

KC PA Newsletter

Informed Care. Better Health. Lower Cost.

1/2016

Issue 1

Notes from the CEO

Group Medical Plan Under Development for KCMPA Members

KCMPA has engaged Lockton Companies through Kathleen Pinkham, to explore the viability of putting together a KCMPA employee benefit program, with a special emphasis on health insurance. Several other employee benefit lines of coverage will also be evaluated, including group dental, vision, life and AD&D, Short Term Disability and Long Term Disability, as well as specialty Long Term Disability and life insurance for physicians. We hope to find enhanced pricing and benefit levels by leveraging the KCMPA's size and the ability to better manage health care spend in both the short and long term.

Health insurance is one of the largest expenses for small businesses, like medical practices. Many independent practices want to cut expenses. KCMPA seeks to design a single health plan that will allow members to keep their individual tax ID numbers while sharing administrative expenses and eventually developing a larger pool of claims to better handle claims experience. This health plan isn't just about cutting costs. Having the employees of KCMPA practices in a single health plan would mean we could test our population health management strategies on our own employees. While we are building the capabilities needed to effectively manage populations of patients, we could test and refine our tactics on ourselves. This experience will give us valuable perspective of employers and purchasers of health care.

To facilitate this evaluation, Lockton will need information from each physician group about your employees to obtain quotes for your practice. A request will be coming directly from Lockton. I understand these requests can be time consuming, and I've asked Lockton to simplify this request as much as possible and to assist with data entry if need be. Understand this is more than a run of the mill insurance quote. This is the first step in putting our businesses together in a larger plan. It's an investment in your own future. If you have any questions, feel free to contact me.

Upcoming Meetings

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**KCMPA & KCMPA
ACO Board of
Directors Meetings**
Thursday, Feb 4th at 6:30
PM at KC Medical
Society.

KCMPA Webinar Series
– Topic: End of Life
Planning. Tuesday, Feb
16th, 12:00-1:00. [Register
here!](#)

**Quality Improvement
Committee Meeting**
Thursday, Feb 18th at
5:30 PM by conference
call.

IT Committee Meeting
Tuesday, Feb 23rd at 9:00
AM by conference call.

Care Team Consortium
Friday, Feb 26th at 8:00
AM at Clay Platte Family
Medicine Clinic.

*Click [here](#) for a list of
2016 meetings*

The Role of the Health Coach

In many clinics around the country, the health coach performs care management for the low-risk population while the care coordinator performs the role of external care coordination across the medical neighborhood. They share duties fluidly, with the health coach focusing on helping patients attain the knowledge, skills, tools and confidence to become effective participants in their care so they can reach their self-identified health goals. They work with patients at all risk levels, encouraging them to obtain regular preventive health care and assisting patients in setting simple goals toward achieving better health.

Introducing Simplified Health, LLC

Empowering patients to take control over their health and wellness often is an uphill climb. The care team works hard to provide education on how exercise and nutrition is an important part of managing chronic disease and patients understand what they should be doing to improve their own health. However, challenges faced in their everyday life create barriers that prevent the necessary steps.

Recognizing this fact, KCMPPA is partnering with Simplified Health, LLC where a trained exercise physiologist will work one on one with the patient in their own home environment. Once Simplified Health receives the referral, they will assess the patient and their environment, set fitness goals, design an action plan, and follow-up with the patient to assess additional fitness needs.

This service will be of no cost to the patient or clinic for the initial one-hour in-home consultation and a one-week follow-up.

Rachel Darrow, MS, owner of Simplified Health will be presenting at the March Care Team Consortium. Development of a referral form is currently underway. Stay tuned for more information.

Please take a moment to review the [Simplified Health PowerPoint](#).

Update on the Zika Virus: On January 15, 2016, the Centers for Disease Control and Prevention (CDC) released a Health Advisory via the Health Alert Network entitled, "Recognizing, Managing, and Reporting Zika Virus Infections in Travelers Returning from Central America, South America, the Caribbean, and Mexico" (CDC HAN-00385). On January 16, 2016, via the Missouri Health Notification System, the Missouri Department of Health and Senior Services (DHSS) forwarded this CDC Health Advisory along with additional reporting and testing information specific to Missouri medical providers and local public health agencies. This notification is available at: <http://www.health.mo.gov/emergencies/ert/alertsadvories/pdf/cdcHAD11616.pdf>

Additional resources:

[Shigella Info for Providers](#)

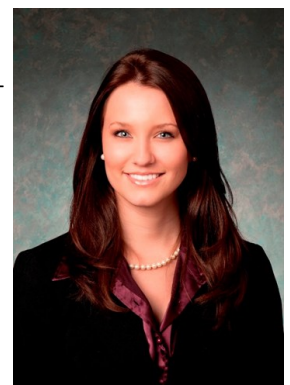
[Update 1—Zika Virus](#)

**Care Team Consortium-February 26th, 2016
8:00 AM-10:00 AM @ Clay Platte Family Medicine Clinic**

Topic: 2016 Physician Fee Schedule – What's New?, Reimbursement Opportunities & Regulatory Compliance Specifications

Richelle Marting, JD, MHSA, RHIA, CPC, CEMC, CPMA, CPC

This is an open event to all individuals from health care organizations in the KC area!



