

The following updates were provided to the community from the Horizon quarterly Board meeting.

### **Horizon Community Health Recognition Awards - 2018**

Horizon was pleased to announce the second installment of the Community Health Recognition Awards (CHRA). Following the success of the CHRAs inaugural year, the awards once again celebrate individuals and groups that are making a difference to improve overall health in their community. The CHRAs align with the Community Health Needs Assessments (CHNA) completed by Horizon which identify barriers to accessing health care.

This year a total of 13 groups and/or individuals were honoured at the board meeting (for a full list visit [HorizonNB.ca](http://HorizonNB.ca)). Each winner received \$500 towards their charity, a certificate and an award. A [video](#) was also made to profile the winners which is shared on Horizon's social media channels.

Winners were selected by Horizon's existing Local Community Engagement Committees (LCEC) in Fredericton, Miramichi, Moncton and Saint John. In an effort to remove any biases, committees selected winners from other areas. (Many of the LCEC members are part of the organizations that were nominated or work closely with them).

### **Telehealth**

Horizon is committed to delivering health care in your community. With 12 hospitals, 31 community health care centres, 17 public health outreach programs, 38 mental health and addiction treatment programs, and 8 province-wide programs – Horizon's staff and physicians are located in various regions across New Brunswick. As a result, seeking specialized care may mean travelling to another community. Fortunately, Telehealth technology eliminates geography as a barrier for both clinicians and patients/clients when it comes to follow-ups and check-ups.

What is Telehealth? It is the delivery of health care across short or long distances using appropriate communication technology. This innovative health care technology has been around for 20 years. In some scenarios, it allows patients to be discharged home with a specialized unit so that their clinician can see them and receive their vitals on a daily basis, no matter where they are located.

This technology keeps our patients/clients out of their local hospital, eliminates the time and costs associated with traveling to appointments, and enables them to receive care at home, at a local community health centre or clinic. It increases access to clinical resources, improves the continuum of care therefore enhancing patient/client centred care at Horizon.