

UPDATE for the Community



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LETTER FROM THE EXECUTIVE DIRECTOR

You cut your finger making dinner. You're not sure if you need stitches, and you have a high deductible. You quickly check online for the cost and the waiting time at the nearest hospital emergency room. But all you can find is a \$307 charge for something described as a **LAY CLOS HND/FT=<2.5CM**. What the heck is that? And is it just the price of the stitches, or does it include the cost of the doctor and the emergency room? Meanwhile you are still bleeding. Some gauze and a bandage from your first aid kit is starting to sound like a better option.

[\(READ MORE HERE\)](#)

ALLIANCE UPDATES

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WHA Directors to Present on Health Care Value and Waste at National Events

Executive Director **Nancy Giunto** and Deputy Director **Susie Dade** continue

to share the work of the Alliance from coast to coast as featured speakers and panelists at several local and national conferences this month and next.

Join Us

Are you interested in learning more about membership in the Alliance? [Learn more about the value of Alliance membership.](#)

Choosing Wisely

Choosing Wisely is a campaign designed to provide easy-to-understand guides for getting better, safer, more effective care. It is a partnership between the Alliance, The American Board of Internal Medicine (ABIM), the Washington State Medical Association and others. [Learn more.](#)

Visit the Community Checkup website

The Community Checkup website helps consumers make informed choices by giving them access to a robust and accessible supply of data and resources. [Learn more.](#)

Follow the Alliance on Facebook

We invite you to follow the Alliance on Facebook.

Follow the Alliance on Twitter

We invite you to follow the Alliance on Twitter [@WAHealthCheckup](#).

Follow the Alliance on LinkedIn

We invite you to follow the Alliance on our [LinkedIn company page](#).

Susie Dade was a presenter for the **Oregon Health Leadership Council** in Portland, Oregon January 25, and will be travelling to Los Angeles in February to speak at the **National Value-Based Payment and Pay for Performance Summit**.

The Washington Health Alliance brings together those who give, get and pay for health care to create a high-quality, affordable system for the people of Washington state.

In February, Nancy will be speaking at the **2019 Northwest Regional Meeting of America's Physician Group** at SeaTac. She has also been invited to be a panelist for a February 25 webinar hosted by the Robert Wood Johnson Foundation's State Health and Value Strategies (SHVS) program on the topic of *Leveraging APCDs for Value*. SHVS is a grantee of the Robert Wood Johnson Foundation and supports states in their health care transformation efforts through one-on-one technical assistance and shared learning. The webinar will include examples of how the Alliance is leveraging claims databases for different purposes.

These opportunities not only allow the Alliance to share our learnings and experiences on waste reduction and health care improvement, but also position us as a leader and collaborator in the national efforts to achieve high-value care.



eValue8 2018 Results to Be Released Soon

During the second half of 2018, five commercial health plans responded to the eValue8 Core Request for Information (RFI) at the request of the Alliance's Purchaser Affinity Group. The plans' responses have now been scored and compared to national benchmarks. The Purchaser group will be meeting with each health plan during February and March to discuss the results, health plan strengths in the market and opportunities for improvement. This is an important opportunity for employers and union trusts to interact directly with health plan leaders about mutual areas of concern, enabling a rich dialogue about value-based purchasing and benefit design. This is also a chance for plans and purchasers to discuss consumer engagement and the health plan's ability to leverage its information and tools to improve health care quality through prevention, behavioral health, management of chronic illness and pharmaceutical management.

The five commercial health plans that agreed to participate include: Aetna, Cigna, Kaiser Permanente Washington (for both their HMO and PPO products), Regence Blue Shield and UnitedHealthcare. Premera Blue Cross was invited to participate but they declined.

[eValue8](#) is a national program to evaluate the performance of commercial health plans using a standardized RFI. The program is sponsored by the [National Alliance of Healthcare Purchaser Coalitions](#) (formerly the National Business Coalition on Health). Purchaser groups across the country invite health plans in their markets to respond to the eValue8 RFI, thus enabling an apples-to-apples comparison of performance in local markets and across the country. The Washington Health Alliance has sponsored eValue8 in Washington state since 2008 and the Request for Information is implemented every other year. A summary of our results in Washington will be available publicly late March/early April.



Latest Action Brief from Washington Health Alliance and the National Alliance of Health Purchasers Coalitions Focuses on Choosing Wisely® Campaign.

Experts estimate that one third of all the money spent on health care in this country (\$750 billion annually) is being spent on low-value care. Services that are clinically unnecessary, duplicative, or delivered in costly settings are not only contributing to the rising cost in health care, but are also harming patients.

Endometriosis is a chronic condition in women caused by uterine tissue growing abnormally in other parts of the body. The tissue continues to grow and bleed during menstrual cycles causing debilitating pain for some women as well as other complications.

Recently, the Washington Health Alliance and the National Alliance of Health Care Purchaser Coalitions published [an action brief](#) highlighting steps employers can take to reduce overuse and unnecessary care in their organizations. The recommendations are based on [Choosing Wisely®](#) — an initiative that promotes conversations between providers and patients and offers information and tools to purchasers, providers and patients on reducing health care waste.

Along with background information on Choosing Wisely® and the harm caused by waste, the brief outlines the action steps employers can take such as working with consultants, health plans and other vendors to develop a strategy for influencing change and considering value-based insurance design strategies such as increasing co-pays for low-value tests.

The entire brief can be found [here](#).

New Member



Washington Health Alliance is pleased to welcome our newest member to the team, Polsinelli. Providing a full spectrum of legal services in a range of industries locally and nationally, Polsinelli's attorneys represent prominent clients in a wide variety of practice areas. Learn more about them [here](#).