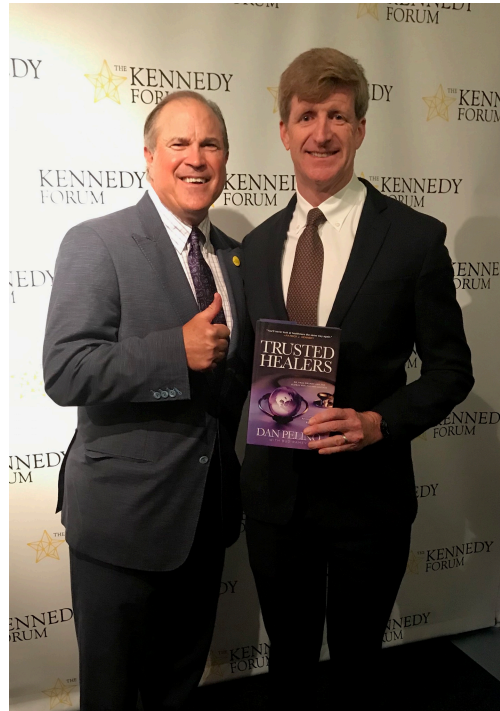
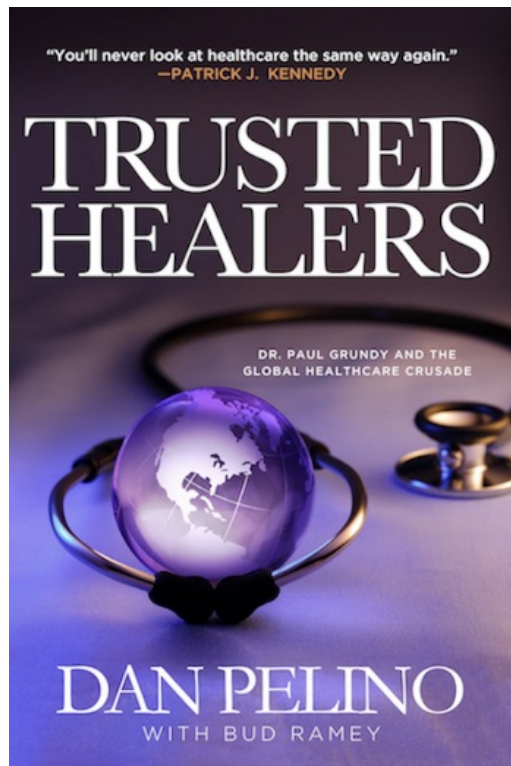


“You will never look at healthcare the same way again.”

**--Patrick J. Kennedy, Former Congressman,
Foreword to *Trusted Healers***

**A New Book Reveals A Global Healthcare Revolution,
Led By Primary Care Medical Home Godfather
Dr. Paul Grundy, With Key Lessons For Healthcare Around the World**



Former Congressman Patrick Kennedy
With Author Dan Pelino at The Kennedy Forum

“Dr. Paul Grundy’s crusade to save healthcare is a story that has never been fully told,” says former eight-term congressman Patrick Kennedy. “*Trusted Healers* does so by probing the transformation of healthcare delivery and the aspiration for better care around the globe.

“Told through the voices of exceptional leaders and the crusade of one man’s dream, we learn that better health, and better healthcare is in our grasp. Author Dan Pelino takes us on a journey to better understand leadership, societal change, and our shared healthcare future.”

Trusted Healers recognizes that the most important healthcare decision you can make is at your fingertips. This one powerful idea could well be the panacea for the healthcare crises in many nations.

As the fate of healthcare is debated in the United States and abroad, discussions over accessibility, and affordability, dominate. But the author of a breakthrough book shows what is really needed is *a trusted healer* in a *medical home* for everyone, for life. The results will yield better care at lower costs and become the gold standard for all of us.

Meet Dan Pelino, the author of *Trusted Healers: Dr. Paul Grundy and the Global Healthcare Crusade* (www.trusted-healers.com, September 15, 2019, Koehler Books, \$19.95; Trade Paperback; 298 pages; ISBN: 978-1-63393-684-3), who tirelessly followed Dr. Paul Grundy around the globe for a year, observing a revolution in healthcare before his very eyes.

