



Annual Meeting November 1, 2019

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Meeting Agenda

- 9:00 am 9:30 am Breakfast
- 9:30 am 9:45 am Welcome and Introductions
- 9:45 am 10:15 am **The Value of Team Based Care/PDCM**
- 10:15 am 10:30 am Team Based Care Testimonial
- 10:30 am 11:30 am **Panel Discussion**
- 11:30 am noon
 Best Practice and Visioning Awards Presentation
- Noon 1:00 pm **Lunch**
- 1:00 pm 1:45 pm **Table Discussions**
- 2:00 pm 3:00 pm **What's on the Horizon**







Welcome and Introductions

Hae Mi Choe, PharmD, MICMT Executive Director

The Team



3



The Value of Team Based Care and Provider Delivered Care Management

Amy McKenzie, MD, MBA Medical Director, BCBSM











The Value of Team Based Care and Provider Delivered Care Management

Amy McKenzie MD, MBA Medical Director, BCBSM

What it feels like to be a primary care physician

- The average PCP's panel size is too large (2,300) for delivering consistently high quality care on their own under the traditional practice model
- PCPs would spend an estimated <u>21.7 hours per day</u> to provide all USPSTF recommended acute, chronic, and preventive care for a panel of 2,500 patients
- Estimates suggest patients receive only 55% of recommended chronic and preventive services





Source: Estimating a Reasonable Patient Panel Size for Primary Care Physicians With Team-Based Task Delegation. Justin Altschuler, MD, <u>David Margolius</u>, MD, <u>Thomas Bodenheimer</u>, MD, and <u>Kevin Grumbach</u>, MD[,] Ann Ram1Medu2012 Sep S10(5): 8969409.a nonprofit corporation and independent licensee of the Blue Cross and Blue Shield Association.



Q: How can PCPs be expected to provide the highest quality care to their patients with continuously growing demands?

A: Through utilization of team based care to provide enhanced support for the physicians and higher quality care to more patients







Why provide team based care?

- 2 Alternative practice models can support improved quality of care
 - Reduced panel size (would leave many people without primary care)
 - Team Model (distributes patient care among interdisciplinary team to allow for large panels, high quality care, and a reasonable workday)
- Fundamental to the team model is that all team members perform at the top of their skill level
 - Many tasks currently performed by PCPs can be safely and effectively delegated







Why is Team Based Care/Collaborative Care important?



"The preponderance of studies comparing levels of resource use by primary care practitioners and specialists find that **patients of primary care providers have lower levels of use, such as fewer diagnostic tests and procedures, and incur equal or lower costs of care**"

Primary Care: A Critical Review Of The Evidence On Quality And Costs Of Health Care Health Affairs, 2010; review included 161 articles on looking at primary care

We are facing a declining number of PCPs in the face of increasing needs of a more senior population. Enabling providers to work at the top of their license through team based care is becoming increasingly important.

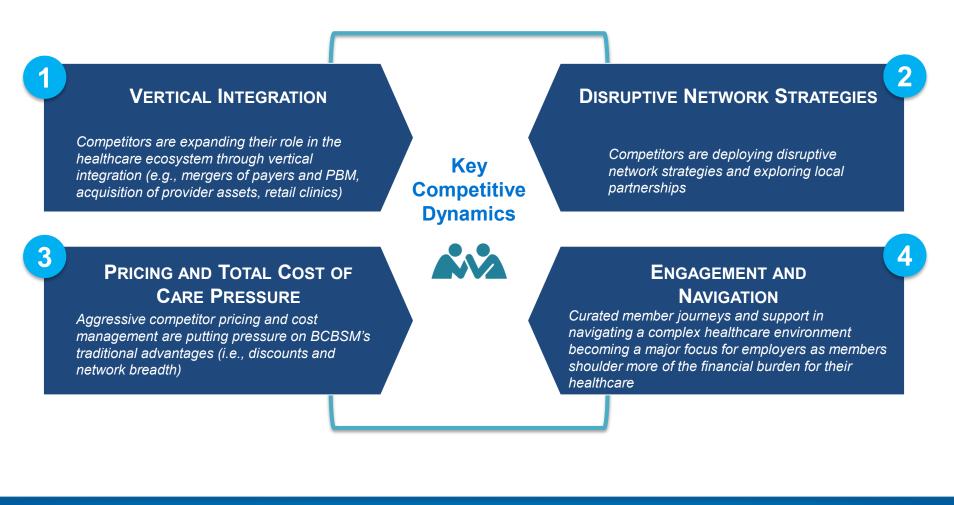


Source: https://www.healthaffairs.org/doi/10.1377/hlthaff.2010.0025



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Emerging competitive dynamics are informing strategies and focus areas for Blue Cross Blue Shield of Michigan







