

**National
Health Care
Benefits Summit**

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Presented by:



Finding Wellness Programs That Are
High-Value and Not Just Hype
Certified Outcomes Report Analysis

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- Thirty years' experience in health care, public and private health insurance, and health policy.
- Specializes in measuring outcomes for health and wellness programs, such as coaching, behavior incentives, and novel interventions.
- Leads a team of scientists who review applications for Validation Institute.





Overview of Valid Measure Checklist

Program & People

Data Sources

Valid Measure

Valid Conclusion





Valid Population Health Measures Checklist

Program and People	
• Identified Goal	
• Structure and communication avenue	
Data Sources	
• Medical claims	
• Validated survey	
• Other credible source	
Valid Measure	
• Clearly defined target population	
• Well-defined action or outcome	
• Credible, reliable data source	
• Detailed data specifications	
Valid Conclusion	
• Savings and other outcomes directly connect to original goal	
• Comparisons are correct	
• Reductions obey basic rules of math and physics	





Comparing Groups of People

Vague	Clear
Children having problems with asthma	People age 18 and under who have had one or more emergency room visits in a 90-day period with asthma as the principal diagnosis.
People who are not making healthy lifestyle choices	People who report drinking two or more sugary drinks per day. Or People who report having fewer than two 30-minute sessions of moderate exercise in the past 7 days.
People whose diabetes is poorly managed	People who miss 20% or more of their days' supply of diabetes medications (e.g. they pick up their medications late)





Selection Bias

Participant



Non-participant



"Selection bias"

The people most likely to succeed are also those most likely to sign up





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Punch List: Medical Claims Data

- It is an accurate record of medical service use.
- The diagnosis data on medical claims is not necessarily precise;
- Population health management does not need up-to-the-minute medical claims
- Virtually all population health metrics are based upon 12 months of data, not less
- Medical claims data does not capture the effect of other influences





Punch List: Survey Data

- If at all possible, use survey questions that have been validated
- Be sensitive to context
- Beware of using HRAs as a data source
- Deliver the validated survey as prescribed





Punch List: Employer-Generated Data

- Start with an inventory of the various pockets of data.
- Linking employer-generated data to health status issues can be challenging.
- Determine what questions can be answered.
- Assess whether the answers can be turned into productive action steps.



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Four Ingredients of a Valid Measure



A clearly defined target population



A well-defined action or outcome



A credible and reliable data source



Specifications on how to select the correct data





Sample Valid Measures

- The ratio of hospital admissions that occur within 30 days after a hospital discharge to all hospital admissions;
- The percentage of patients who after being discharged from a mental health hospital have a follow-up visit with a doctor within 7 days;
- The percentage of live birth babies that are “low birth weight”; and
- The percentage of people with low back pain who get an MRI or x-ray within 28 days of being diagnosed.





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Savings from a Chronic Disease Management Program

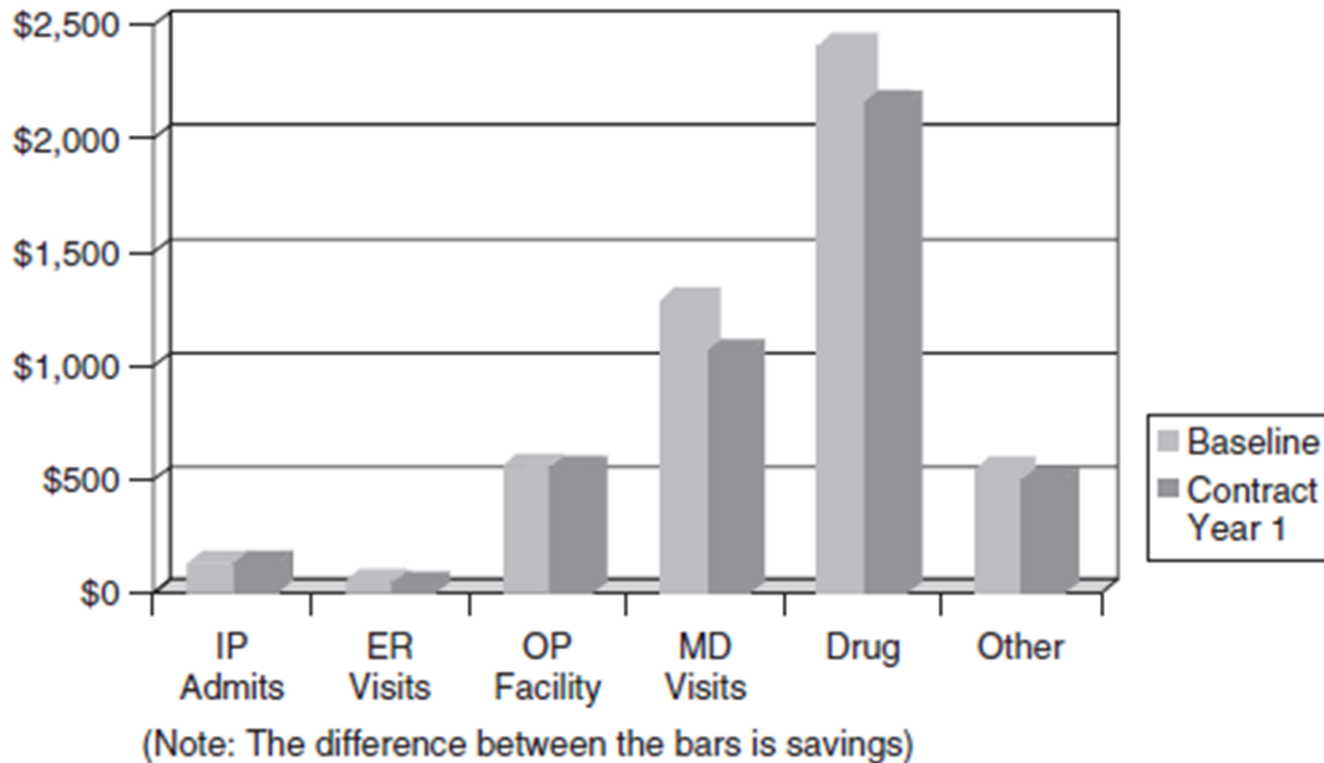


FIGURE 3.4 Savings by Category of Utilization per 1,000 Members per Month





Meaningful Metrics Take-aways

Look for . . .

- Clearly defined population target
- Specific measurable goal
- Credible and reliable data source
- Measure specifications
- Valid conclusion





Questions? Contact Me.



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