KEEPING ALL IOWANS HEALTHY

Variety may be the spice of life, but when it comes to your care we’re taking a different approach.

We’re keenly focused on a consistent delivery of high-quality health care. Closing any gaps in care for all Iowans is so important to us, that we’ve made this central to our mission.

Researchers, policy makers and health care providers call this new approach to health care delivery “population health.” Naming aside, what matters most is that we’re working together to do a better job of keeping you healthy. Our approach is based on the best information available and best outcomes for large groups of Iowans.

To do this, we’re working to better understand what our communities need. We’re looking at genetics, social and physical environments, individual behavior and medical care. Our providers seek to understand these factors and measure them. With that data, we’re setting new goals for your care.

Let’s Be Proactive

Using the best medical practices and your provider’s recommendations, we’ll be looking at prevention of illness first and foremost. Of course, you have an important role to play and we’ll be working with you. We’ll be looking at lifestyle changes, as well as ways to help you to avoid or manage your health conditions.

Alliance members are developing new standards for how and when your care is delivered. Our providers use care models, which are repeatable care processes based on patients’ best results. The care models provide recommended guidelines for your physician.

They also focus on better coordination of your care and services. This includes open lines of communication from your primary care provider to specialists to a hospital should you ever need help. Coordinated care ensures that you get the right treatments, medicines and tests.

We’re Stronger Together

Alliance members have been working together to simplify the sometimes complex world of medicine. Backed by Iowa’s only comprehensive academic medical center, experts from across the state have been sharing best practices, education and research. Whether you now live with a chronic condition or enjoy good health, we’ll continue to innovate to offer you the highest quality care possible.

A PATIENT CARE GOAL

If you have high blood pressure, congestive heart failure or diabetes, your next visit to your primary care provider will come with a familiar process of checking you in. Our goal is that no matter who you see, you will receive the same care. Things like blood pressure checks, weighing in, and other tests are made on a set schedule based on your health condition. Consistent monitoring and treatment, as well as guidelines for when to refer to a specialist, are designed to improve a patient’s overall well-being.

To date, care models have been developed for:

- Asthma
- COPD
- Diabetes Type 2
- Heart Failure Systolic
- Hospital Transition – High Risk
- Hypertension Adult Care
- Population Management
- Stable Coronary Disease
TELEHEALTH BRINGS CARE CLOSE TO HOME

Rural Iowans may soon have greater access to specialists at the University of Iowa Hospitals and Clinics through several telehealth programs managed by the UI Health Care eHealth and eNovation Center© that may have implications for all UI Health Alliance members.

“It’s a starting point for collaboration among the alliance members,” said Patrick Brophy, MD, MHCDS, Assistant VP of eHealth & innovation at UIHC.

“Our goal is to be able to provide a consultation, and work with the primary care provider on developing a strategic plan to keep the patient in the local community for treatment,” said Brophy. “By streamlining communications between primary care providers and specialists, we hope to reduce the need for patients to travel multiple times to Iowa City or not at all.”

WHAT IS TELEHEALTH?

Telecommunications technology such as two-way video and wireless tools are making it easier for regional specialists to work with hometown health care providers. These tools make it possible to access specialist care without having to drive long distances. And with more than 35 percent of Iowans living in rural areas, it’s an important means for improving access for everyone.
EMPLOYERS FIND WAYS TO KEEP HEALTH SPENDING IN CHECK

As mid-size and large employers meet new federal requirements for employer-sponsored health coverage, more people are set to receive insurance benefits through the workplace. Challenges for employers are twofold as costs for those benefits continue to climb.

A Mercer national survey of employers found that in 2014 the average cost per employee was $11,204. That represents a 3.9 percent on average increase. That’s well below the 7 percent average rate of annual growth experienced over the last 15 years.

Employers project the rate of growth for 2015 would be 7.1 percent if they made no changes to their current plans. Because employers are making changes to reduce costs, the projected rate of growth for 2015 is 4.6 percent on average.

Provisions in the Affordable Care Act are phasing in this year. Employer-sponsored health insurance must be offered to 70% of employees working 30 hours per week or face fines. Small employers are exempt under the law.

WHO MUST COMPLY WITH THE ACA?

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2015 ➔ 100+ employees
2016 ➔ 50-99 employees

WELLNESS CULTURES THAT PRODUCE RESULTS

“Employers we work with tell us that offering health care insurance coverage and programs are key to attracting and retaining talent. The challenge for them, though, is to improve the bottom line costs and see measurable results for their investment,” said Timothy Sagers, MD. He leads the University of Iowa Health Alliance Business Health group.

“Our approach to employee wellness is proactive. We are working with employers to create a culture of wellness, not just manage disease. We create that culture by first improving awareness for employees’ individual risks, and then help them modify or reduce risk factors,” he said.

The University of Iowa Health Alliance offers a flexible combination of programs that include on-site services, occupational medicine, and health and wellness.

Mercer’s annual employer survey shows growth in such services with 56 percent of large firms offering health management or wellness programs with financial incentives, and 26 percent offering outcomes-based incentives for progress towards specific health status targets. More employers are also investing in worksite clinics. Among employers with 5,000 or more employees, 29 percent now have a clinic that provides primary care services.

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SEEKING EMPLOYER INPUT

“The alliance and its members are working together to innovate with employers on how to better manage costs as more employees become covered. We are working with them to better define what value they would like to receive,” said Dan Kueter, President and CEO, University of Iowa Health Alliance. The alliance is able to provide a broad range of services directly to employers across the state through its 20 hospitals and 1,970 physicians.

Alliance members share a common goal of improving quality and the patient experience, lowering costs, and enhancing the health of the communities they serve.

“To that end, the alliance is forming a business advisory council,” he said. “We’d love to learn from employers large and small about their greatest challenges.”

MEET BROOKE KENSINGER

BKensinger@UIHealthAlliance.com
815-944-4692

Let our Business Health program put the numbers to work in your favor. Contact Brooke today to learn about innovative solutions with bottom line results.

ABOUT US

The University of Iowa Health Alliance represents some of the largest health care provider organizations in Iowa and its surrounding states. Its membership includes 1,970 physicians and 20 hospitals with key locations in Cedar Falls, Cedar Rapids, Davenport, Iowa City and Waterloo.

Our membership includes:
- Genesis Health System
- Mercy-Cedar Rapids
- University of Iowa Health Care
- Wheaton Franciscan Healthcare-Iowa

OUR STAFF:
- Dan Kueter, President & CEO
- Jennifer Vermeer, COO
- Bonnie Braatz, Clinical Program Manager
- Brooke Kensinger, Business Health Director
- Maggie Eischeid, Program Coordinator

CONTACT US:

100 Court Avenue, Suite 405
Des Moines, IA 50309
855-944-4692

e-mail: communications@uihealthalliance.com
www.uihealthalliance.com