

Wellness and Care Coordination Program:

In 2011, ValueOptions entered into an agreement with McKesson, a Fortune 500 health care services and information technology company, to pilot a Disease Management project for more than 300 members with co-morbid medical and psychiatric conditions. Our partnership targeted the group with a cohesive, whole health management approach, providing more positive outcomes for individuals and a more effective spend of limited budget dollars. ValueOptions and McKesson deliver intensive behavioral and physical care coordination for those with complex conditions, such as coronary artery disease, diabetes, and Bipolar Disorder. As the initial pilot outcomes demonstrate, this enhanced care coordination helps decrease long-term care spending, reduce unnecessary emergency room visits, and lower hospitalization rates.

Documented Results by Condition:

The program uses indicators, based on published research and clinical protocols, as benchmarks for members to meet or exceed by the time they graduate from the pilot. The program's initial outcomes, from September 1, 2011, through June 30, 2012, show promise and include:

Indicator	Result
Overall Cohort	<ul style="list-style-type: none"> • 40% increase in members receiving flu vaccine • 32.6% increase in members receiving pneumonia vaccine
Common Care	<ul style="list-style-type: none"> • 4.9% increase in those taking medications as prescribed • 7.1% increase in members with blood pressure in normal range
Heart Failure	<ul style="list-style-type: none"> • 27.3% increase in members prescribed beta blockers • 30.8% increase in members prescribed ACE Inhibitors
Coronary Artery Disease	<ul style="list-style-type: none"> • 71.2% increase in those with daily ASA/antiplatelet therapy • 11% increase in those prescribed a lipid-lowering agent • 22.2% increase in those prescribed beta blockers
Diabetes	<ul style="list-style-type: none"> • 33% increase in those where HbA1c is under good control • 31.1% increase in those undergoing annual kidney function test • 107.9% increase in those with daily ASA/antiplatelet therapy
Chronic Obstructive Pulmonary Disease	<ul style="list-style-type: none"> • 22.2% increase in those recommended bronchodilator • 9.9% increase in those using oxygen as directed • 25% increase in those with daily inhaled corticosteroid
Asthma	<ul style="list-style-type: none"> • 37.5% increase in those with written action plan • 5.9% increase in those with daily inhaled corticosteroid
Bipolar Disorder	<ul style="list-style-type: none"> • 13.3% increase in those prescribed a mood stabilizer
Depression	<ul style="list-style-type: none"> • 13.3% increase in those with PHQ9 score within target range • 79.6% increase in those prescribed antidepressant or psychotherapy