

AHRQ 2008 ANNUAL CONFERENCE
Promoting Quality ... Partnering for Change

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A Purchaser's Guide to Clinical Preventive Services:

Moving Science into Coverage



A Purchaser's
Guide to
Clinical
Preventive
Services



An Employer's Toolkit

- 1** The Role of Clinical Preventive Services in Disease Prevention and Early Detection
- 2** Summary Plan Description (SPD) Language Statements
- 3** Evidence-Statements
- 4** Prioritization and Implementation
- 5** U.S. Preventive Services Task Force
- 6** Opportunities to Promote Delivery and Use
- 7** Resources & Tools



A Purchaser's Guide to Clinical Preventive Services

- Developed by CDC, AHRQ, and the National Business Group on Health, the *Guide* provides guidance to employers on recommended clinical preventive services for health benefits design.
- It includes information on the economic benefit of preventive services, and effective system interventions to improve the delivery and use of preventive services.



Who Developed It?

- National Business Group on Health (NBGH)
- Centers for Disease Control and Prevention (CDC)
 - National Center on Birth Defects and Developmental Disabilities
 - National Center for Chronic Disease Prevention and Health Promotion
 - National Center of Environmental Health
 - National Center for Health Marketing
 - National Center for HIV, STD, and TB Prevention
 - National Center for Health Statistics
 - National Center for Immunization and Respiratory Diseases
 - National Center for Injury Prevention and Control
 - National Center for Infection Diseases
 - National Institute for Occupational Safety and Health (NIOSH)
- Agency for Healthcare Research and Quality (AHRQ)



Why is Health Care Coverage Important?

1. Coverage for clinical preventive services is a key factor that determines whether people *receive* preventive services, which help people *avoid* disease and reduce health risks.
2. *In the U.S., coverage of physical exams, screening, and immunizations is fair; coverage of lifestyle modification/counseling services is poor. For example:
Healthy diet - 21% Weight loss -18%
Alcohol misuse - 19% Tobacco treatment - 4%
3. Increase the number of children, adolescents, and adults who receive recommended preventive physical, mental, and dental health care services

***Source:** Results from survey completed by 2,180 employers in 2001. Bondi MA, Harris JR, et al. Employer coverage of clinical preventive services in the United States. *American Journal of Health Promotion* 2006; 20(3): 214-222.



Why Employers?

- Employers (public and private purchasers), **not** health insurers, determine access to health care services
- Benefits language, including coding and summary plan description language not developed
Promote total value of health
- “Employers have to make complex decisions about health care coverage and health promotion services
Benefit managers are not healthcare experts.”

Objectives

1. To give employers and other purchasers of health care tools to improve coverage and use of clinical preventive services for millions of employees and their dependents
2. To improve the delivery of effective interventions for quality health care
3. To reduce and eliminate disparities for many diseases, conditions, and risk factors

Evidence-Based Preventive Services

Abdominal Aortic Aneurysm, Screening

- **Alcohol Misuse, Screening and counseling**
- **Aspirin Therapy for the Prevention of Cardiovascular Disease, Counseling**
- **Breast Cancer**
Screening, counseling, testing, preventive treatment, preventive medication
- **Cervical Cancer, Screening**
- **Childhood Health Promotion**
- **Child Development, Screening**
- **Dental Caries, Preventive medication**
- **Immunizations**
- **Lead, Elevated Blood Level, Screening**
- **Newborn Screening for Genetic and Endocrine Disorders, Screening, medical foods, and treatment**
- **Newborn Hearing, Screening**
- **Vision, Screening**
- **Colorectal Cancer, Screening**
- **Contraceptive Use, Counseling and preventive intervention**
- **Depression, Screening**
- **Diabetes (type 2), Screening**
- **Healthy Diet, Counseling**

• **Healthy Pregnancy**

- Alcohol Misuse, *Screening and counseling*
 - Breastfeeding, *Counseling*
 - Folic Acid Supplementation, *Counseling and preventive medication*
 - Asymptomatic Bacteriuria, *Screening*
 - Group B Streptococcal Disease (GBS), *Screening and preventive medication*
 - Hepatitis B Virus (HBV), *Screening, immunization, and treatment*
 - Human Immunodeficiency Virus (HIV), *Screening, counseling, and preventive medication*
 - Influenza, *Immunization*
 - Preeclampsia, *Screening*
 - Prenatal Diagnosis of Chromosomal Abnormalities and Neural Tube Defects (NTDs), *Screening and testing*
 - Rh (D) Incompatibility, *Screening and preventive medication*
 - Rubella, *Screening*
 - Syphilis, *Screening*
 - Tetanus, *Immunization*
 - Tobacco Use Treatment, *Screening and counseling*
- **Hypertension, Screening, counseling, and treatment**
 - **Immunizations (Child, Adolescent, Adult)**
 - **Lipid Disorders, Screening, counseling, and treatment**
 - **Motor Vehicle-Related Injury Prevention, Counseling**
 - **Obesity, Screening, counseling, and treatment**
 - **Osteoporosis, Screening and treatment**
 - **Sexually Transmitted Infections (STIs)**
 - Counseling to Prevent STIs, *Counseling*
 - Chlamydia, *Screening*
 - Gonorrhea, *Screening*
 - Human Immunodeficiency Virus (HIV), *Screening and counseling*
 - Syphilis, *Screening*
 - **Tobacco Use Treatment, Screening, counseling, and treatment**
 - **Tuberculosis, Screening**

