being part of life again and submerging myself in all the things I love.

Incredible Outcomes

By shifting from an episodic model, patients benefit from continuous care and support for change, including previously non-covered services that are essential to a successful care plan and sustained remission in chronic disease.



Sallie

RHEUMATOID ARTHRITIS





When I first found out I had RA, I got very depressed. I was like, I'm gonna be a burden to my family, and that's the one thing I don't want to be. I pulled away from everybody. I used to swim every day. I would take hikes, get on motorcycles, you know, not be afraid of nothing. And when I was diagnosed with RA, I quit all activities. I really missed being there for my grandkids because I'd say, "no, I'm hurting too bad."

I thought, okay, now you're in the self-pity stage. You gotta get out of that. I want to see my grandkids and be a part of their life. I've got goals.

Sallie was referred to Whole-Person Specialty Care by her primary care provider

My primary care provider started talking to me about Whole-Person Specialty Care. He really spoke very highly of it and gave me a lot of information and said this is a group that's going to focus just on you. I thought about it for a while and thought, I can do this. I'll give them the opportunity to help.

When my care team put my treatment plan together, I was like we can do this. Because she got my input for it. It wasn't just something where a doctor said, "well you need to do this, and I'll see you in six months." I knew she would care. Not only did I want to prove to myself that I can do it, but I want to prove to my care team that I'm more willing to try things and keep moving. And the more I keep moving, the better I feel.

Now I feel like I'm more accountable. I've been working on my nutrition and sleep. My care team gives me motivation. I'm more apt to look at my messages from them, because I see that they notice when I'm struggling with something, and they respond right back to me. And that helps a lot. Having daily and weekly goals that I can accomplish and show my provider makes me more accountable. And I like that.

In August, I'm gonna do 4.7 miles of the Mansfield 7K. I think my motivation came together and I have somebody that I can confide in and reach my goals with. I'm not afraid to walk the hills. And I'm going to have supporters! My care team is coming to cheer me on, and I think that's awesome. I can't wait to see that. They keep me motivated and focused because that's my goal, to do the race.

I feel a lot healthier, and I feel like I've made some new friends along the way.

Not only did I want to prove to myself that I can do it, but I want to prove to my care team that I'm more willing to try things and keep moving.

Niki

**PSORIASIS +
PSORIATIC ARTHRITIS**





My nail beds were affected, and I had rashes. That's when it started. I knew I had psoriatic arthritis and a doctor confirmed it. I was referred to a dermatologist and a rheumatologist. The rheumatologist appointment was several months after the dermatologist appointment, probably six months. There was a gap in that time because there's not that many rheumatologists, so they're really busy. It took a while to get in. So, at that time, I was pretty anxious about my new diagnosis until I could get in to see her. If I could have seen someone in a shorter amount of time, it would have decreased my anxiety over the diagnosis and the health outcomes that I could be facing.

The recommendation was to start me on more medication. There were no dietary recommendations at all or changes of lifestyle. It was pretty basic, pretty simple. And I was really concerned about the medications because I was already having side effects from them, which caused more illness, actually. I lost a lot of time at work from dealing with the side effects from those meds.

I wasn't happy with the treatment I was getting. I was getting sicker and had lots of side effects, and I wanted to try to get to the root cause of my autoimmune disorder. That was my goal, and I just couldn't get into a practitioner. Our insurance doesn't cover it. So, I started researching and found Whole-Person Specialty Care. I was super hopeful. I felt hope for the first time.

Niki found Whole-Person Specialty Care through the community

When I first talked to my provider, we went over my medications and she did a lot of educating. I felt relief, like, finally this is going to help. I was very excited.

One of the most impactful things I learned about myself is that I have really good willpower. When I put my mind to something, I do it. One thing that really got me excited was getting help changing my diet by having meals delivered so I could get some ideas of how to do it. I didn't realize that dairy was such an issue for me until then. I knew I had some intolerance issues, but it was doing a lot more to me than that, and I didn't know that.

Having access to care like this is life giving. It's life giving.

This care has impacted me so much and has given me the knowledge that our system is not working. People are kept sick by the foods we are eating that are affordable and readily available on a daily basis. Our lives are getting shorter and we're getting sick earlier. I don't believe I would have been as sick as I was if I hadn't been eating a lot of processed foods and the dairy. My medical care wasn't going after the root cause of it all. I was just kept in a cycle.

Having access to care like this is life giving. It's life giving.

Don

**RHEUMATOID
ARTHRITIS**





I got the call from the doctor saying my RA factor was high, that I needed to go see a rheumatologist. And then it's like, what now? Because I've known people with RA that basically can't do anything. So of course, that's what goes through your head. You always think the worst. And just, it wasn't a good feeling.