Looking ahead: [March 25th Agenda](#)

FEBRUARY

HEART AWARENESS MONTH



**KCMPA & KCMPA ACO Board of
Directors Meetings** Thursday, Feb 4th at 6:30
PM at KC Medical
Society.
Finance Committee meets at 5:30!

Please visit our [website](#) and
connect with us on social media!



Don't forget: Connect to our social media sites for
up to date information about industry hot topics,
innovations, changes and other items of interest!

Resources at your Fingertips

[Community Resource Guide](#)

[TRIA Medication Management](#)

[Referral Guide to KCMPA Practices](#)

[Low Income Resources](#)

[Simplified Health, LLC](#)

Dietician and Certified Diabetic Educator-[Melissa Leslie](#).
PCMH Facilitation and Renewal assistance – [Cindy Campbell](#).
Smoking Cessation Materials Request– [Kerri Craven](#).

Patient-Centered Medical Home Tips

Risk Stratified Care Management

Creating a process to risk stratify patients based upon health and wellness status and needs is a basic function of the patient centered medical home. Identifying risk level in the EHR will enable all members of the care team to understand the needs of each specific patient. The American Academy of Family Physicians has developed a risk stratification tool that can be used in any clinic. Patients that fall into a higher risk category should have an individualized care plan to work towards health goals as well as working with a health coach or care manager.

To view the Risk Stratification Tool, [click here!](#)



PRACTICE SPOTLIGHT: JANUARY 2016

CHIROPRACTIC LIFE CENTER

We emphasize three areas in our practice:

- 1. Identify and treat mechanically based NMS pain syndromes
- 2. Recover and maximize joint mobility
- 3. Actively engage our patients in wellness/lifestyle behavior modification

Our initial examination is designed to identify pain of mechanical origin. We ensure that the patient is pursuing the correct therapy for their particular pain syndrome, and that there is not some underlying cause that needs to be treated by a medical physician.

Once mechanical etiology is established, we begin a course of treatment, utilizing primarily spinal manipulative therapy (SMT), modalities, core strengthening and home exercise. Most of our patients experience a positive result within one to three weeks of care. Care is tapered as their condition stabilizes which we assess through improved joint play, flexibility, and strength. After the episode has been addressed, many of our patients find value in periodic wellness visits.

During the course of care, we engage our patients in wellness/lifestyle behavior modification. The pillars of a wellness lifestyle are: Eat Well, Move Well, Think Well and Sleep Well. We offer our patients a system which includes a combination of resources, accountability and encouragement to create sustainable results. It is our mission that our patients live an abundantly healthy life.



MONTHLY
WELLNESS SEMINAR
SERIES

WEEKLY
WELLNESS
LEADERSHIP
MEETINGS

VOTED "BEST IN
THE
NORTHLAND"
THE LAST FIVE
YEARS

A special thank you to the KCMPPA practices who are paying monthly dues!

[Carondelet Orthopaedics Surgeons](#)

Overland Park, KS 66211
913-642-0200

[Chiropractic Life Center](#)

Gladstone, MO 64118
816-454-5433

[Clay Platte Family Care](#)

Kansas City, MO 64151
816-842-4440

[Consultants in Gastroenterology](#)

Independence, MO 64055
816-478-4887

Kansas City, MO 64118
816-478-4887

Liberty, MO 64068
816-478-4887

[Cobblestone Family Health](#)

Liberty, MO 64068
816-781-7400

[Drisko, Fee and Parkins](#)

North Kansas City, MO 64116
816-561-3003

Independence, MO 64057
816-303-2400

Kansas City, KS 66109
816-561-3003

[Gates Hospitalists](#)

North Kansas City, MO 64116
816-968-9320

[Imaging for Women](#)

Kansas City, MO 64118
816-268-3309

[Midtown Family Medicine](#)

Kansas City, MO 64111
816-756-5839

[Midwest Orthopaedics](#)

Overland Park, KS 66204
913-362-8317

[Northland Family Care](#)

Kansas City, MO 64158
816-994-8708

[Preferred Physical Therapy](#)

Gladstone, MO
816-413-0900

Kansas City, MO
816-489-4161

Lansing, KS
913-727-2022

Lenexa, KS
913-492-0333

[Sunflower Medical Group](#)

Kansas City, KS
913-299-3700

Lenexa, KS
913-299-3700

Mission, KS
913-432-2080

Shawnee Mission, KS
913-722-4240

[United Medical Group](#)

Kansas City, KS 66102
913-287-7800

[Dues Information!](#)