



ValidationInstitute

2022 Validation Report

Review for: Ochsner Clinic Foundation

Validation Achieved: Savings

Valid through: July 2023

Company Profile



Category:	Disease Management
Website:	http://ochsner.org/digital-medicine
Public or Private:	Private
Year Established:	2015
CEO:	Juan Awad, MHSA
Company contact:	866-273-0548

Description:

Ochsner Health is an integrated healthcare system with a mission to Serve, Heal, Lead, Educate and Innovate. Celebrating 80 years in 2022, it leads nationally in cancer care, cardiology, neurosciences, liver and heart transplants and pediatrics, among other areas. **Ochsner** is consistently named both the top hospital and top children's hospital in Louisiana by U.S. News & World Report. The not-for-profit organization is inspiring healthier lives and stronger communities. Its focus is on preventing diseases and providing patient-centered care that is accessible, affordable, convenient and effective. **Ochsner Health** pioneers new treatments, deploys emerging technologies and performs groundbreaking research, including over 700 clinical studies. It has more than 34,000 employees and over 4,500 employed and affiliated physicians in over 90 medical specialties and subspecialties. It operates 40 hospitals and more than 300 health and urgent care centers across Louisiana, Mississippi and the Gulf South; and its cutting-edge Connected Health digital

Company Profile

medicine program is caring for patients beyond its walls. In 2021, **Ochsner Health** treated more than 1 million people from every state and 75 countries. As Louisiana's top healthcare educator, **Ochsner Health** and its partners educate thousands of healthcare professionals annually.

Ochsner Connected Health's chronic condition management program provides one-on-one, personalized care to manage conditions such as high blood pressure, dyslipidemia, and Type 2 diabetes without making multiple doctor trips. Built in 2015 as an internal quality initiative, **Ochsner's** program allows chronic condition care to be removed from the primary care setting while keeping the member's provider abreast of critical information relative to their patient. The result is the ability to deliver proven outcomes from a Center of Excellence health system anywhere in the country. Members enroll via a virtual visit with a clinician to determine clinical eligibility, fill out easy, detailed surveys on their health, demographic, and socioeconomic factors, then receive a digital device such as a blood pressure cuff or glucometer. Through digital and traditional outreach, members are encouraged to take readings on their own time, drastically increasing the data points to manage the conditions. These readings are fed to a care team consisting of a clinician licensed in their state for medication management and a health coach to manage diet, stress, exercise, and other lifestyle factors. **The Ochsner Care Team** manages the condition and then electronically feeds the pertinent notes and information to the primary doctor to close the loop on overall member care.

Claim Assertion for Validation

Ochsner Digital Medicine chronic disease management program participants have lower per member per month costs than similar (matched) non-participants. This analysis focused on patients who were covered by Medicare Advantage or Medicare Shared Savings Program.

Another analysis focused on 400 patients with hypertension who attended Ochsner's outpatient clinics during 2015. Participants in Ochsner's Hypertension Digital Medicine program were more than three times as likely to have their blood pressure under control, and significantly more likely to have their medications on hand.

Method / Calculation / Examples

Medicare Groups Analysis

Members of a Medicare Advantage plan and a Medicare Shared Savings Program (MSSP) Accountable Care Organization were invited to join the Ochsner Digital Medicine chronic disease program. Members who had claims for diabetes and/or high blood pressure were invited. Members who had both conditions were tracked in the condition that they first enrolled under.

Members who joined in 2017 were tracked for four years, in 2018, for three years, and in 2019, for two years. A total of 515 members with diabetes enrolled and 3,275 members with high blood pressure in the digital program; the comparison (control) diabetes group had a total of 8,400 members and the hypertension control group had 22,874 members.

Participants were matched to non-participants using age, gender, race, other health conditions, HCC interactions, prospective risk score, and race.

Data came from their insurance claims, electronic medical records, and surveys. The insurance claims provided data for emergency department visits, hospital admissions, inpatient days, and office visits. The electronic medical record provided data on blood glucose control and blood pressure control.

Method / Calculation / Examples

Hypertension/Mixed Group Analysis

For the Ochsner Digital Hypertension Program, 400 patients who presented at Ochsner clinics were enrolled in the program. Participants were matched to similar patients who did not enroll in the program. At six months, outcomes were assessed. The portion of participants whose most recent blood pressure reading was at or below the goal was calculated.

To assess medication adherence, the proportion of days covered was calculated. This measure looks at the days' supply that each patient receives, calculates when a refill is due, and assesses whether the refill was done on or after the due date. The number of days the refill is late are days that are not "covered". A patient who always picked his drugs up on time would have a 100% score on this measure.