I tried to stay optimistic. I wasn't thinking of plans for my future because in the back of my mind, it was always, *am I gonna be able to?*

I avoided being on medication as much as possible, because I was told once you start you're on it for the rest of your life. But I started with self-injections, and I went through three different ones because none of them seemed to work. The pain was still there. It was so frustrating. They kept assuring me there are several options to go with still. But it was all about medications. It's not about getting you better, it's treating symptoms.

Don found Whole-Person Specialty Care through the community

When I found it—it was like, oh my gosh, this is exactly my thinking! All along I've believed the human body can heal if it has perfect conditions. I kept searching for something like this. So, when it came along, I jumped in with both feet. I love being the architect of my own health. I just need guidance. So, everything about it was perfect.

They sent me for all this testing, which nobody has ever done. I liked that part, because now we know a lot more. They tested for things that most doctors don't test for. And they gave me an Oura ring, which is fantastic. It tracks everything. And just oh my gosh then

we did nutrition. We've done the five-day fast mimicking diet three times. Not always easy, but worth it. After the second time doing the fast-mimicking diet was the first time in seven years my knees have not been swollen.

I immediately noticed it. I went out for a long walk and the next day I went for a long bike ride. Still not swollen. It's like, wow. This is working. Something is working. And I knew part of it was food related.

So, my provider ordered some testing a little while ago and the results from that show that my RA is in total remission right now, which is wonderful. My RA factor is normal. My inflammation is normal. I have more energy right now. My joints don't ache as much, which makes me want to do more and just makes me feel better. I don't even know how to describe how I felt when I heard I was in remission. It was just like, oh my it's working. Whatever we're doing is working. It's been huge for me!

I don't even know how to describe how I felt when I heard I was in remission. It was just like, oh my it's working.

Lois

PSORIATIC ARTHRITIS





When I started this journey, I really had no idea what was wrong. I had some patches on the skin and my arms felt very heavy and my legs, toes, and fingers wouldn't bend. As time went on, I had trouble opening things like cans and bottles. Then it got so bad, I couldn't walk. I didn't go anywhere or do anything because I was too disabled. I couldn't even drive my car. Just to go to the doctor's I had to be picked up in a special van for my wheelchair. I felt hopeless and helpless.

My primary physician recommended that I go to a rheumatologist, and I got a confirmative diagnosis. He put me on several meds, and the meds didn't go really well with me. They're difficult sometimes to stay on, so I had to keep tapering off.

In that moment, I felt overwhelmed. I was scared and wondering, could I live independently? That was a fear of mine, and I was dwindling down to nothing and was not able to really take care of myself or my house. I just didn't think there was any hope of getting better.

Lois was referred to Whole-Person Specialty Care by her primary care provider

I have a wonderful primary physician. I love her, and she's one of the most thorough physicians I've ever met. She listens to everything I say and always looks at what she can do to help. She knew I was still in bad shape, so she recommended me to the Whole-Person Specialty Care team. When I heard about it, I knew I wanted to be on board.

My care team and I clicked immediately. I was really inspired knowing they know both sides of the fields of health, through nutrition and also medications. I've always wanted that, but I never