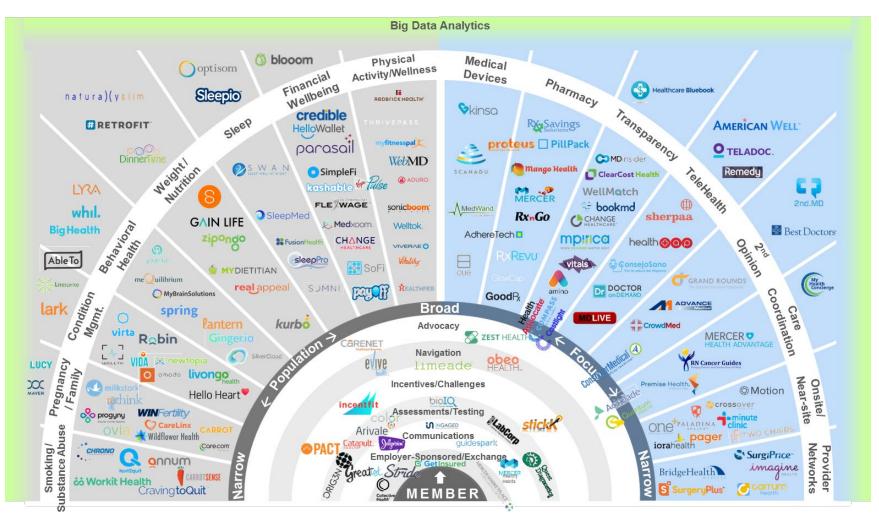
Various member-centric strategies are emerging across leading carriers

Strategic roles and choices	Examples of emerging strategies		
Guide the member vs. self-directed care	Humana	 Own the home A community-centric approach to care delivery for seniors, operating 100+ clinics through its subsidiaries Focus on helping seniors with chronic conditions and complex needs stay at home 	
Support clinical decision-making vs. automate clinical decisions	UnitedHealthcare	 Guide through physicians and empower with analytics Influence care choices across the continuum through direct ownership of physician organizations 	
Modernize care delivery primarily via partnerships vs. ownership	♥CVS aetna	 Scale data-driven solutions for providers and members at a national level Front door to health and wellness Expand direct-to-member touchpoints through local clinic and retail presence across 	
Clinical focus vs. beyond clinical care		 the country Complement physical presence with a broad portfolio of digital tools for members 	
Advance vs. enable adoption of standards of care	Cigna	 Address every aspect of customers' body and mind Offer full suite of traditional insurance products to address physical, emotional, financial, and social health 	
		 Go narrow in local markets Create narrow networks in geographies to control medical cost and better manage care 	
National approach vs. community-based approach Health Plan		 Changing the face of healthcare Create healthy communities by addressing the forces responsible for preventable illness and early death 	





Continued proliferation of point solution vendors provides both challenges and partnership opportunities







The Cost of Health Care A closer look at the problem



\$10,348 Annual average cost per person



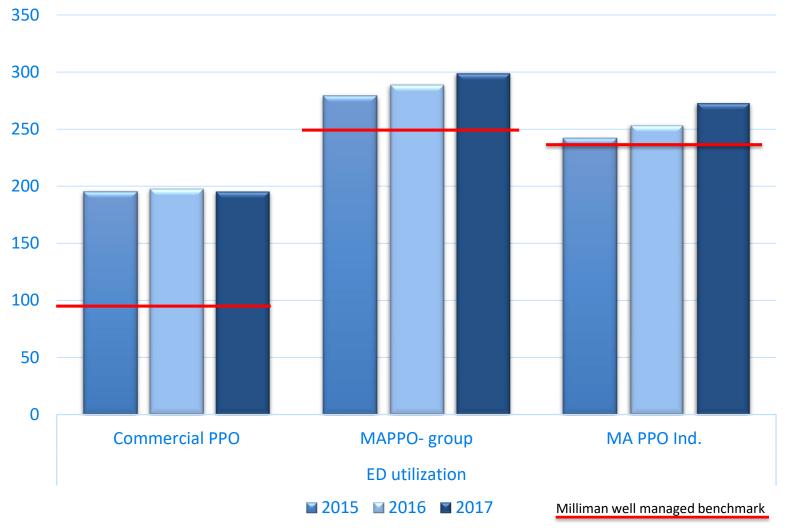
Source: CMS.gov

- Rising health care costs are unsustainable
- This has created a national affordability crisis for our patients, employees and families
- This problem is going to require health systems, providers and payers to work together to solve
- Our Michigan community and Value Partnerships is uniquely positioned but it is going to require renewed efforts and new solutions
- CMS projected that healthcare spending will on average rise 5.5 percent annually from 2017 to 2026 and will comprise 19.7 percent of the U.S. economy in 2026





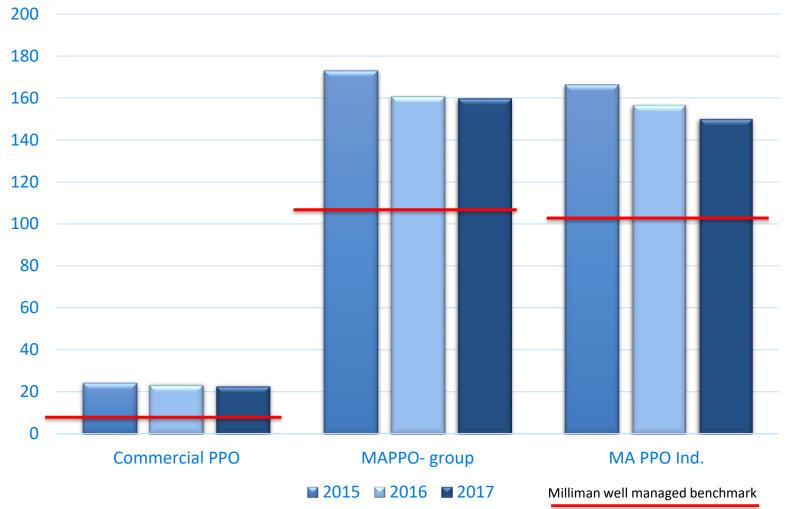
Even with Great Care Management BCBSM ED Utilization Exceeds National Benchmarks







