



FOR IMMEDIATE RELEASE

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ELAK offering new solutions for personal health care and support

Patient quality care lacking under current impacted health systems

Sacramento, CA – ELAK, a unique healthcare service providing a membership subscription model for patient care to bridge the gap between an impacted healthcare system and quality care, is offering services to patients, physicians, pharmacies, nonprofits, government agencies and other non-health and health-related organizations.

ELAK provides subscription-based services to patients. Under the subscription model, patients receive personal and timely support with understanding various medical conditions, understanding medicines and pharmaceuticals, serving as an intermediary between patients, medical professionals and pharmacies.

“Healthcare has evolved from a personal, human support network to a rush-through of doctor appointments, a push-through at the pharmacy and fragmented communication with other subspecialty medicine, forcing patients to the internet to work it out themselves” said Dr. Sarah Almilli, CEO of ELAK. “We offer an affordable solution for everyone.”

In the last decade, people with chronic conditions grew from 15 million to 133 million patients. There is a shortage of thousands of primary care physicians and staff in the country which increased our current physician staff burn out to 41% for the added administrative and clinical burdens. The average number of weeks for a patient to see their primary care physician in California is 2 to 3 weeks and in the country is 3 to 4 weeks. Research shows the average length of visit for the patient and the physician is 15.7 minutes and in those 15.7 minutes, the doctor addresses the biggest problem in the first five minutes and then one problem per minute afterwards.

At the pharmacy, patients wait in line for 30 minutes and then eventually see the pharmacist for 30 seconds. The pharmacist may ask: “What questions do you have for me?” Logically, the patient cannot know what they don’t know and now they go home overwhelmed with a potentially new diagnosis or from a draining hospital stay with medications they know nothing about. Patients are left on their own to gather knowledge from friends, family, and “Dr. Internet”. Patients, afterwards, are in non-compliance and non-adherence to medication use which is one of the highest causes for hospital visits, emergency department (ED) and urgent care visits in the country.



In addition to the patient subscription offering, ELAK also developed programs for physicians to alleviate their clinical and administrative burdens as well as programs for pharmacies and other health settings to help minimize the time constraints they face and enhance their patient relationships and healthcare delivery. Other services support nonprofit organizations and/or business industries seeking to inform and educate their constituencies.

“ELAK, means “FOR YOU” and at ELAK we are dedicated to be here for you to prevent illness and sickness,” said Almilli. “It’s a caring and a collaborative support that draws upon the type of nurturing relationship healthcare providers had with patients years ago – those times that make you nostalgic for what it was. When it comes to health and quality of life, our job is to take it from here and make a difference.”

ELAK can be accessed through its website at ELAKhealth.org or by calling or emailing Dr. Sarah Almilli at 818-913-9043 and sarah.almilli@elakhealth.org.

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About ELAK

We’ll Take It From Here!

ELAK is the solution to the current healthcare crisis of the imbalance between demand and supply. Demand being the longer living patients, the patient’s health care expectations and the increased prevalence of chronic and acute diseases. Supply is the shortage of primary care physicians and practitioners because they are overburdened, stressed and impacted. ELAK corrects this imbalance on the patient’s journey through the healthcare system. Our solution provides access to patients within 24 to 48 hours including after hours from 5 to 9 p.m. and on weekends. Additionally, we follow up with patients once-a-week at the minimum or as needed. And once it’s time for the doctor’s visit, ELAK goes with the patient to the doctor to support the doctor, maximize efficiency and close any knowledge or communication gaps. There’s also administrative support through the healthcare system, answers to healthcare questions and access to comprehensive medicine information. The goal is to prevent hospitalizations, reduce emergency department (ED) and urgent care visits all while we maximize physicians’ and practitioners’ access and efficiency and allow them to focus on the diagnosis by providing a valuable resource, value-added patient benefits and a strong partner in the healthcare spectrum with options for referral income.



The Problems with Today's Healthcare

- In the last decade, people with chronic conditions grew from 15 million to 133 million patients.
- There is a shortage of thousands of primary care physicians and staff in the country which increased our current physician staff burn out to 41% for the added administrative and clinical burdens.
- The average number of weeks for a patient to see their primary care physician in California is 2 to 3 weeks and in the country is 3 to 4 weeks.
- Research shows the average length of visit for the patient and the physician is 15.7 minutes and in those 15.7 minutes the doctor addresses the biggest problem in the first five minutes and then one problem per minute afterwards.
- At the pharmacy, patients in line for 30 minutes and then eventually see the pharmacist for 30 seconds.
- The pharmacist may ask: “What questions do you have for me?”. Logically the patient cannot know what they don't know and now they go home with medications they barely know about.
- Patients are left on their own to gather knowledge from family, friends, internet resources.
- Patients afterwards are in noncompliance and nonadherence to medicine use which is the number one root cause for hospital visits, ED and urgent care visits in the country.
- 34% of Americans do not pick up their medications upon discharge from the hospital.
- 24% of patients stop one of their medications within the first month of hospital discharge.
- 12% stop all of their medications within three months of hospital discharge. And the cycle repeats.

Sarah Almilli Biography



Dr. Sarah Almilli, Advanced Clinical Pharmacist

Chief Executive Officer (CEO) of ELAK Health Inc. She graduated from Loma Linda University, school of Pharmacy and continued her post-graduate residency career at the Veterans Affairs HealthCare system in Southern California.

She is a certified Improvement Advisor with extensive clinical and executive leadership experiences driving execution for healthcare organizations, leading them to remarkable organizational successes. Additionally, she is a clinical provider specializing in chronic conditions management, with special interest in chronic conditions.

Dr. Almilli is a compassionate, eager and empathetic advanced clinical ambulatory care pharmacist. Her passion is driven by the bonds she builds with her patients and

physicians over the course of their journey and the enjoyment she holds in keeping them engaged while saving thousands of dollars. Her patients call her “a true healer” and “lifetime health coach”. Physicians call her a “wonder worker with a magic wand“.

In her spare time, Dr. Almilli enjoys spending days on the beach, fashion browsing, and spending time with her husband and friends. She loves to travel and has been to countries in most continents of the world. She is conversant in Arabic and English.