

## *President's Message*

One of the truly great things about March in Pennsylvania is the promise of renewal. The darkest and coldest days of winter are behind us and we are re-energized as nature bursts forward with new life.

At LVBCH, each spring we are re-invigorated while preparing for our biggest event of the year. This year's 39<sup>th</sup> Annual Conference, to be held at DeSales University on May 2, is particularly exciting as we introduce a new *Healthcare Executive Conversation* featuring leaders from Capital BlueCross, East Penn Manufacturing, Express Scripts, and Penn State Health St. Joseph. The discussion will focus on the healthcare topics that are most important to you.

We also welcome back audience favorite Robert Laszewski, President of Health Policy and Strategy Associates. A highly regarded expert on healthcare policy, Laszewski will provide his Washington-insider perspective on current and pending legislation, as well as the Republican, Democratic, and White House positions on health-related issues. Laszewski will be joined by other experts from Geneia, Good Shepherd Rehabilitation Network, and Merck, who will also be presenting on topics pertinent to employers.

The conference is just one of many interesting programs this spring. Be sure to mark your calendar for our upcoming event, the 6<sup>th</sup> Annual Healthcare Symposium at Lehigh University on May 21. You can also catch up on recent educational programs that you may have missed, including medical marijuana, pharmacy, wellness, and our 2<sup>nd</sup> Annual Associate Showcase.

In addition to attending events, we encourage you to become more involved with the Coalition by serving on a committee. We are currently recruiting new members for all of our existing committees, as well as forming a new Data Committee. For more information about our committees, contact Donna Corsi, Director of Member Programs and Services, at [dmcorsi@lvbch.com](mailto:dmcorsi@lvbch.com).

Finally, we welcome new Board Chair **Eileen Zielinski** of PPL Corporation. Zielinski replaces **Bob Johnston**, who recently retired from East Penn Manufacturing Co., Inc., and has graciously agreed to continue to serve as a past Chair the Board emeritus.

In closing, we look forward to seeing you at our Annual Conference or one our many other upcoming events.

Warm Regards,



**Carl Seitz,**  
LVBCH President



# WELCOME NEW MEMBERS

Please join us in extending a warm welcome to the following new members of the Coalition as we encourage them to become active in Coalition activities.

- ◆ Viddler Inc.
- ◆ PinnacleCare International

## UPCOMING EVENTS

### 6<sup>th</sup> Annual Healthcare Systems Engineering Symposium *Creating Value in Healthcare through People, Processes, and Technology*

- ◆ Co-Sponsored with Lehigh University Healthcare Systems Engineering Program
- ◆ A networking reception will follow the presentations.

[Register Now](#)

**6TH ANNUAL HEALTHCARE SYSTEMS ENGINEERING SYMPOSIUM**

**MAY 21, 2019**

CREATING VALUE IN HEALTHCARE THROUGH PEOPLE, PROCESSES, AND TECHNOLOGY

1:30 PM — 2:00 PM  
• Registration

2:00 PM — 5:30 PM  
• Symposium

5:30 PM — 6:30 PM  
• Networking Reception

Lehigh University  
Iacocca Hall  
Wood Dining Room

To learn more and register, visit  
↓  
[hse.lehigh.edu](http://hse.lehigh.edu)



Healthcare  
Systems  
Engineering



## Register Now for the LVBCH 39<sup>th</sup> Annual Conference *Emerging Trends in Healthcare: What's Next?*

- ◆ **Date:** Thursday, May 2, 7:30 am-3:45 pm
- ◆ **DeSales University, University Center Building, 2755 Station Ave, Center Valley**
- ◆ **Registration Deadline: Thursday, April 18.** You must register to attend this event. Registration will NOT be accepted at the door.

Join us for our 39<sup>th</sup> Annual Conference, which will feature thought-providing presentations by national and local experts discussing current trends and how they might affect you, your business, and your employees. This year's event will include **Executive Conversation on Healthcare**, featuring top officials of local employers, as well as national and regional providers of health-related services.

[More Information](#)

[Register Now](#)

### Topics and Speakers

- ◆ **2019: The Healthcare Political and Market Landscape – Robert Laszewski**, President, Health Policy and Strategy Associates
- ◆ **Geneia Data Update: Moving From Insights to Action – Aurel Iuga, MD**, Chief Medical Officer, and **Shelley Riser, RN**, Vice President of Consulting Services and Clinical Innovation, Geneia, LLC.
- ◆ **Work-Related Musculoskeletal Injuries & Beyond Limits: The Ekso Bionics Exoskeleton – Yahira Acevedo-Santiago, MD**, Physical Medicine and Rehabilitation Physician, and **Frank Hyland**, Executive Director, Good Shepherd Rehabilitation Network
- ◆ **Exploring the Biosimilar Market Landscape – Deborah Gan**, Executive Director, Merck Integrated Account Management, Strategic Insights, Merck
- ◆ **2<sup>nd</sup> Annual Leadership in Wellness Recognition Award Presentation – Erin Postel**, Strategic Wellness Consultant, Populytics/BeneFIT Corporate Wellness. The award recognizes LVBCH member executives for their innovation, dedication and contribution to the success of their wellness programs.

