

Value Connection

Arkansas Health Network's Newsletter

Spring 2021

Industry-leading Recognition, New Contracts, & Partnerships

We recognize that providing quality patient care under normal circumstances requires conscientious diligence, and the complexities of care delivery during a pandemic are even more trying. The existence and success of Arkansas Health Network (AHN) is dependent upon you and your care teams. We truly appreciate your continued support of AHN and the high value care that you provide to patients daily.

Recently, AHN's accomplishments were the focus of an article in 'Becker's Hospital Review,' an industry-leading healthcare journal, as well as featured on Becker's podcast. We credited physician engagement and the AHN team for the network's accomplishments. We are blessed and humbled to be the largest and the most successful clinically integrated network in Arkansas (with over 2,600 participating providers and managing over 125,000 lives).

This edition of Value Connection contains relevant and informative updates that we are excited to share. In 2021, we celebrate new direct-to-employer (DTE) contracts, new Medicare Advantage (MA) contracts, the addition of Dr. Lubna Maruf as AHN's new Chief Medical Officer, and an expansion of our partnership with Arkansas Children's Care Network (ACCN) to include NextHealth Clinically Integrated Network in Northwest Arkansas.

Daniel Felton, MD, Board Chair, Arkansas Health Network

Bob Sarkar, FACHE, President & CEO, Arkansas Health Network

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AHN Leadership Team Welcomes Dr. Lubna Maruf



Dr. Maruf has joined AHN as the new Chief Medical Officer and Market Vice President. She will assume the medical leadership and responsibilities for partnerships with providers including all aspects of clinical quality improvement and support of AHN's strategic initiatives including DTE and payor collaborations.

Dr. Maruf is a three-time Board certified Internist and a graduate of the Aga Khan Medical University. She has a keen interest in the integration of behavioral health services in the primary care setting.

In her professional tenure, Dr. Maruf most recently served as the Medical Director for QualChoice (now affiliated with Centene Health Corporation). She also served Veterans through the Central Arkansas Veterans Healthcare System. Among her many accomplishments, Dr. Maruf has gained statewide attention as an expert on Patient Centered Medical Home and was selected by the Veterans Administration to attend Community of Champions, a premier, 12-month coaching training program for physicians.

AHN would like to offer our gratitude to Dr. Shahid Shafi for his time and leadership as our previous CMO and wish him well in his new endeavors. Also, thank you to Dr. David Foster for serving as Interim CMO since December 2020.

For questions or comments, please contact Bob Sarkar (BSarkar@stvincenthealth.com)



AHN Featured in “Becker’s Hospital Review”

BECKER’S

HOSPITAL REVIEW

In February, AHN was recognized for its success in achieving growth, innovation and repeated success as a clinically integrated network by a industry-leading healthcare journal, “Becker’s Hospital Review”. AHN’s President & CEO, Bob Sarkar was also invited join the Becker’s Healthcare Podcast.

Since 2014, AHN has saved Medicare \$35.7 million and earned \$18.2 million in shared savings. Arkansas employers have also seen value and savings from this care model and innovative partnerships. Interest in this model continues to grow due to the urgent need to lower healthcare and insurance costs, particularly during the pandemic.

Bob Sarkar, CEO, attributes AHN’s success to its high quality provider network, its strong multidisciplinary care clinical team, and its data-driven capabilities. On the podcast, Mr. Sarkar also spoke about what it takes to be a mission-driven leader and build a great organizational culture. The synergy of the AHN team contributes its continued recognition as both a low-cost and high value Clinically Integrated Network.

To access the complete article and podast, visit the links below:

- Article: <https://www.beckershospitalreview.com/hospital-management-administration/the-philosophy-behind-arkansas-health-network-and-its-ability-to-drive-millions-in-shared-savings.html>
- Podcast: <https://blubrry.com/beckershealthcarepodcast/75283374/bob-sarkar-president-and-ceo-of-arkansas-health-network/>

For questions or comments, please contact Rachel Longfellow (RDLongfellow@stvincenthealth.com)

NextHealth Partners with AHN and ACCN

As we continue to grow our Direct to Employer portfolio, NextHealth Integrated Network has joined with AHN and ACCN to strengthen our presence in Northwest Arkansas (NWA). This exciting development will allow our model to serve statewide employers and the families on their health plan with local care management teams and high value network partners.