BCBSM Inpatient Utilization Also Exceeds National Benchmarks







Work in Progress: Doing Different to Do Better

- Value Partnerships in conjunction with POs has developed a **strong platform** that has **improved the quality of care** for Michigan residents
- **Opportunity still exists** to better manage high utilization of costly services (i.e., overuse of ED) and quality outcomes that require multidisciplinary collaboration (i.e., BH outcomes)
- Cost has reached a breaking point for patients and employers
- CMS and the market are pushing for innovation; 3rd parties/vendors continue to threaten market disruption
- Continued success will require innovation, leadership and collaboration to continue to solve challenges







Key Elements of PDCM Re-Design: *Improving Care for Michigan Patients*

Payment Model Redesign	Partnerships	Improved Tools for Providers		
 Billing guideline simplification VBR changes Recognizing a redefined care team 	 To better connect health plan care management and PDCM redesign efforts 	 Stratification & predictive analytics 		
Incentive Development for POs	Retooling Resource Center	Outcomes-Driven		
Significant dollars dedicated to promote innovative partnerships	 To provide operational support, best practice I.D. & dissemination, build community 	 Focus PU attention on key utilization and chronic care metrics 		
Michigan Institute for Care				
	Management and			

Transformation



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A Key Milestone: MICMT First Annual Meeting

MICMT first annual meeting: 18 months in the making









MICMT first annual meeting: 18 months in the making



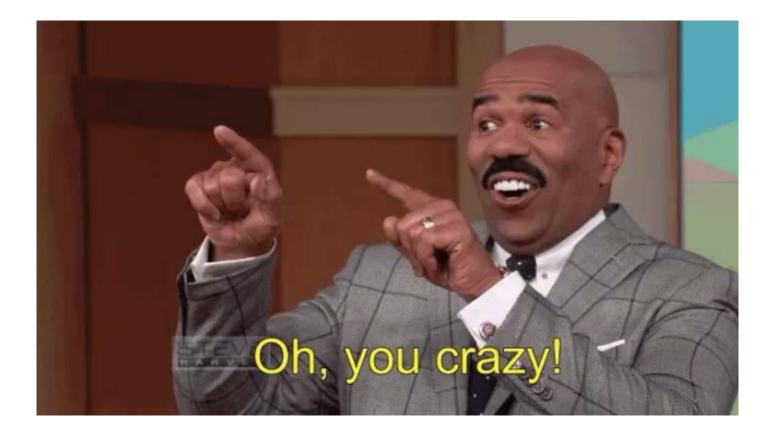


"It's a simple two-part strategy. First, locate the hills. Then head for them."





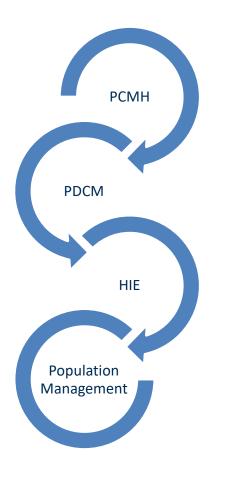
MICMT first annual meeting: 18 months in the making







PCMH is Foundational but PDCM and Use of HIE are the Next Evolutionary Steps to Effectively Manage Populations and Help Manage Cost Trend

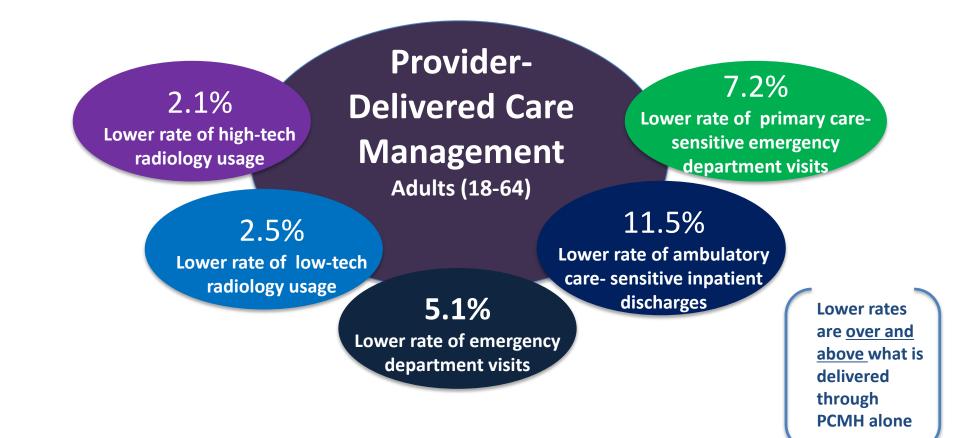


- These programs work synergistically to achieve better outcomes in population health management
- PCMH providers who are providing PDCM AND using HIE are showing the best outcomes on lowering ED visits and controlling IP admissions