### Executive Conversation – Healthcare

- ◆ Moderator: **Ashley Russo**, President, ASR Media Productions and Producer/Host, The Peak TV
- ◆ **John R. Morahan**, President, Penn State Health St. Joseph
- ◆ **Chris Pruitt**, President and CEO, East Penn Manufacturing Co., Inc.
- ◆ **Brian Seiz**, President, Accredo, Express Scripts, Inc.
- ◆ **Gary St. Hilaire**, President and CEO, Capital BlueCross



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Robert Laszewski has been one of our most highly rated speakers for the past several years. As he prepares for his upcoming LVBCH Annual Conference presentation, he sat down briefly with *News Notes* to share a sneak peek...



***Q: With the current White House, Senate, and House, are there expected be any significant reforms before the 2020 elections?***

The simple answer is no. That said, the Trump Administration and the Democrats are both focused on drug pricing. The Trump Administration has proposed several regulations addressing Medicare and Medicaid with more forthcoming. Some strategies being considered are related to pharmacy rebates and drug pricing formulas based on what is seen in other countries.

***Q: You've stated that despite success in reducing healthcare utilization, escalating costs are caused by the price of services. How can our elected officials reduce these prices?***

It's not the government's responsibility to control pricing of private plans but rather the responsibility of purchasers of those services. The government wouldn't be expected to negotiate the prices of cars. It's up to employers to hold insurance companies and specialty vendors accountable for lowering prices. To be more demanding, to force them to be transparent, and to do a better job on the employers' behalf.

***Q: Employers might welcome universal healthcare as a possible way to reduce the burden of providing insurance to employees. Do you believe we will see universal healthcare?***

There's been talk about a universal health system since the Herbert Hoover administration in the 1940s. The discussion ebbs and flows over the years. The Democrats have been raising it lately and are now discussing alternatives such as an incremental movement toward universal healthcare where select groups of people – for example, people over 50 – could opt to buy into Medicare or Medicaid. However, this would only be possible if the Democrats would win the House, Senate and White House and have a working majority. Meanwhile, even most Democrats want to leave the employer-based insurance system in place indefinitely.

***Q: The joint health-care venture between Amazon, J.P. Morgan, and Berkshire Hathaway has a name, Haven, and appears to be moving forward. Do you think this initiative will be successful and will it fuel a trend where employers negotiate directly with healthcare providers?***

I have seen similar attempts a number of times over the past 25 years and it hasn't happened yet. It is naive to think that they will be able to do a better job negotiating with local providers than the local insurance company. Although they cover a lot of people nationally, to be successful in negotiating better rates, they would need to have more covered lives in the local markets. In total, these companies together do not cover as many lives as Independence Blue Cross does in Pennsylvania. How then can they negotiate a better rate?

**Interested in learning more? You can register for the May 2nd Annual Conference now!**

**Register Now**

## Welcome Eileen Zielinski, New Chair, LVBCH Board of Directors

Please join LVBCH in welcoming new Board Chair **Eileen Zielinski**, Employee Benefits Manager, PPL Corporation. *News Notes* recently had the opportunity to ask Eileen a few questions.



**Q: How long have you been involved with the Coalition? What led you to get involved initially?**

I have been involved with the Coalition since 2002 when I started working at B. Braun Medical in Bethlehem. My involvement continued when I went to work at Olympus and carried on when I started at PPL.

**Q: What activities have you participated in?**

In addition to attending many of the educational events, I served on the Wellness Committee years ago and currently serve on the Purchasing Committee.

**Q: Why did you agree to be Chair of the Board of Directors?**

As an employee of PPL, I represent one of the founding companies of LVBCH. PPL has benefitted from the pooled purchasing power since 1980. With that in

mind, it was important to me to take an active role in the organization when the need arose.

**Q: What about LVBCH do you find to be most beneficial to employers?**

There are many benefits to being part of LVBCH. The top have to be the purchasing power, the partnership with the local health systems, and the networking with other employers as we navigate the Affordable Care Act and other pressing benefit issues.

**Q: How have you personally benefitted from your LVBCH involvement?**

Networking through the coalition led me to my current position at PPL.

**Q: How has your organization benefitted from your LVBCH involvement?**

Along with the pooled purchasing power, the education seminars have provided valuable information which assists us at PPL.

