

SUPPORT FOR INDIVIDUALS WITH BEHAVIORAL HEALTH NEEDS



System Transformation and Community Investment programs focus on integrating community-based care into the healthcare delivery system, supporting community-based organizations in programming designed to positively impact health outcomes, health equity, and the cost of healthcare.

FLPPS is partnering with Exercise Express on a one-year program that will expand access to services by hiring additional certified Peer Specialists.

Exercise Express' mission is to make physical activity and exercise a standard part of global disease prevention and treatment medical paradigm. The organizational vision is to see improvement in the health of high-risk patients in a health disparity population with high rates of essentially treatable and preventable diseases which are undiagnosed and untreated.

The Peer will engage with individuals in the community struggling with their mental health or substance use disorder to move forward in recovery and support the individual by providing connection to necessary services and assist in navigating the individual through the care process.

“Exercise Express is pleased to partner with FLPPS to promote system transformation through the development of our programmatic infrastructure, identify data, retain staff and support the transition from fee-for-service reimbursement to value-based payment for Medicaid/Medicare recipients, specifically the Black, Indigenous, and People of Color and aging population. We have been able to offer services that will lead to better health outcomes and improved quality of life for the Monroe County community.”

**KAREN ROGERS
OWNER OF EXERCISE EXPRESS**

As a Home and Community-Based Service Provider, Exercise Express provides behavioral health services in the home or community that promote socialization, recovery, wellness, self-advocacy, development of natural supports, and maintenance of community living skills. Additionally, Exercise Express conducts outreach and education on the facts, myths, and benefits of the COVID-19 vaccine and assist individuals in getting vaccinated.

