



Population Health: Changing the Landscape of Health Care

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What We Know: Coloradans Are At Greater Risk Than Ever Before.

- ✚ The prevalence of obesity in Colorado has doubled in the past 20 years, increasing from 10.1% in 1995 to 21.3% in 2014.
- ✚ 1 in 3 Coloradans have pre-diabetes and are at risk for developing Type 2 diabetes in the next six years.
- ✚ The average healthcare costs for people with at least one chronic disease are 2.5 times higher than for people with no chronic conditions.
- ✚ More than 80% of all healthcare spending in Colorado is attributed toward those individuals with chronic disease.



Source: Colorado Department of Public Health, "Chronic Disease Data and Reports."

<https://www.colorado.gov/pacific/cdphe/chronicdisease>



...unsustainable.

Shifting Away from Episodic Care to Population Health Management

- Realigned focus to managing the health of entire populations
- Long-term approach advocating health promotion **AND** risk reduction
- Personalized, one-on-one interaction involving entire care team



Population Health In Its Simplest Terms

Promoting Health

Early Detection

Prevention

Proactive vs Reactive



Fee for Service vs Population Health Payment Models



Health care in today's fee-for-service world...

Mary Jo and Family

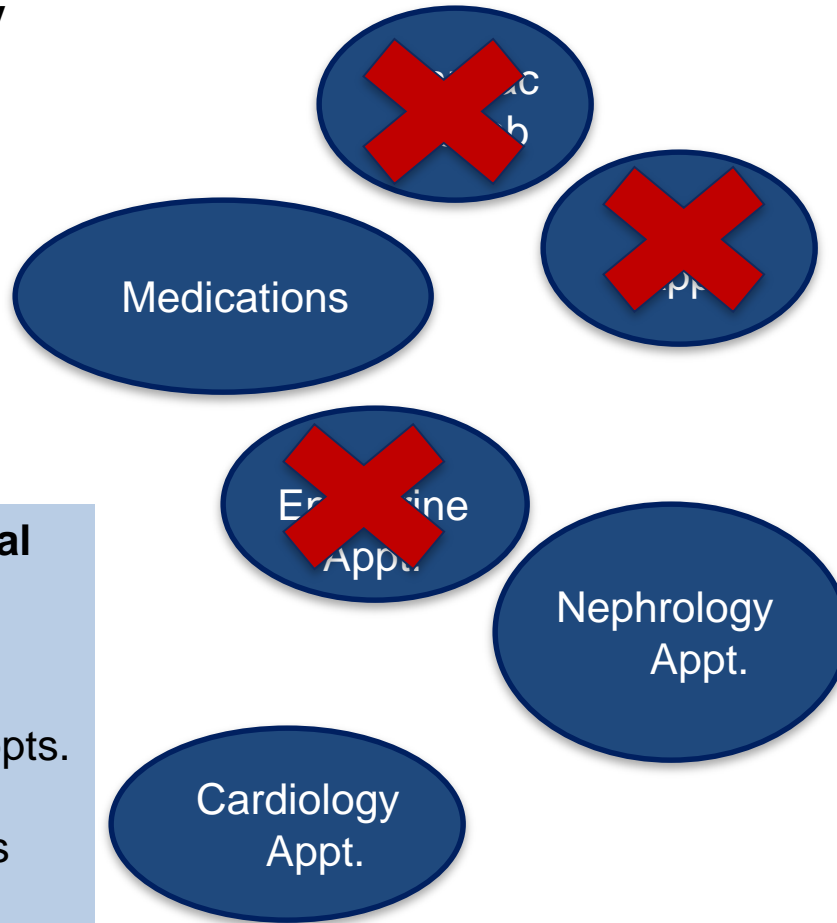


Mary Jo

Multiple chronic conditions

Admission to hospital At discharge...

- 8 prescriptions
- Cardiac rehab
- Call for follow-up appts.
 - PCP
 - Endocrinologists
 - Cardiologist
 - Nephrologists



- Only fills 6 of 8 medications
- Son's band camp expenses
- None of her providers know

- Her nephrologists and cardiologists are not clinically integrated
- Order duplicative tests, unaware of the others care plan

Mary Jo
Another acute episode
Readmitted to hospital

Health care in a value-based world...

Hospital admission at discharge

- 8 medications – initial supply provided
- Follow-up appt. PCP – scheduled
- 1st cardiac rehab visit – scheduled

Results for Mary Jo:

- Conditions successfully managed in ambulatory setting through better care coordination
- Total cost reduced
- Higher quality outcome



Mary Jo and Family

PCP follow-up visit:

- Reviews care plan
- Orders consultative visits:
 - Cardiologist – scheduled
 - Endocrinologists – scheduled
 - No nephrology necessary
 - Coordinates care plan
 - Necessary labs ordered once

Embedded care coordinator with PCP

- Notes Mary Jo doesn't refill 2 prescriptions
- Working w/PCP replaces with affordable generic

Enabling Technology to Engage Individuals to Achieve Healthy Results



System-wide electronic medical record technology

- Unique population identifiers
- Wellness **and** disease registries
- Complete patient dashboards

All-encompassing claims analytics

- Medical, prescription drug, dental, vision, and behavioral health claims
- Risk indices/clinical gaps in care
- Concurrent and prospective predictive cost models

Deploy technical resources to assist and engage participants in their own healthcare