Provider-Delivered Care Management Practices leverage Team Based Care to deliver even better results than PCMH alone







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Outcomes of team-based care vs traditional

Study conclusion and results: Receipt of primary care at teambased care practices compared with traditional practice model practices was associated with higher rates of some measures of quality of care, lower rates for some measures of acute care utilization, and lower actual payments received by the delivery system





https://intermountainhealthcare.org/blogs/topics/research/2016/08/new-jama-study/ https://jamanetwork.com/journals/jama/fullarticle/2545685 © 2019 Blue Cross Blue Shield of Michigan is a nonprofit corporation and independent licensee of the Blue Cross and Blue Shield Association.



Benefits of Team Based Care and Collaborative Care Models

Increased Primary Care Access

 Frees up time for PCPs to focus on what they are uniquely qualified to do as physicians, increasing availability and access to care

• Reduced Primary Care Burnout

 Higher levels of integrated care were associated with higher personal accomplishment and lower depersonalization for physicians, demonstrating that collaborative care may relieve PCP burnout.

Reduced Inpatient Utilization

 A literature review by McKinsey found that patients who receive integrated care have a 19% reduction in hospital admissions



April 2014, Journal of General Internal Medicine

Primary Care Employees



Developing the Vision

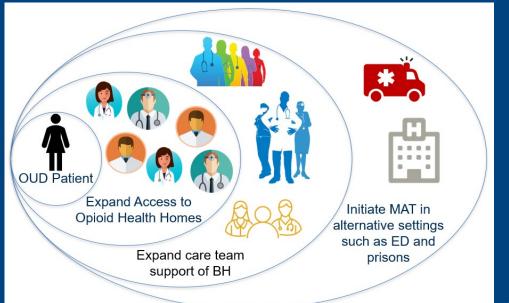






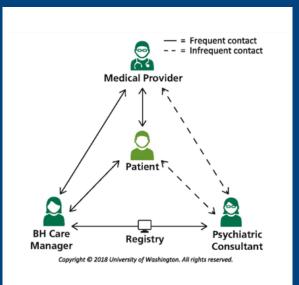
The Evolution of PDCM

September 2019 – Launch of Medication Assisted Treatment (MAT) initiative aimed at tackling statewide challenges related to substance abuse



Increasing Specialist Team Based Care and Remote Monitoring applications with goal of managing chronic illnesses more proactively and keeping people out of the hospital.

Behavioral Health Collaborative Care







Mental Health in Michigan

In July 2019, Altarum in conjunction with the Michigan Health Endowment Fund published their final report highlighting challenges in accessing behavioral health and substance abuse care across Michigan

Key Findings

- 38% Michigan residents with Mental Illness in Michigan go untreated
- 80% Michigan residents with Substance Use Disorder (SUD) go untreated
- 25 Michigan counties have no psychiatrist
- 67 Michigan counties that have no SUD treatment facility

Barriers to Behavioral Health Care access include: Shortages of Providers Cost of Care Reluctance to Seek Care

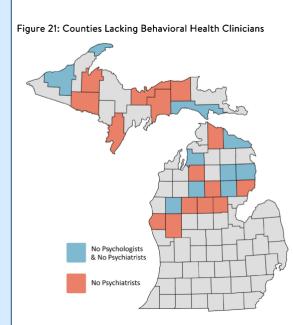
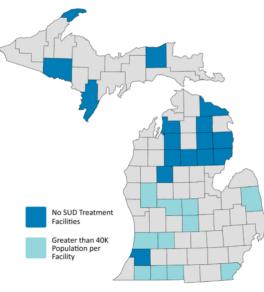


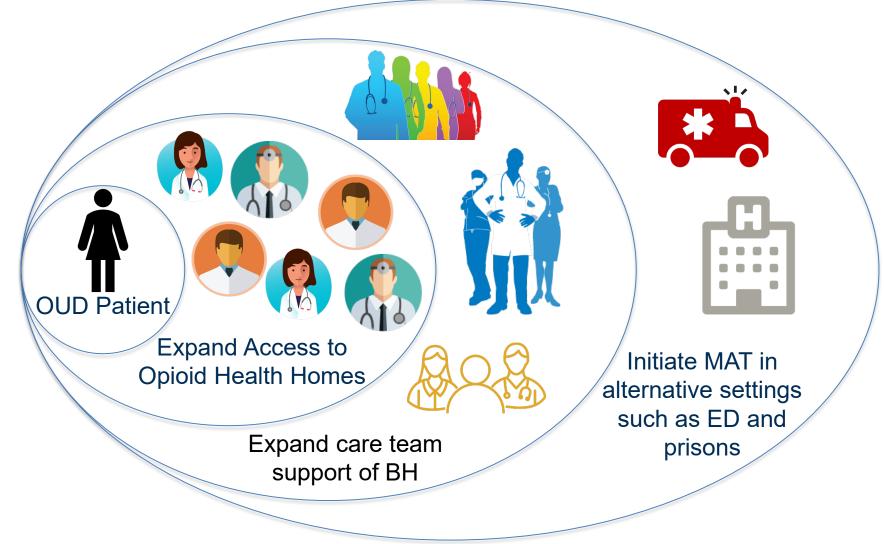
Figure 22: Counties Lacking SUD Treatment Facilities