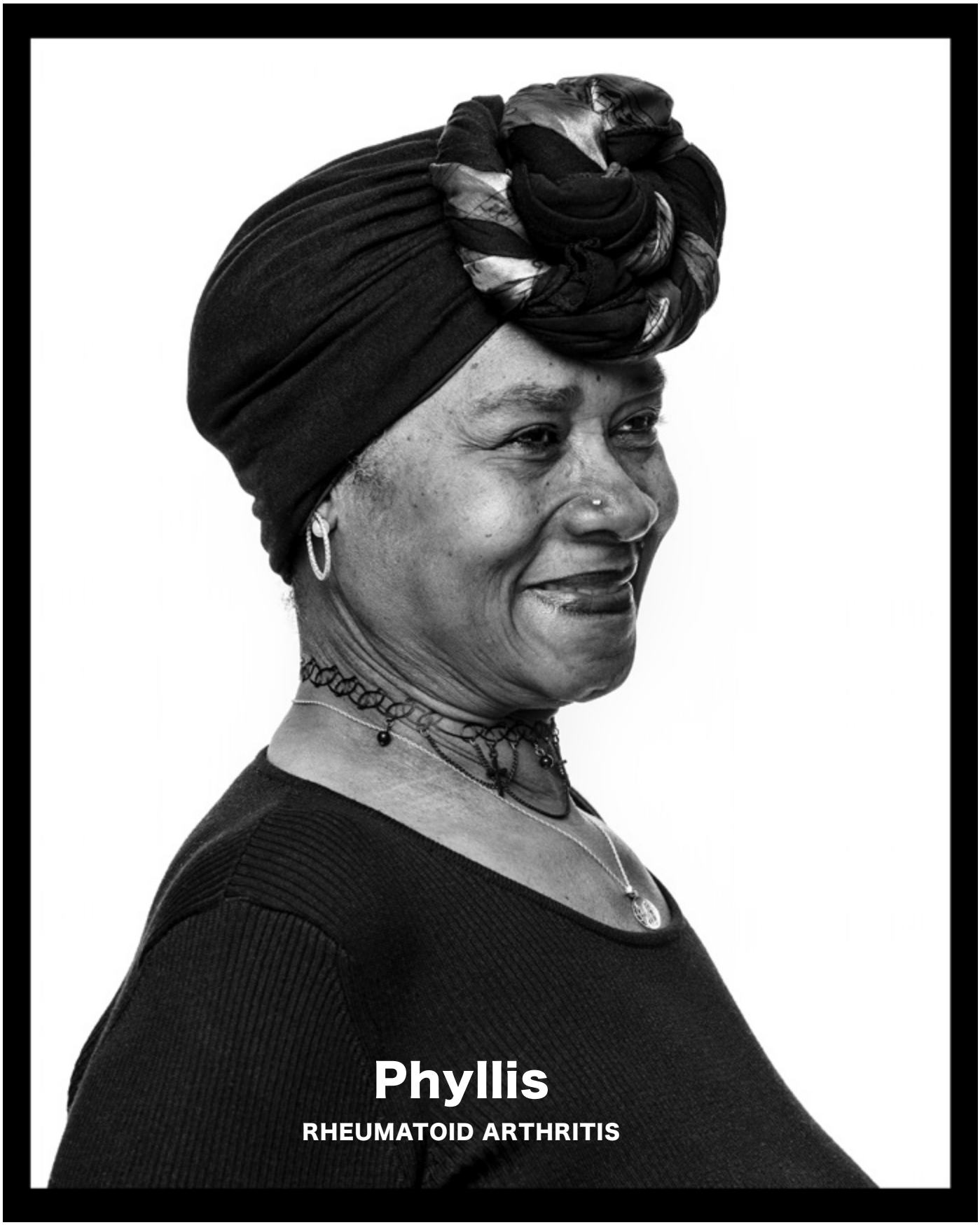
could find a physician where I live who had that kind of approach. I can't say enough about this team and all the people that are involved. It's a wonderful gift. When I first heard this, I knew immediately it was a gift. Heavenly sent.

In my prior experiences, it seemed like the left hand didn't know what the right hand was doing. It became frustrating when I was working with different physicians and their office staff. The communication was not like I was hoping it to be. When I came into this, they're right on the same page. To have that network and support is very vital, especially when you live alone. I can contact my care team and reach back out to me quickly and they communicate with my primary doctor. Before this I would call three or four times and leave messages and get no response. So that created insecurity, like they're not really there for me. But with this team, I didn't feel that way.

I would say my recovery is 80% better from a little less than a year ago. This last time I got my blood work, everything was normal and I was so relieved. I'm able to enjoy life now. I can go see my grandchildren. Before I was in survival mode, I was just barely able to live and didn't know how I was even going to do that. Usually, I'd be walking with my cane or my wheelchair, and I would always think about that because of the instability in my walking and how I was feeling. I don't even think about those. I just go now. I can drive my vehicle. I can go visit friends and family and have fun and enjoy life again.

I have freedom. I'm just so happy that I have that.

I'm able to enjoy life now. I can go see my grandchildren.



Phyllis

RHEUMATOID ARTHRITIS



Before I was properly diagnosed, I did very little. Stayed at home, stayed in bed. It was difficult to walk around freely because of all the joint pain. I was basically a homebody. I went to church and stayed home the rest of the time.

When they finally got the correct diagnosis, I was put on medication, and that went on for years. And every 90 days to six months, I'd go in and see the prescribing doctor. He'd talk for five or ten minutes and send me on about my business.

Prior to the symptoms setting in, I was pretty social, going to family members' houses, playing cards. I used to get together with my brothers and go shoot pool. I even used to get my little two steps on. I liked to dance. As time went on and the symptoms started kicking in, I lost interest in wanting to do any of those things. I lost interest in wanting to socialize with my friends and family because I just hurt most of the time, just too bad to even want to do anything other than lay in the bed. I literally stayed in bed all day, unless I had to get up.

