

# O.H.M.S.

## Healthy Horizons: Bermuda Health Strategy Updates



**“Bermuda is embarking on an exciting journey to transform healthcare!”**

**The Bermuda Government is steadfast in its commitment to implementing Universal Health Coverage, ensuring all citizens have access to essential healthcare services without financial hardship.**

The ‘Healthy Horizons’ Newsletter builds on this commitment and is dedicated to keeping you informed and engaged as we implement the Bermuda Health Strategy 2022–2027 and Universal Health Coverage (UHC).

We encourage you to share this news with your family, friends, and colleagues to discuss what it means for you and your loved ones.

With an aging population, ensuring access to affordable, quality healthcare is more important than ever. We understand that the path may have its challenges, but together, we can build a healthier Bermuda for all as we strive for Healthy People in Healthy Communities!”

**The Hon. Kim N. Wilson, JP, MP, Minister of Health**

### Navigating the Journey to Accessible, Affordable, Quality Healthcare for All!

Welcome to the first edition of Healthy Horizons, a newsletter created to keep you informed about the progress on implementing the Bermuda Health Strategy 2022–2027 and Universal Health Coverage (UHC). In this edition, you’ll learn more about UHC, what it means for you, and the UHC journey to date.

#### The Ministry’s vision for Healthcare in Bermuda is:

“Ensuring that all people have equitable access to needed informative, preventative, curative, rehabilitative, and palliative essential health services, of sufficient quality to be effective, while also ensuring that people do not suffer financial hardship when paying for these services and critical medicines.”

#### What is Universal Health Coverage?

UHC in Bermuda aims to ensure all residents can access the essential health services they need without experiencing financial hardship.

#### What does UHC mean for you?

The benefits that will be available to you under UHC include preventative and early intervention healthcare through a Primary Care Physician (i.e., GP), without having to worry about excessive costs. It is expected this will include preventative services such as regular health check-ups with a GP, health education and support with developing healthy lifestyle habits, and vaccinations.



**BERMUDA HEALTH  
STRATEGY**



## You have a role to play!

Everyone has a role in addressing the health needs in our country. Here's what you can do.



## Stay informed.

Go to [www.healthstrategy.bm/latestupdates](http://www.healthstrategy.bm/latestupdates) to access all reports, recommendations, and updates. Don't be afraid to ask questions – email [uhc@gov.bm](mailto:uhc@gov.bm) with any questions you might have.

Being able to get regular check-ups can result in early intervention for potential health issues and thus, better health outcomes and a better quality of life for you overall.

## How will UHC benefit Bermuda overall?

By increasing access to preventive care, early intervention, and thus, better health outcomes, we will have a healthier community overall. A healthier community will support a healthier economy for Bermuda and address the rising levels of funding currently required to support the high level of preventable chronic diseases such as diabetes, heart disease, and kidney disease.

**Digital Health** is the use of technology, people, and systems within the health system to organise and deliver affordable, quality health services and information efficiently.

## Core Benefits Package

The Ministry's UHC ambition is to establish a core health benefit to provide safety-net care for all Bermuda residents. This is informed by data on our island's health needs from the

recently completed Joint Strategic Needs Assessment.

The Ministry is working with a multi-disciplinary group of clinicians and insurance providers, to design a new Insurance Benefits Package (referred to as the Core Benefits Package) for all Bermuda residents. This aims to make Primary Care and Community-based health services more accessible for everyone, without experiencing financial hardship.

It is important to note that those who wish and/or can afford additional health insurance coverage beyond the safety-net services included in the Core Benefits Package will be able to purchase supplemental coverage through one of the Island's health insurers.



**Third-highest** incidence of diabetes in the OECD with over 13% of residents diagnosed



**50% of residents** have at least one chronic condition such as diabetes, heart or kidney disease



**1 in 3** residents have high blood pressure and/or high cholesterol

An **integrated care pathway** identifies the different types of care provided from beginning to end for people with specific health needs and defines what happens, when, and who is responsible at each stage of the care journey.





### Use your voice.

Respond to community surveys and invitations to community engagement sessions.



### Commit to Change.

Control your health outcomes by prioritising sleep, good nutrition choices, and regular exercise.

## The UHC Journey to Date

Implementing UHC is a multi-year journey and requires a high level of collaboration between all health system stakeholders.



### 2021



UHC Steering Committee set up to oversee and guide implementation of UHC



High-level roadmap for strengthening Bermuda's health system completed

### 2022

Bermuda Health Strategy 2022 – 2027 released



### 2023



Joint Strategic Needs Assessment completed



National Digital Health Strategy developed



UHC Project Management Office established to support UHC-related projects and initiatives

National Health System Metrics (Baseline) established

### 2024 (in progress)



Three Integrated Care Pathways Mapped (First 1,000 Days, Acute Adult Mental Health, Chronic Kidney Disease)



Development of Core Benefits Package



Implementation of priority recommendations from the first three integrated care pathways

National Digital Health Strategy Implementation Planning



Mapping new integrated care pathways - Diabetes & Metabolic Diseases, Respiratory Illnesses, Post Acute Care, and Cardiovascular Diseases (Bermuda Hospitals Board-led)



Health Financing – we are working to identify the most sustainable and cost-effective way to fund Bermuda's health system improvements and healthcare needs.





GOVERNMENT OF BERMUDA  
**Ministry of Health**



For more information and to get the latest updates,  
go to [www.healthstrategy.bm/latestupdates](http://www.healthstrategy.bm/latestupdates)

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