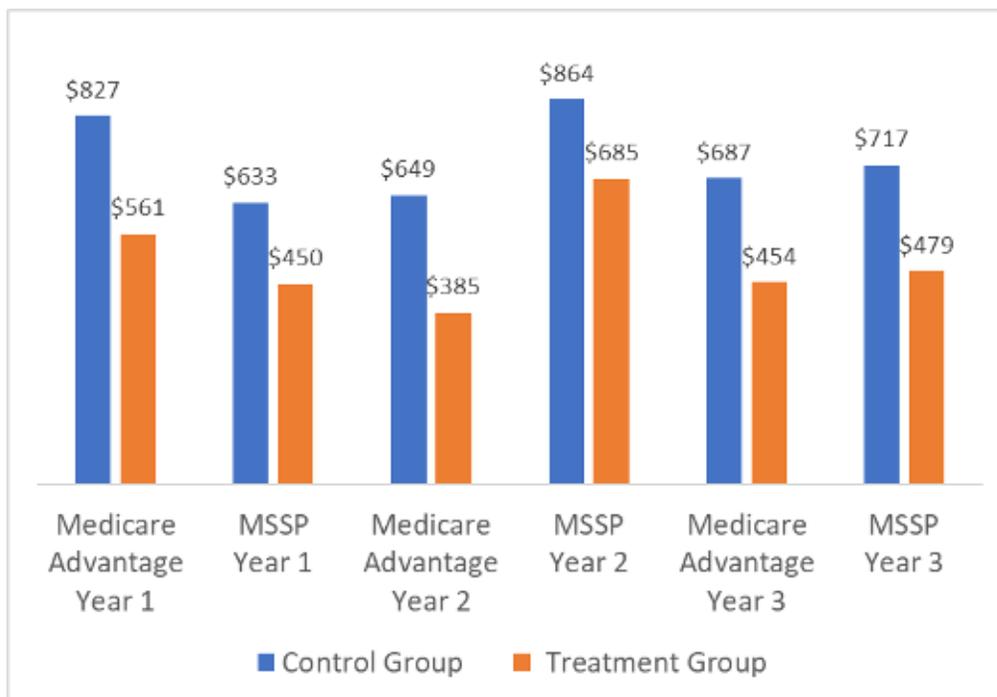
The data was exported from the Electronic Medical Record.



Findings & Validation

Medicare Groups Analysis

In all three years, the hypertension treatment group's total costs were significantly lower than the control group's costs.



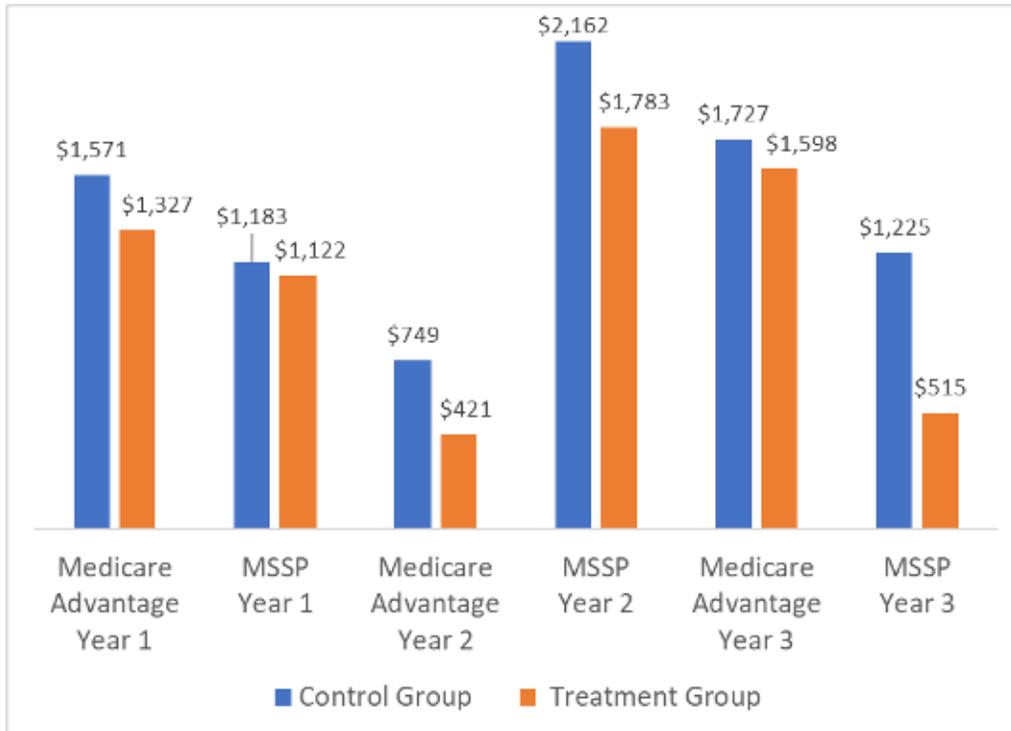
Graph 1: Hypertension PMPM Costs Year 1, 2, 3

In the diabetes program, the Medicare Advantage treatment group members had significantly lower medical costs in years one and two than the control group; the MSSP treatment group members had lower medical costs than the control group in years two and three.