**Q: Do you have ideas for how you would like to see LVBCH evolve, which you like to share at this time?**

I want to see LVBCH continue to be a strong partner in the Lehigh Valley and for businesses to appreciate the influence the Coalition can have over the healthcare systems.

## 2019 Board of Directors & Board Officers

### Board Officers:

Chair: **Eileen Zielinski**, PPL Corporation

Vice Chair: **Jeannine O'Callaghan**, C. F. Martin & Co., Inc

Secretary: **Jack Gross**, Gross McGinley, LLP

Treasurer: **Lori Young**, Crayola, LLC

Immediate Past Chair (*emeritus*): **Bob Johnston**, East Penn Manufacturing, Co., Inc.

### Board of Directors:

**Toni Lee Febbo**, Lehigh University

**Fay Knabb**, East Penn Manufacturing, Co., Inc.

**Richard King**, Schlouch Incorporated

**Angie Smallwood**, Volvo/Mack Trucks, Inc.

**Juliet Vestal**, B. Braun Medical Inc.

**Kristen Wenrich**, City of Bethlehem

## LVBCH Thanks Retiring Board Member Bob Johnston for His Service

LVBCH staff and Board Members hosted a farewell dinner on January 3 at the Glasbern Inn in Fogelsville to honor retiring Coalition Board Chair and longtime leader **Bob Johnston** of East Penn Manufacturing, Co., Inc.

“Fortunately, Bob has agreed to continue to support LVBCH by serving in the role of Past Chair Emeritus.

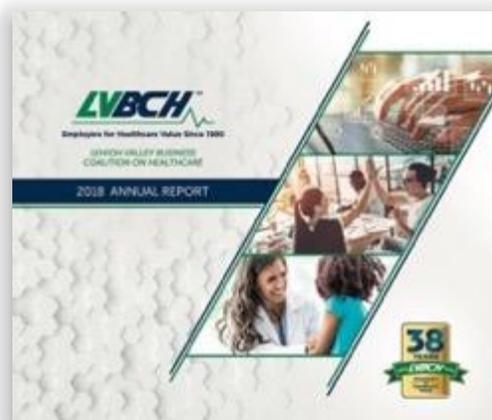
In addition to serving as Board President, Bob was Chair of the Executive Committee and the Quality Initiative Committee.

“Although we will miss working with Bob in his former capacity, we welcome his expertise in his new role, Seitz added. “Please join me in wishing Bob and his wife much happiness.”



Pictured left to right seated: **Mike Donio**, LVBCH retired; **Joe Huxta**, Mack Trucks/Volvo retired; **Bob Johnston**, East Penn Manufacturing, Co., Inc.; **Myra Rivera**, B. Braun Medical Inc. retired; **Paul Chuckalovcak**, Essroc retired; and John Marchetto, former board member. Standing: **Jeannine O’Callaghan**, C.F. Martin & Co., Inc.; **Scott Fair**, USI Insurance, Inc.; **Wendy Manarino**, LVBCH; **Rachel Berger**, LVBCH retired; **Toni Lee Febbo**, Lehigh University; **Richard King**, Schlouch Incorporated; **Lori Young**, Crayola, LLC; **Donna Corsi**, LVBCH; **Amanda Greene**, LVBCH; Network; and **Carl Seitz**, LVBCH.

## LVBCH Releases 38<sup>th</sup> Annual Report



To read the report, click on the picture.

This quarter, LVBCH published and distributed its 2018 Annual Report. The report outlines the significant activities and achievements of the past year. You can access this year’s Annual Report, as well as prior reports, on our website. Simply go to [www.LVBCH.com](http://www.LVBCH.com). Printed copies may be obtained by calling the LVBCH office at 610-317-0130 or by sending an email to [LVBCH@LVBCH.com](mailto:LVBCH@LVBCH.com).

## LVBCH & Express Scripts Extend Partnership Delivering More Than \$13 Million in Savings to Coalition Members

LVBCH and Express Scripts, Inc. announced their extended pharmacy benefit management (PBM) partnership after reaching an early contract renewal agreement. Originally scheduled for consideration at the end of 2019, it is estimated that the early renewal will generate more than 20% in total savings – or in excess of \$13 million – on behalf of Coalition employer members and their employees. Express Scripts, Inc. has been a partner of LVBCH since 2009, consistently providing superior care and exceptional service and earning a 98% satisfaction rate among its members.

**Mark Angeny**, Vice President of Human Resources, Hospital Central Services (HCSC), said as a result of the partnership, HCSC has realized significant savings through cost management, discount, and rebate programs.

