

Analyzing a Healthcare Facility

Sentara Healthcare has been providing healthcare to communities around Virginia and Northeastern North Carolina for about 130 years. It is one of 20 largest not-for-profit integrated systems that consists of 12 hospitals and Sentara Health Plans (which serves over 1 million persons not only in Virginia but also in Florida). Sentara prides itself on its commitment to making health care for patients affordable and available. This is shown everyday by their mission, values, and vision. Sentara Healthcare (2024) strives to improve health every day. Their vision states “to be the healthcare choice of the community they serve”. The value of Sentara is that of people, quality, patient safety, service and integrity (Sentara Health, 2024, *About Us*).

Sentara provides their patients and community with many different services within their network of over 300 sites that provide care. Within this network there are more than 1,000 physicians as well as advanced practice clinicians. One of the many services is that of Weight Loss. As we all know, in today’s world obesity numbers have been climbing since 1990, especially in our adolescents. According to the World Health Organization (2024), in 2022 there were 2.5 billion adults weighed in being overweight, where 890 million of them were classified obese. Adolescents were weighing in as obese at a rate of 43% of the above numbers. Weight is measured by the BMI chart, which breaks down where a person is classified as either overweight or obese. To be classified as overweight the BMI is greater than or equal to 25; whereas anything greater than or equal to 30 is classified obese. There are many different factors that can cause one to have issues with weight early on or later in life such as our environment, psycho-social factors, genetics, diseases, and immobilization (WHO, 2024, *Obesity and overweight*). Sentara Weight loss provides patients with the tools to lose weight and keep it off. Within the macro-level Sentara weight loss creates programs, group sessions, and leadership that are readily available for patients as well as developmental of new and innovative ideas. At the meso-level Sentara utilizes the importance of bringing awareness of the growing pandemic of obesity to the community. The micro-level is where we see patients engaging in the program and being successful by utilizing the tool of weight loss whether it be medication or surgery (Sentara Health, 2024, *Weight Loss Surgery*).

Being a not-for-profit healthcare system means that the money that is made or donated is used to ensure the organization is kept running and any objectives or projects are provided for. Sentara offers many ways for their patients to be able to pay for the services provided such as Sentara MyChart, medical assistance and insurance coverage. Sentara MyChart is a way for patients to manage their own medical bills, as well as many other features at their fingertips. This also can provide the patient with options for payment plans, view charges of visits along with insurance, and even print out receipts (Sentara Health. 2024. *Billing Information*). Sentara offers financial assistance to ensure that even if a patient does not have insurance or a means to pay, they will not be turned away. Therefore, they will be provided the same quality of care and those