

THE VALUE OF MEDICARE ADVANTAGE: PIONEERING COMMUNITY PARTNERSHIPS

IMPROVING HEALTH OUTCOMES FOR SENIORS

Care provided outside of traditional clinical settings can have a significant impact on making care more accessible to disabled and senior beneficiaries covered by Medicare. Medicare Advantage (MA) plans and provider organizations are bridging gaps in health care delivery by actively engaging in partnerships with community-based organizations to meet the needs of Medicare beneficiaries. Under MA, organizations design evidence-based, community initiatives to offer coordinated care, disease management, and interventions that include wellness, nutrition, and exercise support to MA beneficiaries. Community partnerships in MA are reducing disease progression and improving health outcomes for millions of beneficiaries.

MA Integrating Medical Care with Community-Based Services

HEALTH QUALITY PARTNERS

The Issue: In the United States, chronic disease is now the major determinant of longevity and quality of life. Chronic disease is also a key driver of health service utilization and cost. Preventing the onset and progression of chronic disease is essential for improving population health.

The Solution: Health Quality Partners (HQP) is a nonprofit health care quality research and development organization dedicated to improving population health outcomes through health system redesign and advanced care coordination. HQP has developed an effective community-based model of advanced care management that improves health outcomes, longevity, and costs for chronically ill Medicare beneficiaries.

The Community Partnership between HQP & MA:

MA and HQP partner
to manage
beneficiaries' care



HQP sends nurse care
managers into homes
to better manage
chronic conditions



Results in better care
management, fewer
hospital admissions,
reduced cost

- HQP partners with MA plans to provide beneficiaries with care management services to better care for chronic health conditions.
- HQP provides a unique model of community-based care management. The program incorporates interventions designed to help reduce cardiovascular and geriatric risks by creating long-term relationships and linkages between registered nurse care managers, patients, families, primary care providers, and other community resources.
- The program has resulted in up to 20% fewer inpatient hospital admissions and lower medical costs.

MEALS ON WHEELS AMERICA

The Issue: 15.2 million seniors are isolated, living alone. 9.6 million seniors are threatened by hunger.

The Solution: Meals on Wheels America (MOWA) is the oldest and largest national nonprofit organization providing nutrition programs and support to more than 5,000 community-based senior nutrition programs across the country. MOWA delivers nutrition and support services to Americans ages 60 and older.

The Community Partnership between MOWA & MA:

MA and MOWA partner to provide meals to beneficiaries

Following hospitalizations, seniors receive a pack of frozen meals

Results in reducing hunger, better nutrition, lower hospital readmissions, reduced cost

- MOWA partners with MA to ensure beneficiaries have access to nutritious meals. MA case managers coordinate with providers on plans for MA beneficiaries and assess needs.
- The goal is to create more seamless transitions of care and help seniors stay in their homes.
- In one program, seniors receive a pack of 10 healthy frozen meals delivered to their home following a hospitalization. Follow-up calls are made to ensure the health and safety of the beneficiary.
- Access to healthy food delivery resulted in lower readmissions to hospitals and health care cost savings.

YMCA

The Issue: 30% of Medicare beneficiaries have type 2 diabetes. It is estimated that one out of every three Medicare dollars is attributed to diabetes and associated illnesses. Additionally, 86 million Americans have a high risk of developing diabetes.

The Solution: The YMCA is a leading nonprofit organization for youth development, healthy living, and social responsibility. In March 2016, the Department of Health and Human Services announced the expansion of the Diabetes Prevention Program (DPP), which reduces net Medicare spending.

The Community Partnership between YMCA & MA:

MA and the YMCA partner to give seniors access to programs to improve health

The Diabetes Prevention Program helps seniors adopt healthy behaviors

Results in healthier seniors, prevention of disease progression, reduced cost

- MA plans partner with the YMCA to provide access to programs like the DPP. These partnerships are enhanced by the CMS announcement that due to the successful results of the DPP, it will expand the model throughout Medicare, including MA.
- Through YMCA partnerships, MA beneficiaries have access to meetings with lifestyle coaches who train participants in strategies for long-term dietary change, increased physical activity, and behavior changes that allow them to control their weight and decrease their risk of type 2 diabetes.
- MA has been important in YMCA Medicare programs' proven success in cutting medical costs and improving health outcomes.

Better Medicare Alliance (BMA) is the leading coalition of nurses, doctors, health plans, employers, aging service agencies, advocates, retiree organizations, and beneficiaries supporting Medicare Advantage. Medicare Advantage offers quality, affordability and simplicity, with enhanced benefits to more than 17 million Medicare beneficiaries across America. BMA works to ensure the sustainability and stability of Medicare Advantage through information, research, education, and united support among stakeholders to strengthen this important coverage for seniors and people with disabilities.