Dr. Grundy is heavily featured in Pelino's book, to bring attention to the work of the man known as the Godfather of the Primary Care Medical Home Movement. Dr. Grundy served four American presidents and was decorated with numerous awards for his work that extends back to the AIDS epidemic. Until last year, he served for nearly two decades as the chief medical officer and global director of IBM's healthcare transformation. He's also the founding president of the Patient-Centered Primary Care Collaborative.

Kennedy, a former Congressman of 16 years, says *Trusted Healers* "helps provide the narrative to help achieve healthcare reform." Kennedy should know. The Rhode Island Democrat, who founded The Kennedy Forum five years ago, has led a crusade against the health insurance industry's discrimination in mental health and addiction coverage.

Trusted Healers details the decade-long movement by Dr. Grundy to transform all healthcare on a national and global scale.

"He very likely has traveled more air miles than any physician in history," estimates Pelino of Dr. Grundy, who was once nicknamed by Nelson Mandela as 'a good troublemaker.'

"He returns again and again to monitor programs and serve as an inspiration for his colleagues in dozens of nations," adds Pelino.

Indeed, this is a story that has not yet been told. In addition to learning about Dr. Grundy, now leading global healthcare transformation for Innovaccer, Inc., which provides breakthrough technologies for better healthcare, we also see interviews with an international cadre of innovative leaders and visionaries in healthcare today, including:

- **Patrick J. Kennedy**, who wrote the Foreword for *Trusted Healers*.
- **Dr. Michael Roizen**, *Dr. Oz Show* co-creator, best-selling author, and chief wellness officer at The Cleveland Clinic Wellness Institute.
- **UK Secretary of State Jeremy Hunt**, former Secretary of Health and Social Care for six years.
- **Glenn D. Steele, MD, Ph.D.**, CEO (Ret.) of Geisinger Health System, named one of the 50 most powerful physician executives in healthcare.
- **Professor James Kingsland, OBE**, one of the top physician leaders in the United Kingdom, Great Britain's long standing BBC Radio doctor.
- **Nwando Olayiwola, MD, MPH**, clinical transformation officer for Rubicon MD, improving access to care for underserved patients.
- **Nick Donofrio**, executive vice-president (Ret.) of Innovation and Technology at IBM, who led the world in technology innovations for forty years, is one of the world's top corporate leaders.
- **David Folk**, CEO and Co-Founder of NEXT Integrative Minds Life Sciences, Inc.

Dan Pelino, who led the healthcare and life sciences team with Dr. Grundy at IBM, says Dr. Grundy has visited 50 cities in 5 continents since 2018 to champion primary care, from Nebraska and New York to Saudi Arabia and New Zealand.

Pelino's book covers several key areas:

- The type of leadership needed to lead healthcare reform.
- The level of societal change that is needed to embrace a healthcare revolution.

- The quality of healthcare one requires and deserves – while the patient acts responsibly as well.
- The vital importance of access to healthcare.
- The power of wellness and healthy living.
- The personal empowerment that can positively impact your self esteem, help you focus on your own personal productivity and enhance your contribution to your family, community and society that can change the quality and productivity of your life.

He answers these pressing questions:

- What is a trusted healer and medical home – and does everyone need both?
- What type of leadership is needed to propel a healthcare revolution?
- Which nations should serve as our healthcare model?
- What to look for in a primary care doctor and which questions should you ask before developing a long-term relationship with one?
- How can people take control of their health with diet, exercise and the avoidance of addictive substances?
- Could a child born today hope to live to be at least 110 years old?

“Personalized, precision medicine and care is what’s needed to heal our ineffective system,” says Pelino.

Pelino and co-author Bud Ramey visited, along with Dr. Grundy, a slew of healthcare leaders and innovators throughout the developed world. These *Trusted Voices* run clinics, government programs, and non-profit health-delivery systems that have re-established the bond between patient and doctor. Their stories leave us with the inevitable conclusion that we must champion everyone to have access to a personalized, primary care approach, where care is not determined by hospitals, governments, or insurance companies.