Phyllis was referred to Whole-Person Specialty Care by her primary care provider

My primary care physician connected me with my Whole-Person Specialty Care team. At first, I was skeptical because I've had different doctors or nurses in the past come to me and prescribe this or that, and none of it seemed to actually work.

My actual experience has been totally unlike what I thought it was going to be. I've worked with a doctor that seems to truly care. I work with a health coach, that's awesome. With the help of my care team not rushing me and giving me time week-after-week, they eased me into

the nutritional part of it, incorporating different things, supplements, fruits and vegetables, and letting go of different things. And let me tell you, anybody that can get me to give up sugar, oh she's a queen in my book.

With each week and sometimes with days, I could actually feel my body wasn't aching as much. I could jump out of the bed with just about a straight back. I had more energy and less pain. I felt rejuvenated, I really did.

My care team wanted me to get blood work done, and I didn't have the gas in my vehicle to get there and back home safely. So, I reached out to my care team and lo and behold, they without hesitation helped get me there and back home. Traditional healthcare, if you can't make it there, then you reschedule. And if you don't reschedule, who cares? And I don't say that to be funny, I say it because I've experienced it. With this team, if you can't make it, they try to figure out why. Once they figure out why, then they try to figure out how to fix it. And once they figure out how to fix it, they fix it.

I would truly say to my primary care physician, thank you. Because she saw something in me and saw something in my care team and said these two would make a good partnership. So, for that, I do thank you.

To them I'm not just a patient, I'm a person. And they truly do care. I matter.

To them I'm not just a patient, I'm a person. And they truly do care. I matter.

Innovative Leaders

Making community health centers (CHCs) a bigger and more integrated part of our healthcare system is the single most significant step we could take towards achieving our goal of establishing health as a human right. The disparate health outcomes we've seen for far too long can be eliminated when we radically improve access to care, address social drivers, and support patients' personal agency in their pursuit of health.

Through transformational and collaborative leadership, the Whole-Person Specialty Care model has emerged, which allows our healthcare system to make significant strides against chronic disease and drive remarkably better access and outcomes for the communities we serve.



At Lower Lights Health, we empower patients to live healthier lives, and timely, holistic specialty care has been life changing for those who need it.

Tracy Cloud
CEO, LOWER LIGHTS HEALTH



Whole-Person Specialty Care is all about helping patients who are dealing with a condition they have been told they can't control and understand how they can participate more in their own health. Being able to help patients regain control over their lives is the most rewarding work I can think of.

Myles Spar, MD
VP + NATIONAL DIRECTOR OF
MEDICAL SERVICES, ANDHEALTH

Our rural communities need access to the same type and level of care that urban communities have more readily available. The work between community health centers and specialists focuses on whole-person care regardless of the person's ability to pay and makes the community stronger as a whole.

Peggy Anderson

**CEO, THIRD STREET FAMILY
HEALTH SERVICES**



I am honored everyday to deepen AndHealth's relationships with the communities we serve, community health centers, hospitals, government, and other partners to advance whole-person health, and ensure all people have access to high-quality, timely, and equitable care.

Autumn Glover

**SVP, PROVIDER + COMMUNITY
PARTNERSHIPS, ANDHEALTH**





Access to care should be readily available to everyone. I am so happy this model ensures all patients have quick access to specialty care and pharmacy services.

Aaron Clark

**VP, HEALTH CENTER OPERATIONS,
ANDHEALTH**



We recognize that better health outcomes happen when you treat the whole person, including addressing the Social Drivers of Health. By layering specialty care into our continuum of services, we can now support even more facets of our patients' health in an accessible, culturally appropriate, and convenient manner.

Charleta Tavares

CEO, PRIMARYONE HEALTH

Our objective is to create healthy communities through world-class care. Offering specialty care and specialty pharmacy directly through our centers is an important step to solving the specialty care access crisis and brings more options for convenient, affordable specialty care to the communities we serve.

Marc Hackett

CEO, JANE PAULEY COMMUNITY HEALTH CENTER



All people deserve access to quality care, and a team of people to support them on their journey to better health.