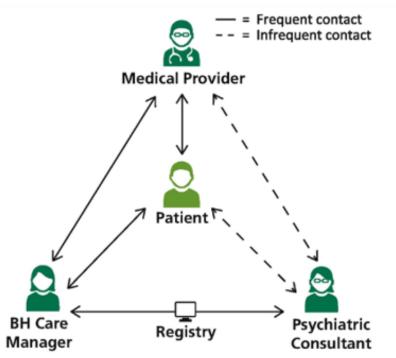
Medication Assisted Treatment for Opioid Use Disorder – Launched September 2019







Behavioral Health Collaborative Care



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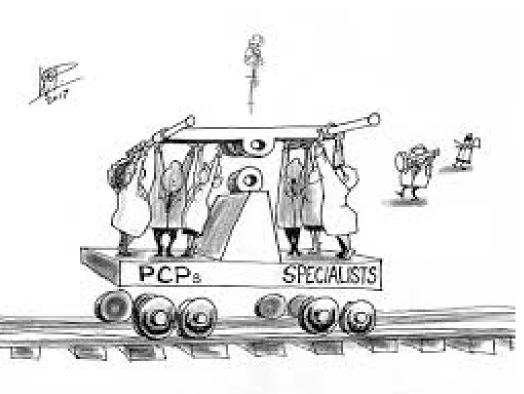
- BH care managers integrated at the PCP office collaborate with psychiatrist to improve access to high quality BH care
- Offices are having success with the model; demonstrating improved management of depression and anxiety through standardized scales
- Physician Organizations are beginning to adopt the Collaborative Care Model and finding results.
 - Ex. Average increase of 39 depression free days in 6 months compared to those receiving traditional care based on PO experience.





Improving Care Management with Specialists

- Increasing PDCM as an integral part of specialist clinic models
- Improving coordination between PCPs and specialists
- Addition of remote monitoring applications with goal of managing chronic illnesses more proactively and keeping people out of the hospital



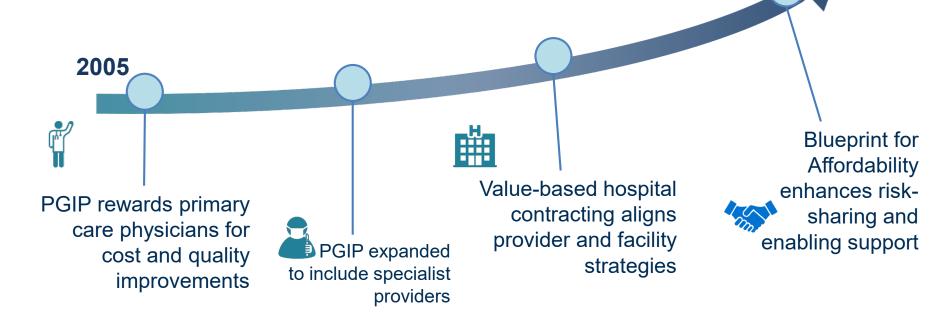




Leading the shift to value-based care, aligning provider incentives and providing significant enablement support

Strong BCBSM track record of value-based leadership:

- Largest single-state Patient Centered Medical Home program
- Deployed nationally recognized Collaborative Quality Initiatives
- Saved over \$2 billion through Value Partnerships initiatives



