

Wellness Program

Disease Management

- Asthma, Diabetes, Congestive Heart Failure (CHF), Chronic Obstructive Pulmonary Disease (COPD) and Coronary Artery Disease (CAD)
 - Online resources: health risk assessment, educational resources such as health education and digital coaching



Diabetes Prevention Program

- No cost if you use an in network provider
- Two online programs:
 - Cigna Omada Program
 - BCBST Retrofit Program

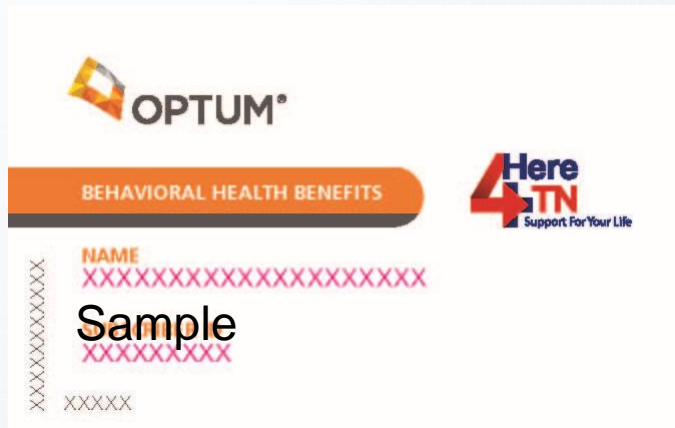
For more information: tn.gov/PartnersForHealth under **Wellness**



BHO Program Updates

Behavioral Health Member ID Cards

- Cards mailed to members in December



Front



Back

855.Here4TN (855.437.3486) or HERE4TN.com



BHO Program Updates

Substance Use Disorder (SUD)

- SUD treatment claimants **increased by 14%** in 2018
- SUD treatment represents **31%** of total behavioral health costs
- SUD represent **39%** of the high cost behavioral health claimants (13 out of 30)
- Total SUD claimants 669 (\$5,241,916.00 paid claims)
 - Alcohol: 325 (\$2,472,149)
 - Opioid: 249 (\$1,784,892)
 - 35% treated for more than one substance

BHO Program Updates

Out of Network (OON) Substance Use Treatment

- **52%** of substance use treatment cost was OON
- **26%** of OON substance use utilization represents **52%** of total substance use costs
- OON substance use treatment facilities are typically destination locations like Florida and California
 - Hotel California by the Sea
 - Beach House Center for Recovery
- Most are expensive and use non-evidence base care and have high readmission rates

113%-154%
Higher readmission rates
per year

228%
Higher cost for 90-day
episodes of care

Over 1,000%
Increase in lab testing
utilization

BHO Program Updates

Readmission Rates (In Network vs. Out of Network)

State of TN Substance Use Readmission Rates March 2017 - December 2018		
Level of Care	30 Day Readmit Rate	90 Day Readmit Rate
Residential		
INN	6.70%	14.30%
OON	12.00%	21.80%
Partial Hospital		
INN	4.20%	9.40%
OON	9.80%	20.90%
Intensive Outpatient		
INN	4.20%	8.80%
OON	8.80%	15.80%

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BHO Program Updates

Network and Benefit Solution

- Incentivize use of Preferred SUD Network (**effective July 1, 2019**)
- No member cost share if they use this high performing network
 - CDHP members must first meet their deductible before the coinsurance is waived
- Optum will guide members to the preferred facilities in this network
- Currently 217 facilities nationwide (8 in TN)

Preferred facility costs 20-40% less per episode vs. non-preferred facility

Preferred facilities perform 5% better on 90-day readmission rates

EAP Updates

Take Charge at Work

- Confidential program designed to help working adults recognize and manage symptoms of stress and depression at work
- Available at no cost
- **Eligibility:** Local Education and Local Government State health insurance plan members, over age 18. Dependents over age 18, eligible for EAP, who are working part/full time

Virtual Visits

- Talk to licensed therapist or psychiatrist online
- Get confidential care without leaving home

PARTNERS
FOR HEALTH

QUESTIONS?