NextHealth is a joint venture of Washington Regional and Medical Associates of Northwest Arkansas, incorporated in 2015. The network is comprised of 350 physicians and midlevels in multiple NWA counties. NextHealth brings experience working with over 40,000 patients across multiple value-based agreements including Arkansas Blue Cross & Blue Shield (ABCBS), Medicare ACO (MSSP), Medicare Advantage plans, Employer-sponsored health plans, and Arkansas Medicaid PASSE programs.

New Network Contracts for 2021

AHN has launched multiple new contracts 2021. All contracts present opportunities to extend our proven model of care to new patients around the state while increasing value-based revenue.

For Direct to Employer (DTE) work, AHN, ACCN, and NextHealth will be extending their model of care to the health plans of Arkansas Children’s Northwest (655 members), Central Arkansas Nursing Centers, Inc. (1414 members) and Easterseals Arkansas (239 members). This is inclusive of multidisciplinary care management, a comprehensive provided network, and data and analytics.

In addition, AHN has added new Medicare Advantage contracts with ABCBS (2096 patients), Humana (6619 patients) and HealthSpring (launching Spring 2021, approx. 600 patients). These agreements include shared savings components and opportunities for additional earnings through value-based components based on quality performance.

For questions or comments, please contact Rachel Longfellow (RDLongfellow@stvincenthealth.com)



PHARMACY CORNER

CGRP Receptor Antagonist for Migraine Prophylaxis

Calcitonin Gene Related Peptide (CGRP) Receptor Antagonist are novel agents developed for migraine prophylaxis. There are 3 agents indicated for migraine prevention which include Aimovig (erenumab), Emgality, (galcanezumab), and Ajovy (fremanezumab). In randomized controlled trials for each of these medications, researchers found that these new therapies may provide 1-2 fewer migraine days per month vs. a placebo which is similar to first line agents. Per the American Headache Society CGRPs should be used after a 6 week trial of at least 2 of the following first line agents: topiramate; divalproex sodium; beta blockers – propranolol, metoprolol, or atenolol; tricyclic antidepressants – amitriptyline or nortriptyline; or SNRI – venlafaxine or duloxetine.

The use of CGRP receptor antagonist in AHN's population accounted for \$944,271 pharmacy spend in 2020. The table to the right shows the cost per 30 day supply for CGRP Receptor Antagonists and other first line migraine prophylactic medications. If all AHN patients were converted to the most cost effective therapy for migraine prevention there would be a potential savings of \$573,065. Since AHN's goal is to decrease the financial burden to patients, employers, and payers while improving the health of our population, this class of medication presents great savings opportunities with comparable clinical outcomes.

Drug for Migraine Prophylaxis	Cost Per 30 Day Supply
Amovig	\$410 - \$602
Ajovy	\$372 - \$712
Emgality	\$272 - \$599
Topiramate	\$5 - \$7
Propranolol	\$13 - \$43
Amitriptyline	\$14 - \$21
Divalproex	\$8 - \$15

For questions or comments, please contact Claire Lieblong, PharmD, MBA, BCPS (cclieblong@stvincenthealth.com)

2021 Medicare Physician Fee Schedule (MPFS) Final Rule

In early December 2020, CMS released the CY2021 Medicare Physician Fee Schedule Final Rule as an update to the Proposed Rule (previously released in August 2020). As a follow-up to our previous story, we have summarized the key takeaways for AHN Medicare Shared Savings Program (MSSP) ACO participants to be aware of for the 2021 and 2022 performance years. AHN will be communicating with ACO practices on an individual basis to discuss operational changes needed to meet these requirements.

Proposed Rule (August 2020)

Final Rule Updates (December 2020)

Reduced Number of Quality Metrics	As planned, ACOs will transition from 23 to a select set of only 6 quality measures. <u>However, this transition is now optional in 2021 and will be mandatory in 2022.</u>
Web Interface Reporting Replaced by EMR/Registry	As planned, ACOs will transition from the current quality reporting process (requiring manual chart audits) to a new approach of electronic clinical quality measures (eCQM). In this approach, quality metrics must be reporting directly to CMS via the practice EMRs. <u>However, this transition is now optional in 2021 and will be mandatory in 2022. AHN will continue reporting via chart audits for the 2021 performance year.</u>
Quality Reporting & Benchmarking to Include All Patients	As planned, ACO participating practices must report on all patients in their EMR regardless of payor or ACO attribution. <u>When the ACO transitions to reporting via eCQM methods, performance benchmarks will also be based on the performance achieved by all providers across the country and their full panel of patients. This will occur for AHN in 2022.</u>

