



ZEN WELL HEALTH

Janine Horne, MSN-Ed, RN, AHN-BC
Founder & CEO, Zen Well Health™





Who I Am

Janine Horne, MSN-Ed, RN, AHN-BC, I am a Board-Certified Advanced Holistic Nurse with over 20 years of experience in community and public health.

I am the Founder & CEO of Zen Well Health™, dedicated to enhancing physical and mental wellbeing for underserved, vulnerable and high-risk communities.





What is Zen Well Health™

Nurse-Led Care

Our programs are guided by experienced nurses, ensuring personalized and comprehensive health management for the communities we serve.



Integrative Health Approach

We utilize holistic methods that focus on both physical and emotional well-being to enhance overall health outcomes.



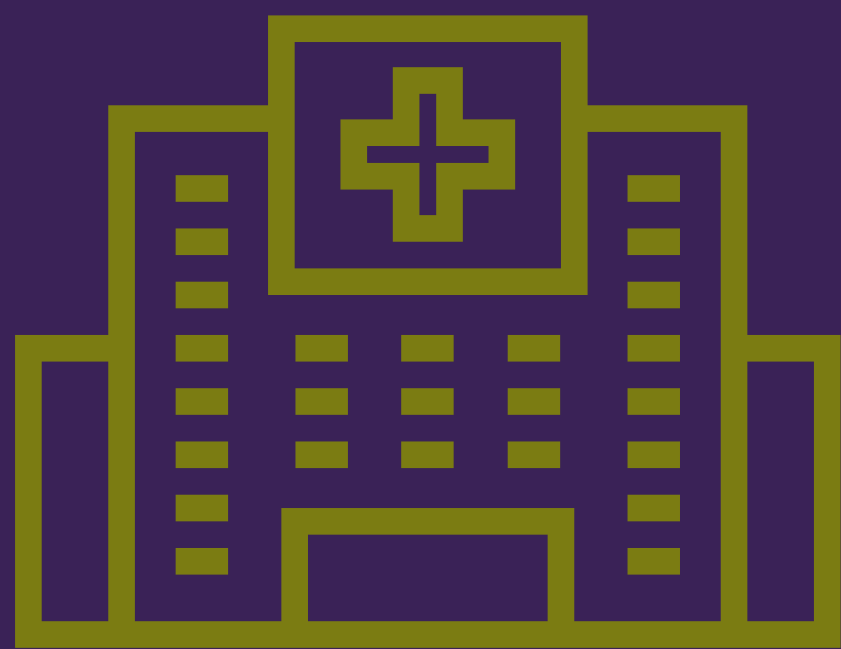
Community Partnerships

Collaborating with local organizations, we provide resources and support to health promotion and disease prevention.





The Community Challenge



Address Chronic Health Burden

Support individuals managing multiple conditions to prevent disease progression and complications.

Reduce Avoidable Emergency Care

Provide proactive care coordination that decreases frequent ED visits and hospital admissions.

Strengthen Connected Care Systems

Bridge gaps between medical, behavioral, and community services to improve overall care continuity.



Our Solution- Zen Well Integrated Care Coordination

Deliver Nurse-Led Care Management

Provide consistent clinical guidance, care planning, and client navigation across settings.

Connect Individuals to Essential Resources

Link clients and families to community, social, and behavioral health supports that sustain wellness.

Integrate Whole-Person Wellness

Embed stress-regulation and mind-body practices that strengthen engagement and long-term health outcomes.





Who We Serve



Support High-Risk Individuals

Serve adults and seniors managing complex health needs and frequent care utilization.

Family Caregivers

Equip caregivers with guidance, resources, and stress-reduction tools to sustain their vital role.

Senior Living Partners

We collaborate with senior living communities and aging agencies to enhance the wellness services available to residents.

Healthcare Systems

Our services integrate with healthcare systems and county health departments to promote comprehensive care management and care coordination support.



How the Program Works



Assess and Plan Care

Conduct comprehensive nurse assessments and create individualized care plans.

Coordinate and Support Care

Provide appointment scheduling, medication support, provider communication, and post-discharge follow-up.

Connect to Community Resources

Link individuals to essential social, behavioral, and community-based services that sustain health.



Outcomes & Impact



- 01 Reduce Avoidable Hospital Utilization**
Lower emergency department visits and prevent unnecessary hospital readmissions.
- 02 Improve Engagement in Ongoing Care**
Increase appointment adherence, care follow-through, and connection to community services.
- 03 Enhance Quality of Life and Caregiver Resilience**
Improve patient wellbeing while reducing stress and burden on families and caregivers.



Partnership Opportunities

Collaborate with Public Health Agencies

Partner with county health departments to strengthen community-based prevention and care coordination.

Support Hospital Population Health Programs

Embed nurse-led care management to reduce utilization and improve value-based performance outcomes.



Extend Care in Clinical and Community Sites

Work with FQHCs, clinics, and school-based health centers to reach underserved populations where they receive care.

Enhance Wellness in Senior Living Communities

Provide integrated care coordination and whole-person wellness services for aging adults and caregivers.





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Connect with Us

Let's Build Healthier Aging Together!

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(844) 935-5936 | Toll Free

Visit our website and book a discovery call

www.zenwellhealth.com

