



Message from the Medical Director



The One Health Quality Alliance continues to focus on growth. We now have 1,134 members with 256 in primary care and look forward to welcoming new members this year.

Living through the COVID-19 pandemic has given many of us a deeper perspective of what is most important in our lives. I have seen many physicians retire, while others are choosing to change the way they practice medicine.

As we move into this next phase, I hope we all have time to reflect on the last year. Our resilience, the losses, the growth and that we do not go back to the way it was, but that we create a new way of moving forward. A path where Health Equity is not just a phrase but a commitment. Where we model the importance of work-life balance to our patients. I hope that we can all take time to acknowledge the many people who make our workdays run smoothly.

We have much to celebrate after this year, starting with the expanded roll-out of the COVID-19 vaccines. Starting in January, Adventist HealthCare helped facilitate vaccinations for our members and their staff. Their support was extremely helpful for non-hospital-based practices. Now, many in our community have already received their vaccination and even more will be able to receive it soon. Our primary care practices are working hard to ensure their patients receive the vaccine through the many ways available in the community such as the state mass vaccination sites, local community clinics and retail stores.

After a year of negotiations, the OHQA and CareFirst have created an innovative shared savings program. For primary care providers, including pediatricians, this will replace their current PCMH program. Our network has 38,500 CareFirst members and this program is an opportunity to improve healthcare while lowering cost. To do this successfully, we will be focusing on streamlining referrals within the network to better manage the total cost of care. We are using Direct as a referral platform that integrates into your electronic medical record and have partnered with PicassoMD, an app that allows for real-time curbside consults.

We will continue to have our Quality Committee meetings virtually and all members are welcome to participate. We will be sharing data as well as learning from high-performing physicians. Thank you for all you are doing to improve the health of our community and I look forward to sharing our progress throughout this year.

Mindi Cohen, DO

Medical Director, One Health Quality Alliance

Welcome!

Cardiocare LLC

5530 Wisconsin Avenue, Suite #700
Chevy Chase, MD 20815

Envue Eye and Laser Center, LLC

120 Waterfront Street, Suite #300
Oxon Hill, MD 20745

Hart Pediatrics

1201 Seven Locks Rd, Suite #202
Rockville, MD 20854

Metro Health

1012 14th St NW, Suite #700
Washington, DC 20005

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Our Mission

Working together to improve the quality of care and patient outcomes through collaboration and innovation.

Welcome!

Continued.

Pediatric Associates of Montgomery County

2401 Blueridge Avenue, Suite #210
Wheaton, MD 20902

PR Family Medicine

9815 Main Street, Suite #208
Damascus, MD 20872

Satish Angra, MD, P.C.

10801 Lockwood Drive, Suite #28D
Silver Spring, MD 20901

Thomas V. Joseph, MD

50 W Edmonston Drive, Suite #207
Rockville, MD 20852



Focus on Payors

- **CareFirst:** Effective Jan. 1, 2021, a shared savings agreement was finalized. Under the direction of Kate Stradar, Associate Vice President of Care Navigation for Adventist HealthCare, CareFirst Care Managers will work with practices to manage their CareFirst patients on their care plans. Information will be provided at an upcoming Quality Committee meeting once received from CareFirst.
- **Adventist HealthNet:** A shared savings agreement began on Jan. 1, 2021. As a reminder, Adventist HealthNet is a plan for Adventist HealthCare employees and their families. Information on this plan will also be provided at an upcoming Quality Committee meeting once received.
- **Cigna:** In recognition of the impact that the pandemic has had on medical costs, Cigna moved to a COVID-19 program for the 2021 performance year. This program replaces the shared savings agreement for 2021. However, we are still receiving information on the shared savings program for the 2020 performance year. Updated information on the Cigna shared savings program will be shared at the next Quality Committee meeting on Wednesday, May 12.
- **Aetna:** The fee-for-service agreement is up for renegotiation on Dec. 15, 2021. Renegotiation of this agreement will begin soon. Providers who have opted into this agreement will receive notification once the Contracting Committee determines the terms and the OHQA Board of Directors approves. Updated information on the Aetna shared savings program will be shared at the next Quality Committee meeting, scheduled for Wednesday, May 12.
- **Amerigroup of Maryland:** We are still working with Amerigroup to negotiate a shared savings agreement. However, due to the decrease in overall medical costs in 2020, it is unlikely an agreement will be reached for a 2021 effective date. We will continue to keep you informed on our progress.



Quality Focus

On Feb. 10, the Quality Committee identified three top-performing providers in four quality measures that overlap payor contracts. Using the best practice workflows from the top performers, the Quality Committee will process map the four measures to share with our members. Leading this effort is **Mindi Cohen, DO, Medical Director** and **Mary Kim, MD, Physician Executive Fellow** for Adventist HealthCare. The four focus areas will be:

- Diabetes: Hemoglobin A1c (HbA1c) Poor Control (> 9%)
- Controlling High Blood Pressure
- Preventive Care and Screening: Screening for Depression and Follow-Up Plan
- Preventive Care and Screening: Body Mass Index (BMI) Screening and Follow-Up Plan

Further, the OHQA management team developed a document detailing workflows and definitions for each of the four Quality Measures and have shared it with members.