[Read the Press Release](#)

## LVBCH Releases 2018 Type 2 Diabetes Report

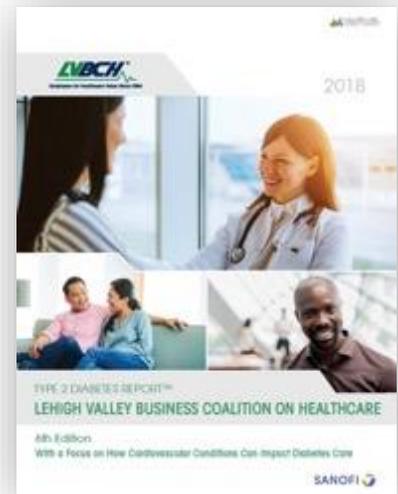
LVBCH, in conjunction with Sanofi, has released the 6th edition of its **Type 2 Diabetes Report**. The report provides an overview of demographic, utilization, pharmacotherapy, and charge measures for Type 2 diabetes patients, as well as a focus on how cardiovascular conditions can impact diabetes care. The report also provides national benchmarks that can help providers and employers identify opportunities to better serve people with diabetes. All data is drawn from the Sanofi Managed Care Digest Series® and were gathered by IQVIA, Durham, NC, a leading provider of innovative healthcare data products and analytic services.

“Diabetes is one of the most serious health issues facing our area and a major factor in employer spending for medical care,” said LVBCH President Carl Seitz. “Its impact on other conditions can further exacerbate the health of employees. By identifying employees with diabetes, and providing the care they need, employers can maintain a healthier, more productive workforce.”

Observations included:

- ◆ From 2016 to 2017, the percentage of Type 2 diabetes patients who were of working age (18–64) increased in all four profiled PA markets. In Allentown, the percentage of working age adults with Type 2 diabetes increased from 41% to 42.6%, exceeding the state’s overall percentage of 41.5%.
- ◆ Commercially insured Type 2 diabetes patients in Allentown, Harrisburg, Scranton, and PA were less apt to receive an eye exam in 2016 than they were in 2014. Such patients were more likely to have the eye problem, retinopathy, in 2016 than their peers across the U.S.

[Read the Press Release](#)



To read the report,  
click on the picture.

## Medical Marijuana – What Employers Need to Know

January 22, PBS 39, Bethlehem

The fact that medical marijuana is now legal in Pennsylvania, while it remains illegal under Federal Law, presents many questions for employers. During the Employer Forum, experts explained the law, provided compliance suggestions and described the medicinal use of medical marijuana.

**Deirdre Kamber Todd, Esq.**, Managing Partner, The Kamber Law Group, P.C., explained that the new law states: No employer may discharge, threaten, refuse to hire or otherwise discriminate or retaliate against an employee regarding an employee's compensation, terms, conditions, location or privileges solely on the basis of such employee's status as an individual who is certified to use medical marijuana. However, the law does NOT require employers to accommodate the use of medical marijuana in the workplace. Employers may also discipline employees under the influence of marijuana while working, or who fail to meet acceptable performance standards. Also, federal law takes precedence in federally regulated industries, such as transportation, meaning for these jobs medical marijuana is prohibited. Finally, Kamber Todd encouraged employers to consider their policies. While drug testing for accidents and suspicious behavior is warranted, review of random, pre-testing, and zero-tolerance policies to determine necessity was recommended.



Left to right: **Amanda Greene**, LVBCH; **Kathy Strain**, Drug Free Workplace PA; **Deirdre Kamber Todd, Esq.**, The Kamber Law Group, P.C.; **Asare Christian, MD**, Good Shepherd Rehabilitation Network; **Kristen Wenrich**, City of Bethlehem and **Carl Seitz**, LVBCH.

### Todd's Presentation

**Kathy Strain**, Education Consultant, Drug Free Workplace PA, explained that under the Pennsylvania Medical Marijuana Act (MMA), "medical marijuana" refers to marijuana obtained for a certified medical use by a Pennsylvania resident with an approved serious medical condition as recommended by a physician. A Pennsylvania resident who wishes to use medical marijuana must have a valid medical marijuana card and use an approved form of the drug. As of July 1, more than 37,000 Pennsylvanians were registered. Strain warned that employers should anticipate that employees may seek protection under the state's disability laws. She urged employers to create job descriptions and policies that address the use of medical marijuana.

### Strain's Presentation

**Asare B. Christian, MD**, Associate Outpatient Medical Director, Good Shepherd Rehabilitation Network, and a member of the clinical faculty, Penn Medicine, said he has prescribed cannabis for pain relief for his physical rehabilitation patients and has found it to be very effective. In addition to having high therapeutic qualities, cannabinoids are far less addictive than other substances used to relieve pain, such as opioids. No fatalities have ever been reported directly related to the toxicity of any cannabinoid, even at extremely high doses, however, impairment is real. Potential severe cognitive, behavior and personality and substance abuse-related adverse effects can occur due to THC (tetrahydrocannabinol), the chemical responsible for most of marijuana's psychological effect.