- Telemedicine
- Online portals and mobile applications (“My Health Connection”)



15 February 2001

nature

\$10.00

www.nature.com

the human genome

Nuclear fission

Five-dimensional
energy landscapes

Seafloor spreading

The view from under
the Arctic ice

Career prospects

Sequence creates new
opportunities

2001

3 billion base pairs
23 chromosomes
20,500 genes

Science

16 February 2001

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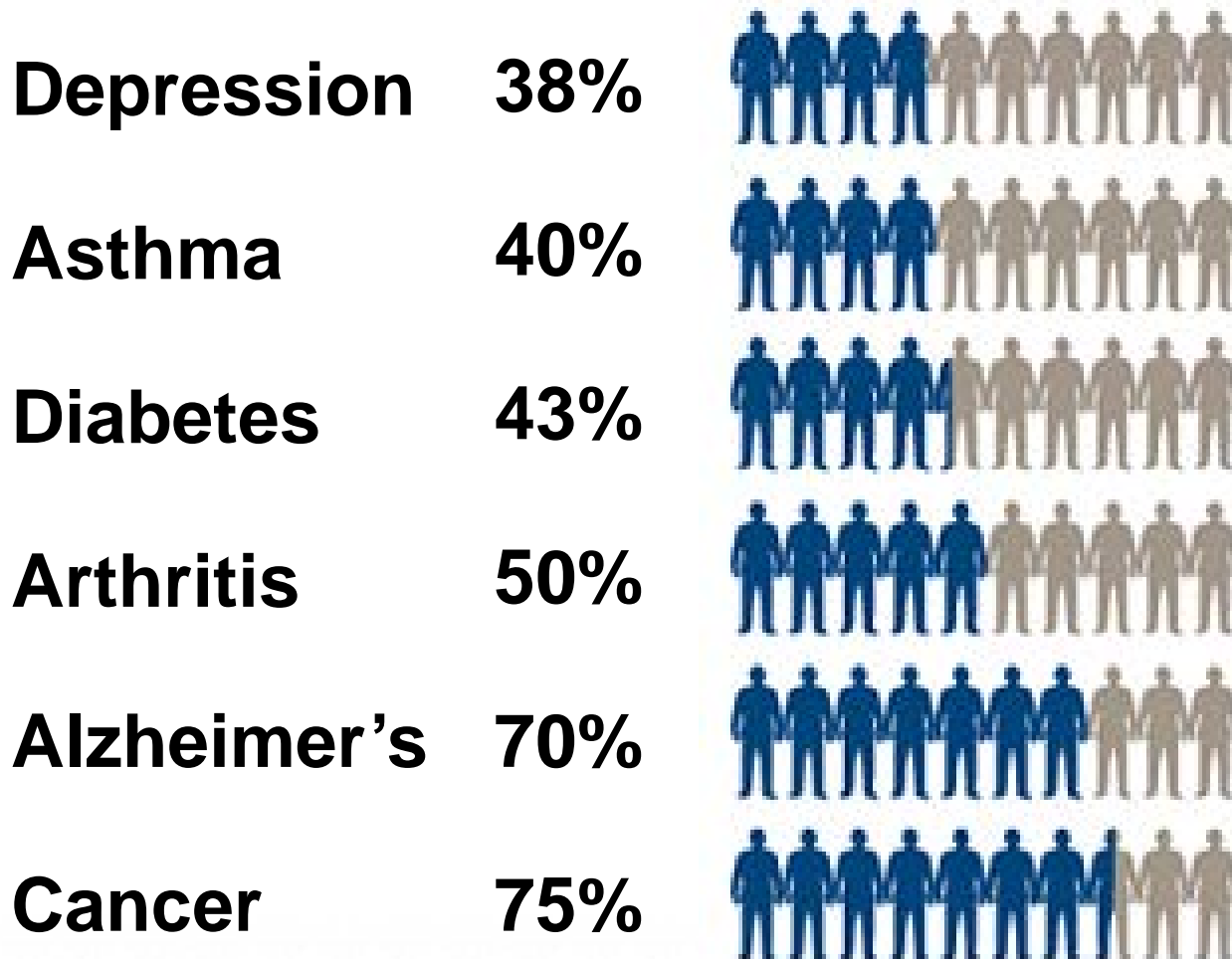
THE HUMAN GENOME



FOR THE ADVANCEMENT OF SCIENCE

Prescribed Drugs are often Ineffective

% Ineffective



Personalized Medicine



- Prevention
- Prediction
- Prognosis
- Participatory

- # Personalized Medicine
- 
- Prevention
 - Prediction
 - Prognosis
 - Participatory

The Rise in Integrated Patient Centered Medical Homes

Health Clinics – In Close Proximity

- Ensuring access to care

Integrated Population Health Management Strategies

- Embedded clinical, nutritional, physical fitness, motivational, and behavioral health focus
- Establishing balance between patient experience and cost containment strategy

Aligned Claims Administration

- Direct association with ongoing clinical and population health management initiatives



As Business Leaders In Our Communities

- ❖ Promoting Individual Health is NOT Enough:
 - Promote the health of your employees
 - Promote the health of your community
- ❖ Understand What Your Insurance Product Options Are:
 - Does it support a population health approach?
 - Who are the providers in the network and do they offer easy access to integrated population health services focused on keeping people healthy?
- ❖ Personalized Medicine – Take Control of YOUR HEALTH!

Three
Takeaways