Suzie Szczepanik

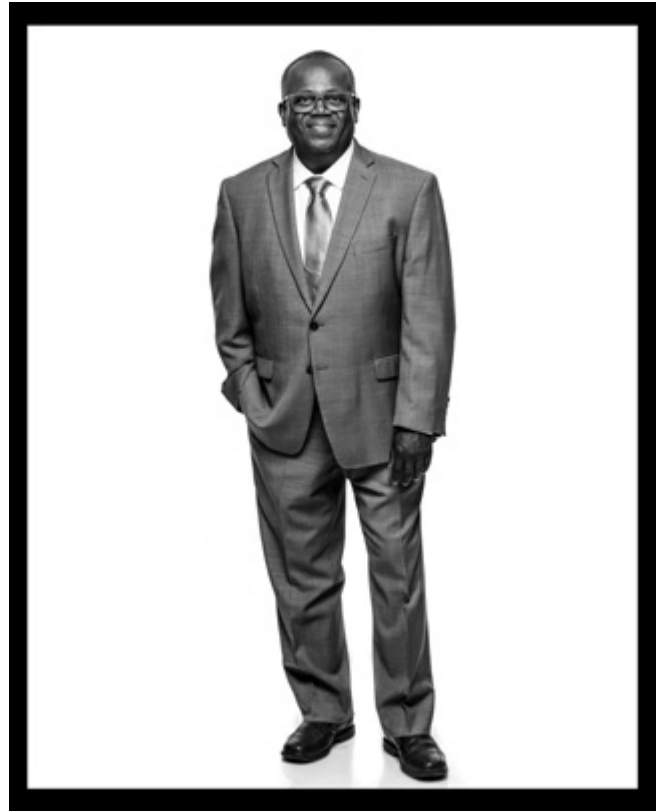
HEALTH COACH, ANDHEALTH





Patients benefit most when they experience high-quality, integrated care. By offering access to primary care, specialty care, behavioral health, pharmacy and more, we've created a fully-integrated medical home experience that helps patients achieve life-changing results.

Jeffrey Marable, MD
CHIEF CLINICAL OFFICER,
PRIMARYONE HEALTH



Everyone deserves to have the tools, knowledge, and support to take control of their health outcomes—everyone deserves access to this level of care. I am honored to support our patients on their healing journey.

Gabrielle Hoffman
HEALTH COACH, ANDHEALTH

I am grateful to be part of a team that's delivering Whole-Person Specialty Care. The model is creating access to the healthcare we all deserve and delivering the results every patient dreams to experience!

Alissa Klein

**MANAGER, HEALTH COACHES,
ANDHEALTH**



All people deserve access to quality, whole-person care. Creating a strong bond between primary care and specialty care allows us to ensure the patient is at the center of their entire health journey.

Michelle Nemer, MD

**CHIEF MEDICAL OFFICER,
LOWER LIGHTS HEALTH**





Access to specialty care and a whole-body approach ensures patients receive comprehensive, personalized treatment, leading to better health outcomes. This model enhances community well-being by reducing healthcare disparities and fostering a healthier population.

Cristina Chandler, CNP
NURSE PRACTITIONER, ANDHEALTH



Providing whole-person care in the manner we're doing it here has felt like a missing link in the long chain of healthcare as we've known it, for some time now. To leave my mark on health equity and the lives of real people in this way, is simply a privilege.

Anton Johnson, MHA
COO, LOWER LIGHTS HEALTH

I am humbled, grateful, and inspired by the patients who bravely tell their stories. They remind us that amazing progress is possible, and encourage us to keep working with our colleagues in the healthcare system so that we can finally make health a human right that we give to all people in this country.

Matt Scantland

FOUNDER + CEO, ANDHEALTH



This model brings Whole-Person Specialty Care access to people and places that are often overlooked and makes them the priority. Access to care is at the heart of the legacy of the Health Center movement; I am beyond excited to see the innovative impact for Ohio community health center patients. This model not only addresses healthcare disparities head on, but also contributes to the overall health and well-being of our under-resourced communities.

Julie DiRossi-King

**CEO, OHIO ASSOCIATION OF
COMMUNITY HEALTH CENTERS
(OACHC)**





**This could
revolutionize
healthcare.**



Connie
**WHOLE-PERSON SPECIALTY
CARE PATIENT**

**COMMUNITY OF HEALING IS
PRESENTED IN PARTNERSHIP WITH:**

AndHealth | Lower Lights Health | Third Street Family Health Services
Jane Pauley Community Health Center | PrimaryOne Health | OhioHealth
Matt and Meara Scantland Family Fund

Portraits of Hope

Featuring portraits by award-winning photographer Tariq Tarey, *Community of Healing* showcases patients who have achieved life-changing results alongside the clinicians and healthcare leaders who are helping to bring the Whole-Person Specialty Care model to life.



For more, visit [AndHealth.com/Gallery](https://www.andhealth.com/gallery)

