The Wellness Incentive and Navigation (WIN) Intervention Improved Health-Related Quality of Life (HRQOL) Among Medicaid Enrollees

Guo et al. *Health Services Research* December 2019

**Data Sources:** Texas telephone survey data (2013-2016) + CMS claims data

**Texas Medicaid Managed Care for Enrollees with Disabilities**

1,259 participants

**WIN Intervention Arm Improvement in:**

- patient activation
- increased HRQOL

**Conclusion:**

Providing navigator support with wellness accounts improves HRQOL among Medicaid enrollees

**WIN Intervention:**

- Navigator services using Motivational Interviewing to identify health risks and wellness goals

**Standard Care:**

- Flexible wellness accounts