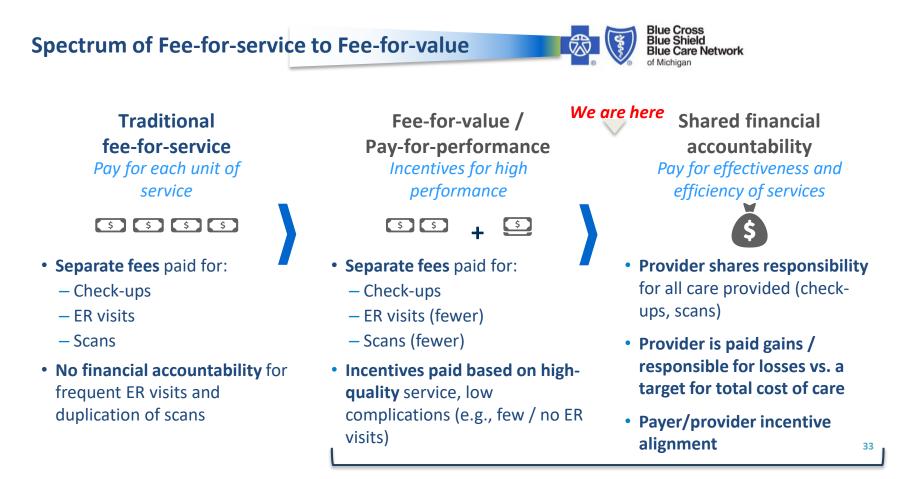




2020+

BLUEPRINT GUIDING PRINCIPLES

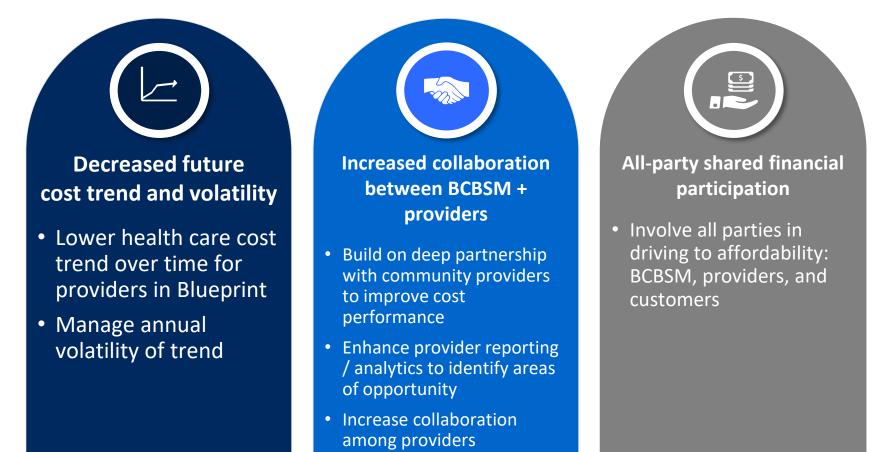
The traditional fee-for-service model does not align payer and provider incentives toward higher-value care



Value-based care: Provides incentives for delivering high-quality, lower-cost care

A look at impacts

Blueprint is designed lower network cost trend and identify areas of cost and quality improvement by enabling provider collaboration and sharing financial risk and reward



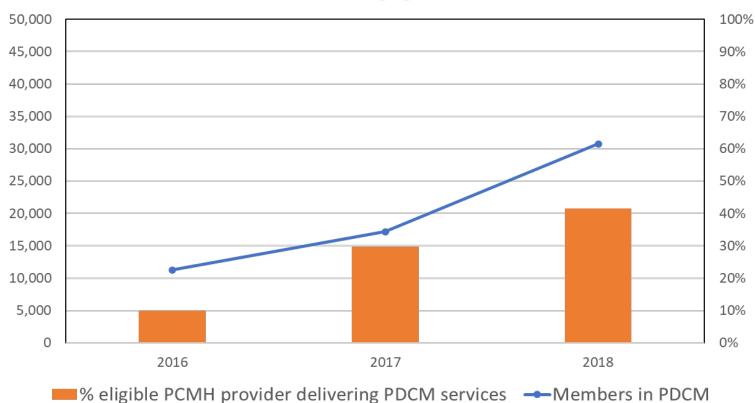






Efforts to grow PDCM services are paying off!

The number of members engaged in PDCM has nearly doubled between 2017 and 2018











Questions





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Team Based Care Testimonial

Lance M. Owens, DO Metro Health Integrated Network







Team Based Care

METRO HEALTH UNIVERSITY OF MICHIGAN HEALT

Lance M. Owens, DO



Who is Metro?



208 LICENSED INPATIENT BEDS



1 METRO HEALTH HOSPITAL, 25 OUTPATIENT FACILITIES



3,063 EMPLOYEES



600 MEDICAL STAFF



750 NURSES



75 RESIDENTS IN TRAINING ACROSS 9 SPECIALTIES



10,485 DISCHARGES



68,358 EMERGENCY/ URGENT CARE VISITS



9,113 SURGERIES



1,741 DELIVERIES





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Who am I?

- Family Practice / Wilderness Medicine
- 11.5 years as a Naval Medical Officer
- Practicing at Metro for 15 years
- Over 7000 patients assigned to my Care Team (in Epic)
- Privileged to be a testing ground of sorts
 - Studied Team Based Care
 - Studied design concepts of future medical offices
 - First to have multiple APPs, Non-MiPCT CM, and PharmD
- Associate Chief Medical Informatics Officer
- Sit on Hospital Board



Metro's Care Team Journey

- □ Started developing care team probably about 20 years ago
- Started with APPs
- Dabbled with imbedded Mental Health
- Progressed to Ambulatory RN's
- □ MiPCT Program
- Expanded Care Management Took the hand cuffs off
- Imbedded Medical Social Workers
- □ Started Pharmacist involvement with Priority Health Program



Current Care Team

- D Physician
- Advanced Practice Providers
- □ RN Care Managers
- □ Ambulatory RNs
- Ambulatory Pharmacists
- Medical Social Workers
- Population Health Specialist
- □ MA's
- Practice Managers



On the horizon

- Revenue Integrity Specialist
 - Certified billers/coders
- Expanding Population Health Specialists
- Life/Health Coaches
- Leveraging Predictive Analytics



What does the Care Team mean to me?



"Team Above All"







"I was developing my exit strategy from practice"

-Lance M. Owens, DO











Everyone practices at the top of their license

- □ Chronic Disease Management
 - □ HTN/DM/HLP Team Effort
- □ Home Care
- Mental Health
- □ Form Completion
- □ Prior Authorizations
- Quality
- □ Anything we can do to help the patient



A moment of THANKS!