### Dr. Christian's Presentation

## Pharmacy Updates

February 27, Crowne Plaza, Reading  
March 28, to NEPA MAEA Members in Pottsville

**John R. Adler**, President, ELMC RxSolutions, LLC, **Ken Miller**, Director, Clinical Program Management & Clinical Account Executive, and **Jessica Morton**, Account Executive, both of Express Scripts, Inc., educated employers on pharmaceuticals and provided tips on managing prescription benefits.

To reduce costs, Adler advised employers to focus on utilization management rather than discounts and rebates. He encouraged employers to ensure PBMs are managing cost and utilization by properly administering clinical preauthorization and eliminate coverage for ineffective medications. Adler also urged employers to consider other strategies such as home infusion and Rx tourism, to countries where medications are less expensive.



Left to right: **Carl Seitz**, LVBCH; **Jessica Morton** and **Ken Miller**, Express Scripts; **John Adler**, ELMC RxSolutions; and **Fay Knabb**, East Penn Manufacturing Co., Inc. (Board of Directors)

## ELMC Rx Presentation

Miller provided an update on the status of medication trends including those affecting brand, generic and specialty medications. In 2018, the FDA approved a record 59 novel drugs and as brand drugs come out of patent protection the generic field is growing. Given this, Morton encouraged employers to question current benefit designs and consider new strategies to capitalize on these changes, such as requiring members who choose a brand medication over a generic to pay the cost difference. On the horizon, patents of 71 specialty drugs will expire before 2023 and new biosimilars are in development both potentially increasing savings.

## ESI Presentation

## Wellness: Supporting Healthy Living from Hire to Retire

March 7, Renaissance Hotel, Allentown

**Erin Postel** and **Madeline Chaffee**, Strategic Wellness Consultants of BeneFIT Corporate Wellness, provided employers with an overview of how they can cultivate a healthy workplace to reduce employees' risk of chronic illness, a key driver of health benefit costs. Chaffee shared statistics on rising rates of chronic conditions and mental illness and described the relationship between the two, where depression and other mental illnesses increases one's risk for physical ailments.

Postel encouraged employers to create a culture of incorporating health programs that are employee-centered and provide varied opportunities for employees to participate. A discussion panel followed the presentation. In addition to Postel and Chaffee, participating in the panel discussion were BeneFIT's **Leah Posivak-Khouly**, Wellness Analyst, Condition Support; **Erica Hudak**, Health Coach, Tobacco Cessation; **Tiffany Ritter, RD**, Health Coach, Weight Management; and **Carolyn Lamparella**, LPC, Program Director, Preferred EAP. **Carol Michaels**, Administrator, Care Coordination moderated the panel.



Top: Lori Young (Crayola-Board of Directors) Eileen Zielinski (PPL-Board of Directors) Erica Hudak, Carolyn Lamparella, Carol Michaels, Carl Seitz

Bottom: Liz Tavarez (City of Reading-raffle prize winner), Tiffany Ritter, Erin Postel, Leah Posivak-Kouly, Madeline Chaffee

## View the Presentation

# RECENT LVBCH EVENTS

## LVBCH's 2<sup>nd</sup> Annual Associate Showcase

March 20, DeSales University, Center Valley

Featured businesses and programs and their presenters were:



**Lorraine O'Neill**, Senior Consultant, explained that Businesssolver is a benefits technology company that provides high-touch service. Founded by human resource professionals, it provides market-changing benefit technology to deliver an easy-to-use system that engages employees. Offerings include prehire services, onboarding, and consolidated billing. Businesssolver integrates with its clients' human resources and billing systems. Learn more: [www.businesssolver.com](http://www.businesssolver.com).



**Mary Ann Falk**, Associate Director, said the DeSales University MBA program focuses on the development of executive skills, ethical decision-making, and globalization. The program offers concentrations in areas including healthcare management, human resource management, and accounting. Falk stressed that the instructors have real-world experience. Sensitive to the needs of working adults, the program offers flexibility with five locations and the opportunity to attend classes remotely. Learn more: [www.Desales/edu/mba](http://www.Desales/edu/mba).



**Fayton Washington**, Marketing Director – Group Benefits, described PinnacleCare as a next-generation health advisory resource. It connects individuals and organizations to the world's most advanced healthcare services and facilitates access to top specialists for a more streamlined and personalized healthcare experience. PinnacleCare extends a broad range of support for families and organizations to facilitate more efficient access, better medical outcomes, and wellbeing. Services include expert medical opinions, treatment decision support, and access to the country's top specialists. Learn more: [www.pinnaclecare.com](http://www.pinnaclecare.com).



