



by elizabeth travers

HOMEGROWN MEDICAL HISTORY

Cutting-edge medical advances in Mississippi, by Mississippians

Mississippi is a small state with a big heart. People in our state produce originality, innovation, and startling achievements. Achievements of Mississippians have redefined entire disciplines—art, music, literature...even medicine.

Since the early days of the University of Mississippi Medical Center, Mississippians have pioneered medical research in cardiology, physiology, surgery, and more. And we don't just produce some of the greatest minds in modern medicine, we also produce young men and women leading the way in medical applications beyond operating rooms and laboratories.

Innovative Medical Applications

CareHere - BUTLER SNOW

We know the statistics: Mississippi's rates of heart disease, obesity, and diabetes consistently top national averages. One law firm found a creative, far-reaching solution to our health-care crisis in an on-site medical clinic for employees.

Butler Snow, one of our state's largest law firms, took steps towards a workplace wellness program as early as 2005. Walking programs, yoga classes, an organized Weight Watchers group, and an online program tracking exercise and calories all serve to encourage employees to get active and maintain healthy lifestyles.

In 2008, the initiative became known as "Balanced Lives" and expanded to on-site exercise equipment, healthy meal preparation, and lifestyle education. But, says executive director of the firm Lance Bonner, "It simply takes too long, is too expensive, and is often too unpleasant for many to have annual wellness exams or to visit a medical provider often enough to effectively control chronic diseases like

high blood pressure or diabetes."

In an astonishing next step, leaders considered introducing a primary-care clinic on site. In October 2011, Butler Snow opened the clinic, operated by CareHere, a company out of Brentwood, Tennessee, that specializes in workplace health care. The clinic serves employees covered by the firm's medical plan, as well as their spouses.

Eventually, the firm's leadership hopes to offer the no-cost care to certain dependents as well. Bonner calls the clinic a "win-win." And with no cost to the employees and lower cost to the firm's medical plan, it's easy to see why.

Bonner is confident about the clinic's future and is hopeful that other firms and businesses will see the advantage of on-site health care. Says Bonner, "this clinic is a welcome opportunity for our partners and employees." M