Team Based Care Panel Discussion

Lance Owens, Physician, Metro Health Integrated Network

Corie Lawrence, Pharmacist, Metro Health Integrated Network

Muriel Lord, Medical Assistant, Medical Network One

Son Broek, Dietician, Medical Advantage Group

Danielle Trieskey, Behavioral Health Specialist, IHA

Maria Castillo Community Health Worker, Washtenaw County Health Department

Cheryl Howard, Registered Nurse, Wexford PHO





Best Practice and Visioning Awards

62 Best Practice Submissions from 28 POs

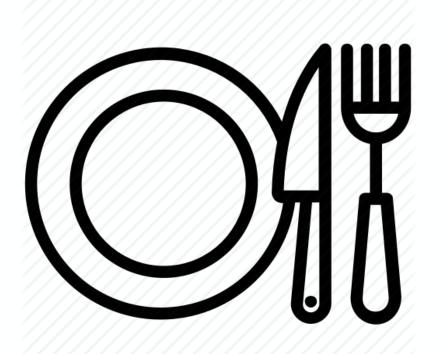
17 Visioning Submissions from 17 POs







Lunch



Multi-Payer Care Management Council Meeting in Room 138





Table Discussions

A1c Performance – Remain in Main Room

Blood Pressure – Remain in Main Room

Emergency Department Utilization – Room B110

Inpatient Utilization – Room B108

Report-out at 1:45 pm – Main Room





What's on the horizon?











From 2019 to 2020

11/1/2019 Annual Meeting Presentation

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Agenda

2019 Review

- Progress on the 2019 Strategy
- Review global responses to the 2019 Scorecard
 - Additionally provide an initial picture of care management programs in Michigan
- Training

2020 Strategy

- Annual and Regional Meetings
- 2020 Scorecard
- MAT support plan





2019 Review





MICMT Strategy



Engage with POs and other care management stakeholders to gather best practices and provide a supportive care management community.

- Quarterly, 30-minute
 phone conversations with
 MICMT leadership
- Convene all of the POs in the state in at least 1 meeting around teambased care management in 2019 and both regional and statewide meetings in 2020
 - "Office Hours" for Pharmacy, Social Work, and Nursing
 - MICMT Advisory Council



Boost PO formal commitment to care management through the development and implementation of care management strategic plans.



Support expanded role of POs in care management training through new training program and guidelines

- New CCM training program survey recently released!
- New CCM program likely to be available mid-summer
- Develop a toolkit to support care management program development.



Evaluate the BCBSM care management program with regards to a scorecard, 4 selected outcomes metrics (A1c, CBP, EDU, IPU) and overall outreach to the BCBSM population.





2019 MICMT / PDCM Award Program – Year 1, Baseline PO Scorecard submission by October 15th, 2019 to MICMT

	PO Scorecard submission by October 15th, 2019 to MICMT Program Summary: 40 Physician Organizations (No responses for 3 POs)							
	Meas. #		Í Í Í		N / % of PO's			
	1	30	Information Sharing					
d	Ţ	50	Establish a working process for sharing clinical data in the appropriate format to MiHIN in coordination with PPQC and SIM efforts by September 1, 2019. (https://mihin.org/wp-	Yes	28 / 70.0%			
			content/uploads/2018/08/MiHIN-UCIG- Commercial-Payers-PPQC-SIM-Data-Aggregator-v20 07-31-18.pdf)	No	9 / 22.5%			
			Establish a working process for aggregating Social Determinants of Health questionnaire results. In 2019, there is no required percentage of patients	Sending information to MiHIN along one of their approved pathways for at least 2 offices. (15 points)	13 / 32.5%			
			included in the process; the purpose is establishing the pipeline for aggregating and submitting data.	Aggregation process developed and successful with at least 2 offices and a plan for future offices in 2020. (10 points)	5 / 12.5%			
QC				Plan for data aggregation is developed, ready for implementation, no offices sending data. (5 points)	7 / 17.5%			
MiHIN				Plan for data aggregation is still in development. (0 points)	12 / 30.0%			
	2	70	Engagement					
points			Timely submission and approval of the PO level care management plan (template provided by MICMT)					
			Care Management Plan discusses how the PO will	Smart Goal (2 points)	37 / 92.5%			
rtion			improve performance on at least 1 core utilization	Current State (2 points)	37 / 92.5%			
			(ED, IP)	Plan (2 points)	37 / 92.5%			
بام محمد م				Timeframe (2 points)	37 / 92.5%			
uarterly				Measurement / tracking (2 points)	37 / 92.5%			
			Care Management Plan discusses how the PO will	Smart Goal (2 points)	37 / 92.5%			
			improve performance on at least 1 core clinical	Current State (2 points)	37 / 92.5%			
			measure (BP, A1c)	Plan (2 points)	37 / 92.5%			
he				Timeframe (2 points)	37 / 92.5%			
			Com Management Dian addresses on increase in	Measurement / tracking (2 points) Smart Goal (2 points)	37 / 92.5% 37 / 92.5%			
			Care Management Plan addresses an increase in	Current State (2 points)	37 / 92.5%			
			practices achieving the PDCM VBR award from PO	Plan (2 points)	37 / 92.5%			
			baseline.	Timeframe (2 points)	37 / 92.5%			
				Measurement / tracking (2 points)	37 / 92.5%			
			Care Management Plan addresses how information provided at the annual MICMT meeting will be	Yes	37 / 92.5%			
			disseminated throughout the PO.	No	3 / 7.5%			
			At least 3 scheduled phone conference (30 minutes) with the MICMT to review scorecard	Yes	35 / 87.5%			
			performance and program updates	No	5 / 12.5%			
			Participation in the annual MICMT meeting by at least 1 PO Representative with a leadership role in	Yes	38 / 95.0%			
			Care Management activity at the PO level.	Νο	2 / 5.0%			