**Valerie Noel**, Counseling Manager, said that Geisinger Marworth is a 10-bed, licensed adult alcohol and chemical dependency treatment center in Waverly. The center offers a specialized program that incorporates an individual's lifestyle, values, medical condition, and specific obstacles to recovery. Services include detoxification and rehabilitation, intensive outpatient treatment and partial hospitalization. Learn more: [www.marworth.org](http://www.marworth.org).



**Donna DeMarco**, Vice President & CoFounder, shared examples of how Viddler's interactive video platform provides corporations, healthcare organizations and universities and secure, interactive engagement, and training. Among its customers is Amazon.com. For Amazon, Viddler created a tool that enables customer service representatives to record instructions and email them to customers following a service call. Locally, Viddler worked with St. Luke's University Health Network to develop an employee engagement tool that pushes links to videos about St. Luke's-related news. Employees who view the video are rewarded with points that can be redeemed for branded items. Learn more: [www.business.viddler.com](http://www.business.viddler.com) and [www.viddler.com](http://www.viddler.com).

[View the Presentation](#)

## Capital BlueCross Quarterly LVBCH Employer Meetings

Capital BlueCross held information-packed meetings with LVBCH employer groups in the Lehigh Valley on March 5, and in Reading on March 6. Highlights include:

- ◆ A Capital BlueCross health and education specialist presented a Live Healthy workshop, a requirement toward a 2019 Wellness Credit. In addition, participants completed the Wellness Credit questionnaire and HERO Scorecard—to be completed within 120 days of renewal.
- ◆ The newly renamed Healthy Blue Rewards, Capital BlueCross's Wellness Incentive Program has been more successful in driving participation than making participation a requirement. They also found that "Active" and "Strong" programs had higher participation rates. Non-Capital BlueCross members can participate in the program as well. Everybody was excited by the possibility of future mobile access!
- ◆ The Capital BlueCross Loop text messaging service is great for members. After opting in, members receive texts about health and wellness, highlighting features of their plan and ways to save money. Groups with 20% of their employees opted into Loop can deliver custom messages to their workforce, and those with a 30% opt-in rate can send messages that appear to come directly from their human resources office or company leadership. Members can join by texting 'capbluecross' to 73529. They need their member ID handy.

Loop messages include helpful, money-saving tips like links to the Virtual Care app that allows members to get healthcare at home, 24 hours a day, seven days a week, including holidays. In 2018, members of Coalition groups completed 3,201 Virtual Care visits. Due to increased registrations since June, Capital BlueCross expects a higher usage by the end of the year. The best part? The estimated cost savings to a self-funded group for *each* visit is \$70.

- ◆ Next Meetings: June 4 in Bethlehem; June 5 in Reading. See you there!



## Geneia Quarterly LVBCH Employer Meeting

In collaboration with LVBCH, the Geneia team – **Aurel Iuga, MD**, chief medical officer, **Patricia Ingerick**, Senior Director of Transformation services, **Mary Elizabeth Myers**, Population Health Consultant, and **Laura Syron**, Client Executive Team Manager – joined Coalition members, employers from the LVBCH data group and employers interested in the data group for the first quarterly strategic consulting services meeting of 2019.

The session on January 24 focused on three topics:

1. A comparison of mammography services by local providers
2. The top five medical conditions currently driving healthcare costs
3. A thorough analysis of musculoskeletal conditions, one of the top cost drivers for LVBCH members

Geneia's analysis of musculoskeletal conditions included the impact on disability, employer cost considerations, the prevalence and associated medical costs for the LVBCH population, and interventions to prevent, treat and contain related costs.

The next quarterly strategic consulting services meeting will be held on May 14. All interested employers are invited to participate. The Geneia team looks forward to continuing the conversation about cost and quality trends on May 2 at the LVBCH Annual Conference.





*LVBCH partners with the National Alliance of Healthcare Purchaser Coalitions to drive innovation, health, and value through the collective action of public and private purchasers. Together, both organizations seek to accelerate the nation's progress toward safe, efficient, high-quality healthcare and the improved status of the American population.*

## 2019 Leadership Summits: Mobilizing the Power of the Employer

- ◆ Date: Thursday, June 24 through 26
- ◆ Location: [Pittsburgh Marriott City Center Hotel, Pittsburgh, PA](#)

**Employers have the power to transform the healthcare landscape.**

The Summits offer employers a platform to learn from leading experts and stakeholders. Maximize your time and network amongst your peers and industry leaders, while "going deep" on key issues and strategies.