1

The Role of Clinical Preventive Services in Disease Prevention and Early Detection



Overview: Information for employers on improving beneficiary health and reducing healthcare costs through the implementation of comprehensive and structured clinical preventive service benefits within a medical benefit plan.

Summary Plan Description (SPD) Language Statements for Recommended Clinical Preventive Service Benefits

2



Overview: 46 clinical preventive service Summary Plan Description (SPD) language statements designed to assist benefits staff as they design, discuss, negotiate, and set benefit structures and coverage guidelines with a health plan, union, or consumer group.

- Federal Regulation and Preventive Services
- CPT Codes

SUMMARY PLAN DESCRIPTION LANGUAGE

Summary Plan Description Language: Hypertension (Screening)

Covered Screening

Conventional measure using an arm cuff and an appropriately validated aneroid (containing no liquid) or digital sphygmomanometer (blood pressure meter).

Initiation, Cessation, and Interval

Screening is a covered benefit for all children, adolescents, and adults, and may be conducted as medically indicated.

Summary Plan Description Language: Hypertension (Counseling and Treatment)

Covered Counseling and Treatments

Covered treatment for hypertension includes:

- Counseling to promote therapeutic lifestyle changes
- Office visits to monitor hypertension and treatment efforts
- Medications used to treat hypertension

Initiation, Cessation, and Interval

Six (6) counseling, treatment, and monitoring sessions are covered per calendar year. Additional counseling sessions are covered, as medically indicated.

Beneficiaries undergoing treatment with hypertension-lowering medications qualify for additional medication management visits, as medically indicated.

3

Evidence-Statements for Recommended Clinical Preventive Service Benefits



Overview: The scientific evidence behind each of the 46 screening, testing, counseling, immunization, preventive medication, and preventive treatment benefit recommendations.

The Prioritization and Strategic Implementation of Clinical Preventive Service Benefits

4



Overview: Practical advice and employer scenarios to guide the prioritization and strategic implementation of clinical preventive service benefits.

5

I Statements and C and D Recommendations of the U.S. Preventive Services Task Force (USPSTF)



Overview: Information on clinical preventive services that were reviewed by the USPSTF, but not included in the *Purchaser's Guide*. This information may assist benefits staff in determining which clinical preventive services currently offered in their health plan(s) should be re-evaluated.

Leveraging Benefits: Opportunities to Promote the Delivery and Use of Preventive Services

6



Overview: Actions employers can take to strengthen prevention efforts.

