

2016 IMPACT

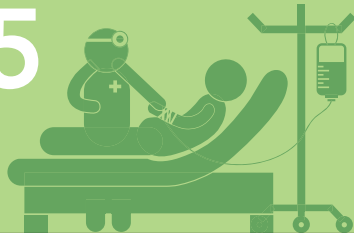
Allina Health 

PENNY GEORGE
INSTITUTE FOR HEALTH
AND HEALING

INPATIENT

14,105

Inpatient visits



48.2%
Reduction
in pain



19.1%
Improvement in
ability to cope



16,299

Integrative therapy
interventions by
Allina RNs



LIVEWELL FITNESS CENTER

26,581



LiveWell Fitness
Center visits

7,699
Individual
coaching sessions

1,867
Coaching clients

COMMUNITY OUTREACH

152



Community screening events

6,500

Individuals screened

1,755 employees
screened at worksite
wellness events



TRAINING & INNOVATION

185

Allina Health employees
completed Foundation
in Integrative
Healthcare Training

400



Children's
Hospital NICU
nurses trained
in resiliency

15



Different health care
systems completed a
two-day aromatherapy
training course

OUTPATIENT

27,664

Outpatient
visits



5,006
Unique patients



83 Allina nurses trained
in Transformative Nurse
Training

Delivered onsite
acupuncture and
integrative nutrition
education to General
Mills employees

Delivered mindfulness
training to deploy at
high schools



Developed and
delivered integrative
health coaching for
NorthPoint Health &
Wellness

Created advanced
clinical training in
integrative medicine