For questions or comments, please contact Rachel Longfellow (RDLongfellow@stvincenthealth.com)

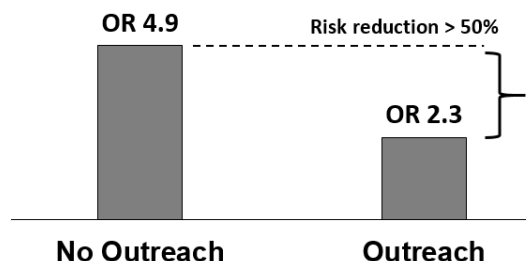
COVID-19 Update - AHN Outreach Reduces Risk by 50% & Vaccine Participation

In the May 2020 newsletter we shared a story of AHN's outreach to 7000 its most vulnerable patients during COVID-19. This direct outreach to patients focused on education on managing physical and mental health, preventing and managing exposure to COVID-19, and advice on medications, food and groceries, while sheltering at home. By taking action during the early part of the pandemic in the state of Arkansas, AHN made a statistically significant impact on the spread of COVID-19 among these highest risk patients.

THE RESULTS: Patients reached by AHN were half as likely to be diagnosed with COVID-19 during the next six months than those that we were unable to reach (See graph on the right).

These results are based upon an comparison of the highest risk MSSP patients who received outreach compared to low risk patients, adjusted for Age and Risk Score (Mar—Aug 2020).

Odds Ratio (OR) of COVID-19 Diagnosis



The AHN clinical team has also been assisting CHI St. Vincent in the COVID-19 vaccination effort since it began in December 2020. AHN has helped vaccinate co-workers and community members in hospital-based vaccine clinics (CHI St. Vincent Infirmary, Hot Springs and North), CHI St. Vincent Primary Care office vaccine clinics (Hot Springs and Little Rock), and community events. In addition to AHN clinical

team members serving as vaccine administrators, several non-clinical AHN co-workers have volunteered in non-clinical capacities in this effort. To date, 14 AHN team members have administered more than 5,000 COVID-19 vaccines. AHN has been honored to assist in this effort over the past four months and will continue to do so as long as needed.



For questions or comments, please contact Camille Wilson, MSN, RN (CRWilson@stvincenthealth.com)

New Network Participant Additions

Arkansas Health Network welcomes the following practices to its roster of participants. All new participants are reviewed and approved by the AHN Board of Managers.

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| ◇ Allergy & Asthma Institute: Anil K. Badhwar MD
Allergist, Little Rock, (501) 455-7003 | ◇ Pediatrics Plus Therapy Services, LLC
Pediatric, Occupational, Physical and Speech Language Therapy ,
Little Rock, (501) 821-5459 |
| ◇ CHI St. Vincent Health At Home
Home Health, Little Rock, (501) 664-4943 | ◇ Premier Gastroenterology Assoc, Inc. Surgery Center
Gastroenterology/Surgery , Little Rock (501) 747-2828 |
| ◇ Comprehensive Health Psychology & Testing, LLC
Behavioral Health, Moumelle, (501) 217-8121 | ◇ Libby Slatton, LCSW
Behavioral Health, Malvern, (501) 229-1515 |
| ◇ Create Healing Counseling Services
Behavioral Health, Little Rock, (501) 940-6135 | ◇ Spring of Renewal
Behavioral Health, Malvern, (501) 463-1327 |
| ◇ North River Surgery Center, LLC
Surgery Center, Sherwood, (501) 834-5777 | ◇ Woodland Chiropractic
Chiropractic, North Little Rock, (501) 753-5555 |

For questions, please contact: Tiffani Butler (TButler@stvincenthealth.com) or Hayden Finley (HLFinley@stvincenthealth.com)

The Value Connection Newsletter is designed and written by Rachel Longfellow, Market Director of Operations, Arkansas Health Network. Please email her (RDLongfellow@stvincenthealth.com) with feedback, future story ideas, or requests to be added to the distribution list. For more information, please also visit AHN's website— www.arkansashealthnetwork.com or call 501-552-8400.