- Community-Level Interventions
- Employer Action Examples and Success Stories



7

Resources & Tools

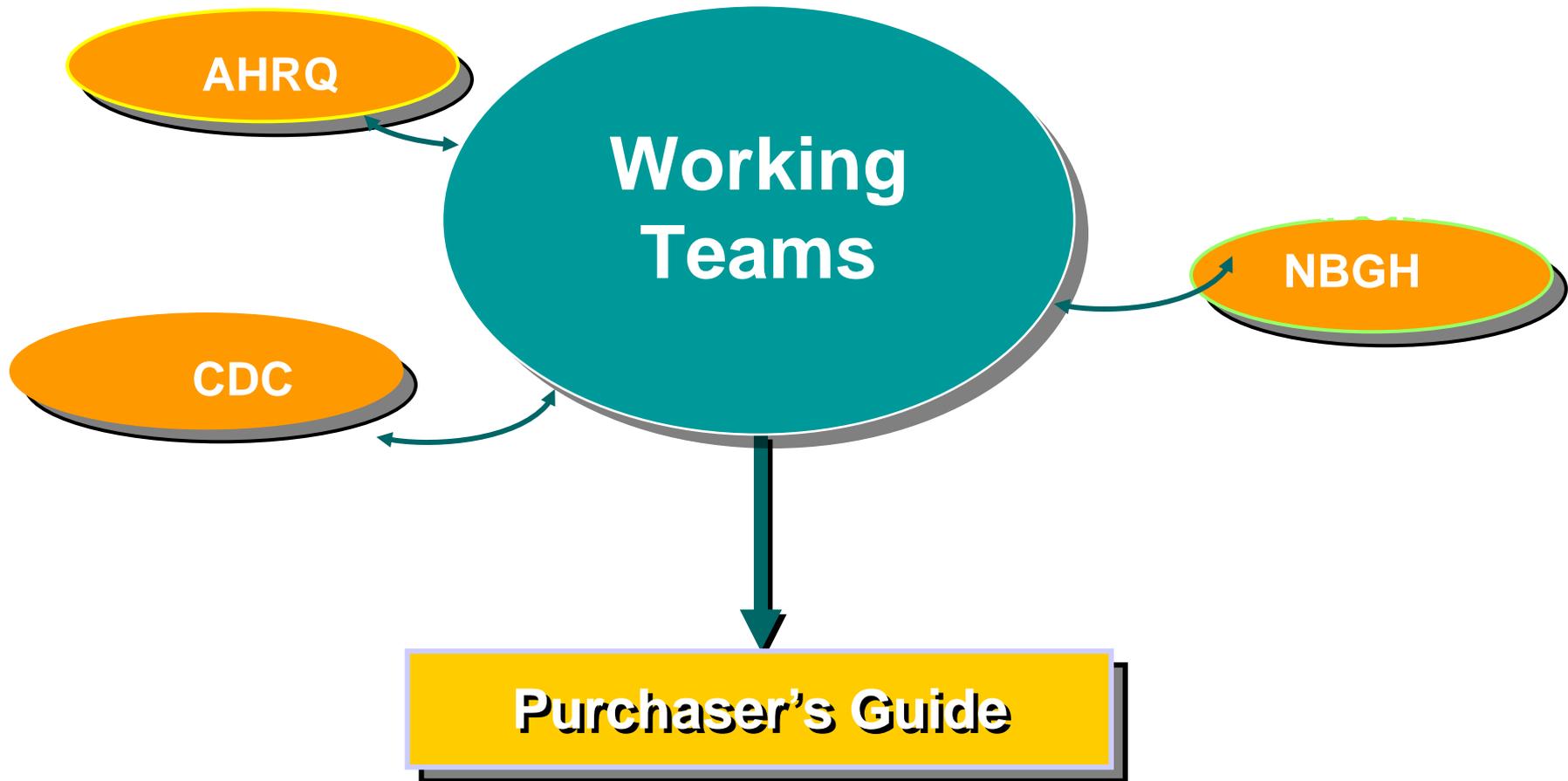
Overview: Additional information for employers about clinical preventive services, including:

- Life Course Maps
- NCQA HEDIS® Crosswalk
- Glossary
- Cost-Calculators

All materials featured on this CD are available on the
National Business Group on Health website at:
www.businessgrouphealth.org/prevention/purchasers/
and on the Centers for Disease Control and Prevention (CDC) website at:
www.cdc.gov/business

Public Sector

Private Sector





Purchaser's Guide Dissemination

- **Goals:**
 - To raise awareness of, generate use of and create champions for the Purchasers Guide within the employer and public health and related communities.
- **Target Audience:**
 - Chamber of Commerce, AHIP, National Association of Manufacturers, National Business Coalition on Health, Partnership for Prevention
 - Public health partners
 - State and local public sector purchasers
 - Other purchasers and advocates (e.g., OPM)



Promotional Materials

- Hard copy Binders
- CDs
- E postcards
- Power point Presentations
- One pagers and Talking Points
- Press Releases



Selected Dissemination Results

- Over 1500 Hard copy binders and 2500 CDs distributed.
- Over 320,000 downloads since 11/06 release. Endorsed by AMA, ACPM, NACDD
- Numerous Webinars to various audiences
- Numerous Conferences and Presentations, **NIOSH WorkLife, Healthy Heart and Obesity Prevention (NY, MI)**, many health care coalitions, Joint *Forum-From Science to Service*

How Others Are Using the Guide

- Gold standard - gap analysis to determine delivery of CPS to employees; encouraging employees to obtain services
- Vendor selection – i.e. using the tobacco evidence and SPD to determine work for tobacco cessation vendors
- Guide worksite health promotion efforts, i.e. health fairs and health education
- Inform healthcare strategies; evaluate employee global health status
- Teach providers and medical students about the scope and value of clinical preventive services & prev. medications



Value of the *Purchaser's Guide*

- Closes the gap between knowledge and practice
- “Plug and Play” ease of use
 - Appropriate for different organizations, workforces, priorities, and resources
 - Precise SPD language: both screening and intervention
 - Precise codes
 - Up-to-date cost, cost-effectiveness, and ROI estimates
- Valuable with or without:
 - Medical Department
 - Benefit consultants
- Trustworthy:
 - Authoritative sources
 - Evidence based: What works and what doesn't work



Next Steps

- Total Value of Health (build the policies and processes)
 - Preventive services will be the base
- Keep *Guide* Current
 - AHRQ and CDC
- Develop web site for preventive services
- Republish the Guide periodically