Care Navigation

The Care Navigation team is comprised of Registered Nurses who have a wealth of experience in delivering empathic and competent care. Care Navigators are available to provide their expertise to support physicians who identify patients that will benefit from care coordination. Their work includes:

- Partnering with practices to drive down the cost associated with avoidable ED visits, hospitalization or those experiencing a change in their health.
- Working with physicians and patients to develop individualized comprehensive care plans and engage with patients for a specified amount of time.
- Focusing on intervening with education and resources to help patients learn how to self-manage and navigate the health system.

Meet Your Care Navigators



Abigail Brooks,
RN, Director of
Care Navigation



Jackie Cruz, RN,
Manager of Care
Navigation



Nsikan
Effiong, RN



Kristen Maki, RN



Kristin Wise, RN



Luz Ramos-
Geary, RN



Sara Watson, RN



Practice Spotlight



CAPITAL
DIGESTIVE
CARESM

First in Digestive Health

Capital Digestive Care's Direct Access Program Makes Scheduling Colonoscopies Easier for Patients and Providers

Colon cancer is the second leading cause of cancer-related deaths in the United States, and there has been an increase in colorectal cancer deaths among younger patients. Nearly one out of every 10 people diagnosed is under age 50 which is why experts recently lowered the recommended screening age from 50 to 45. Thankfully, colon cancer can be prevented through screenings like a colonoscopy. Capital Digestive Care's direct access program makes scheduling life-saving colonoscopies easier for both patients and providers by allowing eligible patients to skip the pre-specialist doctor's visit and schedule a colonoscopy with a provider referral.

Emphasis on Quality & Safety

Capital Digestive Care doctors exceed national benchmarks for a quality colonoscopy. Their average adenoma detection rate – the percentage of patients having at least one adenomatous/precancerous polyp identified – is 43%, far exceeding the national benchmark of 30% for men and 20% for women. Capital Digestive Care performs more than 40,000 colonoscopies annually, and they are taking every precaution to keep patients and staff safe during the pandemic. They test patients for COVID-19 before every procedure and have completed more than 15,000 colonoscopies since the pandemic began.

How to Refer Patients

Providers can refer patients for direct access via the following methods:

- Via EMR direct message
- By calling 301-498-5500 (PG County)
or 240-737-0085 (Montgomery County)
- Through the **Picasso MD** app

After you contact Capital Digestive Care, they will provide a direct access questionnaire to ensure patient eligibility. If you have questions about referring patients via EMR direct message, please contact **Michele Miller** at MMiller@PEGISolutions.com.

Capital Digestive Care has 12 locations throughout Maryland and Washington, D.C. All locations accept direct access patients. For more information, visit [CapitalDigestiveCare.com](https://www.CapitalDigestiveCare.com).

Free Behavioral Health Virtual Workshops

Coping with Stress, Anxiety & Depression

This workshop will teach self-care skills for individuals experiencing symptoms of stress, anxiety and depression. Topics covered include how to develop healthy routines, identify triggers and develop a coping plan, among others.

Ages: 18+

Dates: Tuesdays from
11:00 a.m. – 12:00 p.m.

- April 6
- April 13
- April 20
- April 27
- May 4

Grief & Loss Support Group

Now more than ever our community needs a supportive environment to grieve the loss of a loved one. This support group is led by a licensed therapist. Participants will:

- Process feelings of grief
- Learn ways to cope with loss
- Connect with others on a similar journey

Ages: 21+

Dates: Weekly,
Wednesdays from
4:00 – 5:00 p.m.

Mindfulness Workshop

Learn skills on how to be fully present and aware of thoughts and feelings without judgment. Mindfulness helps relieve stress, improve sleep, lower blood pressure and reduce chronic pain. Topics include the benefits of mindfulness and breathing exercises, among others.

Age: 16+

Dates: The following
Tuesdays from
12:00 – 1:00 p.m.

- April 8

To Register

AdventistHealthCare.com/SupportGroups

Questions?

301-838-4912



Community Health Update

Diabetes Management Support

We are pleased to welcome our newest team member, **Laura Previte, RN!**

Laura will be working with us part-time as a diabetes educator. For newly diagnosed patients and those with existing diabetes, Laura will be available to provide individualized support through:

- 1:1 consultation for diabetes management (glucose monitoring, nutrition, self-management skills, etc.)
- Referral to diabetes education classes, if appropriate
- Documentation in Wellcentive to keep care navigators and providers up-to-date

Laura is a Registered Nurse with a background in both bedside care and care coordination. She brings years of experience providing comprehensive education around diabetes in individual and group settings. A Six Sigma Green Belt, Laura is also trained on quality and performance improvement practices.

Please join us in welcoming Laura to the team!

To refer a patient for a 1:1 consultation, talk to your care navigator.



Save the Date

For all community class and registration information, visit AdventistHealthCare.com

April

- **April 13:** Contracting Committee Meeting
- **April 22:** CIN Board of Directors Meeting

May

- **May 12:** Quality Committee Meeting
- **May 19:** CIN Practice Managers Meeting
- **May 26:** CTO Board of Governors Meeting

July

- **July 13:** Contracting Committee Meeting
- **July 22:** CIN Board of Directors Meeting