[More Information](#)

[Agenda](#)

[Register Now](#)

## Latest Resource: Achieving Value in Cancer Care

The National Alliance has conducted a thorough assessment of cancer care management by health plans. Questions pertained to prevention and early identification, treatment evaluation, patient support, quality and performance management, recovery, and end-of-life support. The study found that although as an industry, health plans identified cancer care as a critical issue, cancer care science development has drastically outpaced the industry's ability to effectively balance the fast growing costs with excellent quality and patient access.

The complexity of cancers and diversity of patients require an agile, empathetic and highly disciplined approach to support employees and their families. To read more, click on the picture to the right.



To learn more, click on the picture above.

## Health Policy In Transit – A Purchaser's Viewpoint

The National Alliance provides fact sheets on policy- and legislation-related topics of interest to employers.



Drug Policy Blueprint



Employer Wellness Plan Incentives Removal



Legislation To Curb Surprise Billing

To learn more about the topics, click on the pictures above.



LVBCH partners with *Choosing Wisely*, now an initiative of the American Board of Internal Medicine (ABIM) Foundation, to advance a national dialogue on avoiding unnecessary medical tests, treatments, and procedures. Through the *Choosing Wisely* campaign, the Coalition connects employers with information to encourage their employees to become more involved in their healthcare by having informed conversations with their physicians.

## A Year in Review – Top Headlines in 2018

Throughout 2018, *Choosing Wisely* continued its influence on scholarly research and mainstream news coverage related to overuse in healthcare. Click below to download a PDF of “Top 5” must-read *Choosing Wisely* articles from the media and from peer-reviewed journals. Give feedback on the list and share your favorites with *Choosing Wisely* on Twitter by tagging [@ABIMFoundation](https://twitter.com/ABIMFoundation) and using the hashtag #ChoosingWisely.

### “TOP 5” Must Read List

## The Society of American Gastrointestinal and Endoscopic Surgeons releases its first list of recommendations.

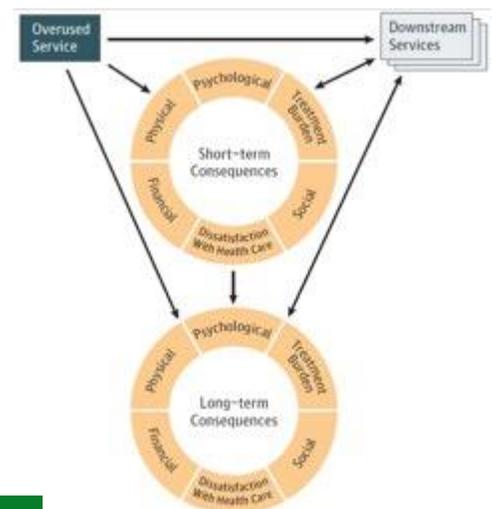
*Choosing Wisely* is sharing five things physicians and patients should question as advised by the Society of American Gastrointestinal and Endoscopic Surgeons. Click below to read the recommendations.

### More Information

## Internal Medicine Physician Maps the Scope of Harm from Overuse

Deborah Korenstein, MD, Chief of the General Internal Medicine Service at Memorial Sloan Kettering Cancer Center, had long been troubled that so much of the conversation about overuse in healthcare focused on cost savings. “What clinicians care about most is the health of their patients,” she said, “so the most compelling reason to avoid unnecessary care is the increased risk of patient harm.”

As a result, Dr. Korenstein and her research team developed a conceptual map that defined the scope of negative consequences for patients from overuse and the processes by which the negative consequences can occur. In October, the researchers published an [article](#) as a special communication under the “Less Is More” series in *JAMA Internal Medicine*.



### More Information

# LEAPFROG UPDATES



*The Choosing Wisely website offer several success stories like the one above that show examples of how both healthcare providers and patients are reducing the overuse of healthcare services.*

*LVBCH continues to develop its relationship with the Leapfrog Group, serving as a Regional Leader. In this role, LVBCH invites and encourages hospitals across Pennsylvania to complete the annual [Hospital Survey](#) that assesses hospital safety, quality, and efficiency based on national performance measures.*



## The Leapfrog Group Expands Ratings to Outpatient and Ambulatory Surgery Settings

Starting April 1, The Leapfrog Group will offer its first-ever Safety & Quality Survey for ambulatory surgery centers (ASCs) and hospital outpatient departments throughout the country. In 2019, data collected by Leapfrog from ASCs and similar information collected from hospitals regarding the safety and quality of outpatient procedures, will be aggregated in a national report with individual benchmarking reports

sent privately to participating facilities. Beginning with the 2020 Survey, ASC and hospital outpatient department results will be publicly reported on Leapfrog's website to deliver unbiased and transparent information to patients seeking more information about the facilities in which they receive care.