Findings & Validation

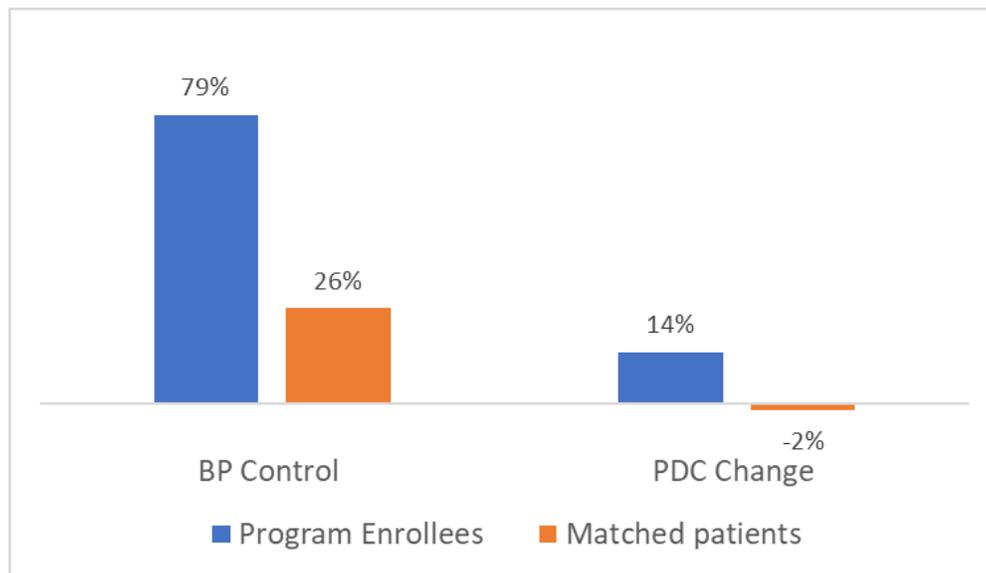


Graph 2: Diabetes PMPM Costs Year 1, 2, 3



Findings & Validation

Hypertension/ Mixed Group Analysis



Graph 3: Six Month Outcomes in Blood Pressure Control and Change in Percent of Days Covered (PDC)

Graph 3 shows the percentage of patients whose blood pressures were in the target range at six months: 79% of program participants were in the healthy range compared to 26% of similar non-participants. Similarly, participants medication adherence had improved by 14% in the six-month period, compared to a two percent decrease in similar non-participants.



Limitations

The people voluntarily enrolled in the programs and may have traits that helped them be more successful in achieving the target outcomes than people who did not enroll.





Validation and Credibility Guarantee

Ochsner Digital Medicine chronic disease program achieved validation for Savings. Validation Institute is willing to provide up to a \$25,000 guarantee as part of their Credibility Guarantee Program. To learn more, visit <https://validationinstitute.com/credibility-guarantee/>.

Savings

Can reduce health care spending per case/participant or for the plan/purchaser overall.

Outcomes

Product/solution has measurably improved an outcome (risk, hba1c, events, employee retention, etc.) of importance.

Metrics

Credible sources and valid assumptions create a reasonable estimate of a program's impact.

Contractual Integrity

Vendor is willing to put a part of their fees "at risk" as a guarantee.



Validation Expiration: July 2023

CERTIFICATE OF VALIDATION

Applicant: Ochsner Clinic Foundation
22070 LA-59, Abita Springs, Louisiana, United States

Product: Ochsner Digital Medicine chronic disease program

Claim: Ochsner Digital Medicine chronic disease management program participants have lower per member per month costs than similar (matched) non-participants. Participants in Ochsner's Hypertension Digital Medicine program were more than three times as likely to have their blood pressure under control, and significantly more likely to have their medications on hand.

Validation Achieved: Validated for Savings

Validation Award Date: September 2022



Linda K. Riddell, MS
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Validation Institute



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Validation Institute



About Validation Institute

Validation Institute is a professional community that advocates for organizations and approaches that deliver better health value - stronger health outcomes at lower cost. We connect, train, and certify health care purchasers, and we validate and connect providers delivering superior results. Founded in 2014, the mission of the organization has consistently been to help provide transparency to buyers of health care.

Validation Review Process

Validation Institute has a team of epidemiologists and statisticians who review each program. The team focuses on three components:

- Evidence from published literature that a similar intervention had similar results.
- The reliability and credibility of the data sources.
- The rigor of the approach to calculating results.

To achieve validation, the program has to satisfy each of these components. VI's team then summarizes the review into a report which is publicly available. Details of VI's review are available with the program's permission.