Who should have access to healthcare, what that healthcare should look like, and how you can assure your family has the best healthcare is what *Trusted Healers* is all about.

Dr. Grundy has been relentlessly leading the movement that now puts the U.S. at the precipice of a tipping point. Over 48% of all U.S. primary care doctors are now practicing in a medical home environment.

“If America fails to create something strong in the long term, we will always see a short-term fix approach to things,” says Pelino. “We need a transformation – not patchwork attempts to stop the bleeding.”

Pelino points to the journey we are on in America, where we now clearly see a growing national sentiment of moving forward with access to care for all citizens, for both primary care and mental health needs. He sees Kennedy’s campaign taking hold to assure that diseases of the brain are treated at parity. He views recent developments to strengthen primary care, and access to primary care as pivotal.

Recently, he notes, all over the world, societies are making strides in access and quality of care. He also notes that the pace of change of healthcare in a society is driven by local customs and national culture.

“We have entered the Age of Intelligence in healthcare,” asserts Pelino, “and all people should have access to the dramatic improvements being made in care.”

For example, Pelino points out that in England, the solution to the financial struggle of the universal healthcare system is becoming the nationwide adoption of the medical home model for robust primary care. He also puts a spotlight to various pilot programs and large-scale studies around the world that

show successful outcomes – reduced costs while providing healthier results for patients in healthcare delivery systems that do not deny care to anyone.

Pelino highlights how duplication and waste -- drivers of high healthcare costs – can be greatly eliminated or reduced. He puts a spotlight on evidence-based care, which results in dramatic decreases in costs while the quality of care greatly increases. He also uncovers pilot programs that lead to a reduction in ER usage and hospital re-admission rates.

The U.S. spends well over \$10,000 per person on healthcare – twice the average of wealthy nations like Germany, Canada, France, Australia, Japan and the U.K. – but the accessibility to healthcare is greater in each of those countries.

The model put forth by Dr. Grundy and Pelino must become the heartbeat of medicine.

“The medical home model of care will solve a crisis in cost, quality, and physician morale,” concludes Pelino, “all over the world.”

“Fast Paced. Brilliant storytelling. A powerful message for cultures worldwide.” - Professor James Kingsland, OBE, One of the top physician leaders in the United Kingdom, Great Britain’s longest standing BBC radio doctor

“Through compelling stories you’ll relish, we’re forced to conclude what Dr. Grundy has said for years – that for illness care to be available to everyone, and affordable for society, we requires a value-based system to promote health through the human touch of the *primary care medical home.*” - Mike Roizen, MD, Four No. 1 *New York Times* bestsellers. Co-Creator of the Dr. Oz Show, Founding Chief Wellness Officer of the Cleveland Clinic

“*Trusted Healers* help us understand the power of a familiar physician and the hope this could bring to every citizen in America.” - Douglas E. Henley, MD, FAAFP, CEO, American Academy of Family Physicians

“Dan shows us healthcare as we have never seen it before. *Trusted Healers* is a page turner and a benchmark book for those who care about their healthcare future!” - Glenn D. Steele, MD, PhD, CEO Geisinger Healthcare (Ret.), One of America’s top healthcare reformers

“*Trusted Healers* champions personal healthcare – a critical direction around the world.” --Marion Ball Ed.D., FAAN, FACMI, FCHME, FHMSS, FMLA, FAHIMA, FIANSI, Senior Advisor, IBM Research Division, Healthcare Visionary, Professor Emerita John Hopkins School of Nursing, and Affiliate Professor, Johns Hopkins School of Medicine

“*Trusted Healers* is a must read for everyone who cares about their own well-being and that of their families, colleagues, and community members.” - David Folk, Co-Founder and CEO, NEXT Integrative Minds Life Sciences, Inc.

“*Trusted Healers* demonstrates that social injustice and social inequities invariably impact health and healthcare. First, we have got to accept and believe that. Then we can do something about it.” - Nwando Olayiwola, MD, Chief Clinical Transformation Officer, Rubicon MD

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