The Leapfrog Group will gather data from ASCs on several important areas of care including basic facility information; medical, surgical and nursing staff; volume and safety of procedures; patient safety practices and patient experience. Like all of Leapfrog's programs, the new survey will be evidence-based and predicated on the latest science, developed with guidance from Leapfrog's national [Expert Panel](#) and the Armstrong Institute for Patient Safety and Quality at Johns Hopkins Medicine.

[More Information](#)

## Where You Get Your Healthcare Matters

Medical errors are the third leading cause of death in the United States. Twice a year, Leapfrog Hospital Safety Grades (formerly known as Hospital Safety Scores) are assigned to over 2,600 general acute-care hospitals across the nation. The Leapfrog Hospital Safety Grade uses national performance measures from the Centers for Medicare & Medicaid Services (CMS), the Leapfrog Hospital Survey, the Agency for Healthcare Research and Quality (AHRQ), the Centers for Disease Control and Prevention (CDC), and the American Hospital Association's Annual Survey and Health Information Technology Supplement.



Taken together, those performance measures produce a single letter grade representing a hospital's overall performance in keeping patients safe from preventable harm and medical errors. The Safety Grade includes 28 measures, all currently in use by national measurement and reporting programs. The Leapfrog Hospital Safety Grade methodology has been peer reviewed and published in the [Journal of Patient Safety](#).

[More Information](#)

## IBH Adolescence Screenings – Best Practice Solutions



Adolescent substance abuse is an issue throughout the country. The appropriate treatment of adolescents with substance abuse problems is crucial for recovery. IBH offers clinical solutions, including the [Comprehensive Health Assessment for Teens \(CHAT\)](#). CHAT is a self-administered, online assessment for adolescent substance use and mental health disorders, providing industry best practices with improved identification and treatment planning.

IBH partners with providers and payers throughout the country to improve identification of members' behavioral health problems. With CHAT, providers for Trillium Health Resources reported:

- An increase in co-occurring diagnoses from 2.37% to 23.94%
- Research indicated that adolescents have a higher rate of self-disclosure using CHAT by allowing them to respond to questions in a private setting and at their own pace
- CHAT results allow clinicians to address adolescent needs earlier in the treatment planning process

CHAT users are also able to view aggregate data and see trends in their community vs. national benchmarks. For example, Trillium found that 18% of CHAT users are seriously bullied or harassed in school compared with 7% of the national average. Being aware of ongoing trends allows providers to strategically plan and prepare for adolescent needs.



## The Cure for Toothbrush Cooties

Here's the dirty truth. Even after you're over a cold, the flu or strep throat, the germs that made you sick are still on your toothbrush.



- ◆ **Trash your toothbrush after being sick.** Get a new one to reduce the risk of getting sick again.
- ◆ **Replace your toothbrush regularly.** Even if you're healthy, the American Dental Association suggests replacing your toothbrush every three to four months, or sooner if the bristles are frayed.
- ◆ **Proper toothbrush care.** After brushing, rinse the bristles well with water to remove any toothpaste, then shake off the excess. Store your toothbrush standing up in the open air – and not touching another brush – so the bristles can dry out thoroughly.
- ◆ **No sharing, please.** Make sure the kids aren't grabbing for the wrong brush. Try color coding or writing each child's name on his or her brush to help prevent swapping bacteria. Learn more about [basic toothbrush care](#).



## BeneFIT Makes it Easy to Build a Stronger Workforce

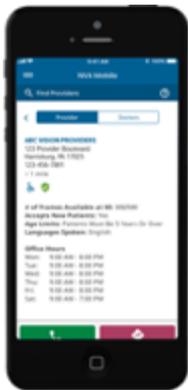
Research has linked employee health to higher productivity. Connecting with a quality wellness provider is a logical next step. LVBCH Wellness Partner, [BeneFIT Corporate Wellness](#), offers employers a single source for comprehensive, turnkey employee health and wellness services. These services cover everything from biometric screenings and health challenges, to personal [health coaching](#), [strategic consultation](#), an [online portal](#), and reporting. Company leaders can see outcomes and BeneFIT can develop programs that speak to employees' individual needs.



BeneFIT's health coaches were among the first in the country to obtain board certification. BeneFIT is accredited by the National Committee for Quality Assurance (NCQA). Certified and master-certified health educators ensure program designs are right for a company, effective and sustainable.



The research is out there: healthier employees lead to healthier businesses. Contact Lora Bastin at [lora\\_c.bastin@lvhn.org](mailto:lora_c.bastin@lvhn.org) for a free introduction to our services.



## NVA offers Member Mobile App *Vision Benefits on the Go*

Get your free NVA vision benefits mobile app for your iPhone at the Apple App Store or for your Android at Google Play. The app helps you to search for network providers by location, view benefits, access your ID, and get information to make smarter buying decisions on eye care and eyewear.

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Our affiliation with these national organizations is a value-added benefit for our members.

