

**AUA Health Services Workplan
December 1995 - June 1996**

	<i>Health Club</i>	<i>Health Insurance/Health Net/</i>
<i>December, 1995- January, 1996</i>	Needs Assessment & Resources Development	
Dec. 1-8	Pilot survey. Personal interviews.	
Dec. 11-15	Baseline questionnaire development.	
Dec. 18-25	Annual report.	
Jan. 8-12	Questionnaire administration.	
Jan. 15-26	Survey data analysis.	
<i>February, 1996</i>	Policy Development & Advertising	
	Health Club and health insurance policy & funds development.	
	Advertising campaign.	
	Sign-up personal health contracts.	
<i>March, 1996</i>	Management & Process Monitoring	
	Start of Health Club sessions.	Consulting. Gatekeeping. Monitoring of the utilization process.
	Students recruitment for the Health Club activities in cooperation with Student Council.	
	Administration and monitoring of Health Club current activities.	
<i>April, 1996 May, 1996 June, 1996</i>	Evaluation	
	Quarterly evaluation Starting summer activities.	

Pilot Survey Results

of respondents (mostly the heads of administrative units) •17

1. Health self-assessment

Excellent	Good	Satisfied	Unsatisfied	Poor
1	9	6	1	-

2. Do you visit a doctor while getting cold, or take care of yourself?

Visited a doctor	Self-care
3	13

3. How often do you delay a visit to a doctor and for what reason?

Always	Often	Rare	Never
3	6	3	1

Reason: lack of time; lack of trust to doctors.

4. What kind of health services do you prefer?

Free of charge	Fee for service	Visit to an acquainted doctor
3	2	10

5. Have you heard about the transition to the new economic state of medical institutions in Armenia from 1 January, 1996?

Yes	No
1	13

6. What is your opinion about health insurance?

Positive	Negative	Undecided
14	-	3

7. Would you like to participate in health insurance program, if AUA will provide it? Please, answer in details, why yes or not; how much money you can afford to pool for this purpose monthly and for which volume of services (approximately).

Yes	No	Don't know	200-300 DR	500 DR	1000-2000 DR	3000-4000 DR
10	3	3	2	1	3	4

8. Did you participate in any sport activity, which kind, how long, on professional or non-professional level

Yes		No
Professional	Non-professional	
4	11	2

9. Do you participate in any physical activities at present, including exercises, jogging, and sport?

Yes	No
7	6

10. Would you participate in AUA Health Club activities and what are your suggestions?

Yes	No	Don't know
12	2	2

11. In what kind of physical activities you would like to participate, how many times a week, and when it is more convenient for you?

Bodybuilding & fitness (9), table-tennis (5), swimming (4), volleyball (4), basketball (3), tennis (2), tourism (2), football (1), u-shoo (1).

Frequency: 1-2 times a week - every day.

Convenient time: evening hours, lunch time.

12. How much money you can afford monthly for participation in sport activities, if their provision is fee-for?

200 DR	500 DR	1000-2000 DR	4000 DR
2	1	6	5

Health Club
Monthly expenditures
for Fitness Gym (male and female groups of 10) and Game Gym.

Preliminary Analysis.

Fitness Gyms

	Male	Female
Institute of Physical Therapy	\$30	\$40
Polytechnic Institute	\$25	-
"Harmony" female cooperative	-	\$95,5

Game Gyms

Polytechnic Institute	\$45
Winter gym (Kilikia)	?

Transportation: \$30

Total: \$115

Fitness equipment

	US	Local
Stationary bicycle	\$100-250	?
Rower	\$170-250	\$60
Free Weight System	\$250-400	?
Chest expander	\$50	\$10
Climber	\$250	-
Dumbbell	?	\$3-5
Work out system	-	\$20
Hall climber		\$50

Health Insurance/Health Net Plan

Clinical Services

Service	Republican Hospital	Institute of Physical Therapy	Institute of Surgery
ECG; blood & urine sampling	1000DR	1000DR	1000DR (w/o sampling)
Sonography	1500DR	700-2000DR	2000DR
X-ray examination	2000DR	2000-2500DR	?
Massage (1 procedure)	-	100DR	4000DR
Consulting	400-1000DR	300-700	4000DR
Hospitalization (15 days)	6000-20000DR (for additional comfort)	10000DR	15000DR ?

Diagnostic Center

Certificate for single use with computerized tomography	\$45
Certificate for single use without computerized tomography	\$30
Abonement annual (personal)	\$60 ¹
Abonement annual (for family members)	\$80 ²

Dental Service (Dental Center)

Disease	Cost
Caries	2000-2500DR
Pulpitis	3000-4000DR
Extraction	2000-2500DR
Paradontitis	4000-6000DR
Stomatitis	4000DR
X-ray	1000DR

¹ the frequency of visits is not limited, it happen to be according to health status

² Ibid.

Options: core medical packages

Level of service	Volume of service	Cost of package per use
minimal	ECG; blood & urine sampling, physician consulting	\$5
middle	ECG; blood & urine sampling; specialized consulting; X-ray, sonography, emergency dental services (acute toothache ³)	\$20-25
advanced	The same as for middle level provided in Diagnostic Center; dental services (acute and chronic conditions ⁴)	\$45

³ the most probable outcomes are: extraction, pulpitis, X-ray

⁴ it is assumed here, that the person does not experience desperate pains, but rather he has some problems with his teeth. The most probable outcomes are as described above, except of orthopedy.