2019 Scorecard

Preliminary Data

40 total POs in PGIP...

- 93% of POs submitted a Strategic Plan
- 70% participating in PPQC
- 45% are aggregating or submitting SDoH data to MiHIN
- 93% of POs received full points for the strategic plan portion
- 88% POs completed 3 quarterly meetings with MICMT
- 95% of POs RSVP'd for the Annual Meeting



Training

- Please note that you don't get reimbursed for MICMT conducted trainings, and we would like to encourage you to investigate options with our partner trainers!
- Of the \$475,000 we budgeted for reimbursements, we are reimbursing \$90,000.



We encourage POs to become approved trainers and work with our Statewide Trainer Groups!





Become an approved trainer!

Application Process

CCM:

https://micmrc.org/micmt-complexcare-management-course-trainerspage

 Contact Scott Johnson at <u>scojoh@med.umich.edu</u>

SMS:

https://micmrc.org/self-managementsupport-course-statewide-trainerorganization-application-and-resources

 Contact Sarah Fraley at <u>svoor@med.umich.edu</u>

*Note – we provide all of the materials for a new trainer to revise / use as is.

Mentorship

- Attend a training from the perspective of a trainer.
- MICMT team members will attend your first training (at a minimum) to provide feedback and assist with any continuing questions on the course material.
- Ongoing support and coaching sessions.
- Inclusion on annual material revision meeting.





Current List of Approved Trainers

PO / Organization	ССМ	SMS
IHP		Х
Infinity Counseling		Х
Med Net One		Х
MiCCSI	Х	Х
NPO	Х	Х
Olympia	Х	
OSP	Х	
UPHG	Х	Х
Wexford	Х	





2020 Strategy





Statewide Meetings

Regional Meetings

- April 22, 2020 Livonia
- April 29, 2020 Grand Rapids
- "Boots on the ground"
- Poster Session

Annual Meeting

- October 23, 2020
- PO Leadership / CM Leadership





PO Support – Program Development

- Connection with other best practice sites
 - Thanks to the 60+ submitters! We may contact you!
- Participation in PO meetings to talk with physicians/practices about PDCM – whether it's getting started or refining the approach





2020 Scorecard

Focus on:

- SDoH
- Outcomes

		2020 Scorecard	-		
Measure #	Weight	Measure Description	Po	Points	
1	40	Information Sharing:			
		Consistently follow the process for sharing clinical data in the appropriate format to MiHIN			
		in coordination with PPQC and SIM throughout 2020.	10		
		PO should send clinical data on all patients and all payers			
		 Expectation is that the PO is sending info from, at minimum, all PDCM-defined offices 			
		Expand the PO process for aggregating Social Determinants of Health questionnaire results and sending to MiHIN; to be completed by October 1, 2020.	16 to		
			% of		
		2020 requirements → Send SDoH data for all practice units who reached the 2 touches on 1% of the population in CY2018. BCBSM/MICMT will provide a list of those offices.	PDCM offices	# of point	
			90%		
			75%		
			50%		
			25%		
		Expand the PO process for screening among Practice Units.		10 to	
			% of		
		Points provided for the percentage of PDCM-defined practice units with PCMH capabilities	PDCM	# of point	
		10.5 in place.	offices		
			90%		
			75%		
			50%		
			25%		
		Develop/expand the PO process for creating a feedback loop for social needs among Practice Units.		8 tot	
			% of		
		Points provided for the percentage of PDCM-defined practice units with PCMH capabilities 10.5 in place.	PDCM offices	# of poin	
			90%		
			75%		
			50%		
			25%		
2	16	Engagement:			
		Care Team Survey & Attestation / Verification			
		At least 3 scheduled phone conferences (30 minutes) with the MICMT to review scorecard			
		performance and program updates			
		Participation in a Regional MICMT meetings by at least 1 PO representative.			
		Participation in the Annual MICMT meeting by at least 1 PO Representative with a			
		leadership role in Care Management activity at the PO level.			
3	40	Outcomes:			
		A1c performance			
		BP Performance			
		ED Utilization			
		IP Utilization			



MAT Support - 2020

- Establish regional MAT Champions.
- Coordinate introductions of the MAT Champions to their regions.
- Coordination of efforts with Michigan Opioid Collaborative (MOC)
- Team and physician focused virtual calls that cover topics selected and coordinated by MICMT, MAT Champions, and our state-wide partners.
- Program evaluation.







Thank you for attending!



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