You Can’t Have One Without The Other:

Making Health Plan Data Analytics Work For Provider Organizations

Eric Bailly, LPC, LADC

CM Business Solutions Director, Behavioral Health Clinical Strategy,

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About Anthem Inc.

Anthem is a leading health company dedicated to improving lives and communities, and making healthcare simpler.

- Through its affiliated companies, Anthem serves more than 118 million people, including more than **45 million within** its family of health plans.
- Delivering health beyond healthcare, Anthem is expanding from being a partner in health benefits to a lifetime, trusted health partner.
- **One in eight Americans** receives coverage for their medical care through Anthem's affiliated plans.
- We offer a broad range of medical and specialty products.

Our Mission

Improving Lives and Communities. Simplifying Healthcare. Expecting More.

Our Vision

To be the most innovative, valuable and inclusive partner.

Our Values

Leadership
Community
Integrity
Agility
Diversity

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What We Will Cover

- ✓ Prevalence of SUD as we emerge from the COVID-19 Pandemic
- ✓ Current Landscape of SUD Treatment Services Available
- ✓ Role of Payment Innovation
- ✓ Big Data
- ✓ Using Big Data to Make Informed Decisions

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The Substance Abuse and Mental Health Services Administration (SAMHSA): 2020 National Survey on Drug Use and Health (NSDUH)*

- ✓ **Increase in amount of substances other than alcohol**
- ✓ **Those with pre-existing depression experienced heightened depression**
- ✓ **Increase in thoughts of suicide**

*https://www.samhsa.gov/data/data-we-collect/nsduh-national-survey-drug-use-and-health

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Anthem: State of the Nation's Mental Health*

*https://www.stateofthenationsmentalhealth.com/

The pandemic and other stressors like social injustice, elections, and the economy have had a negative impact on mental health.

Half of adults say that worry or stress related to the pandemic has had a negative impact on their mental health[1]

4 in 10 adults reported having symptoms of anxiety or depression in 2021 – **up from 1 in 10 in 2019**[2]

42% of people under 30 are experiencing anxiety and depression symptoms[3]

46% of parents have **noticed a new or worsening mental health condition for their teen** since the start of the pandemic[4]

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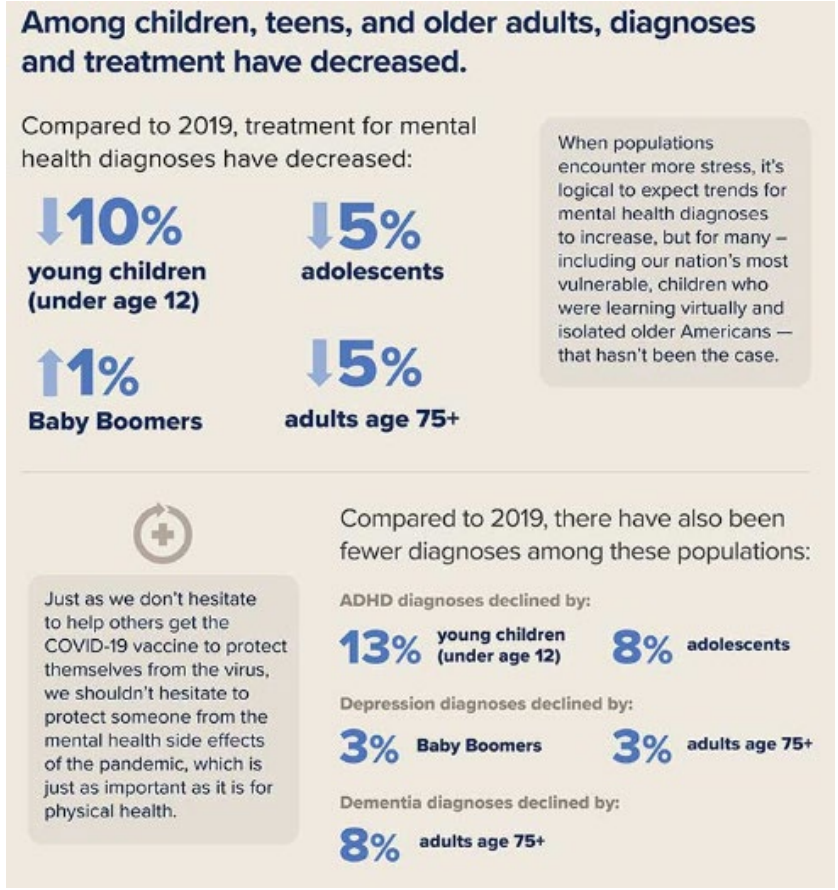
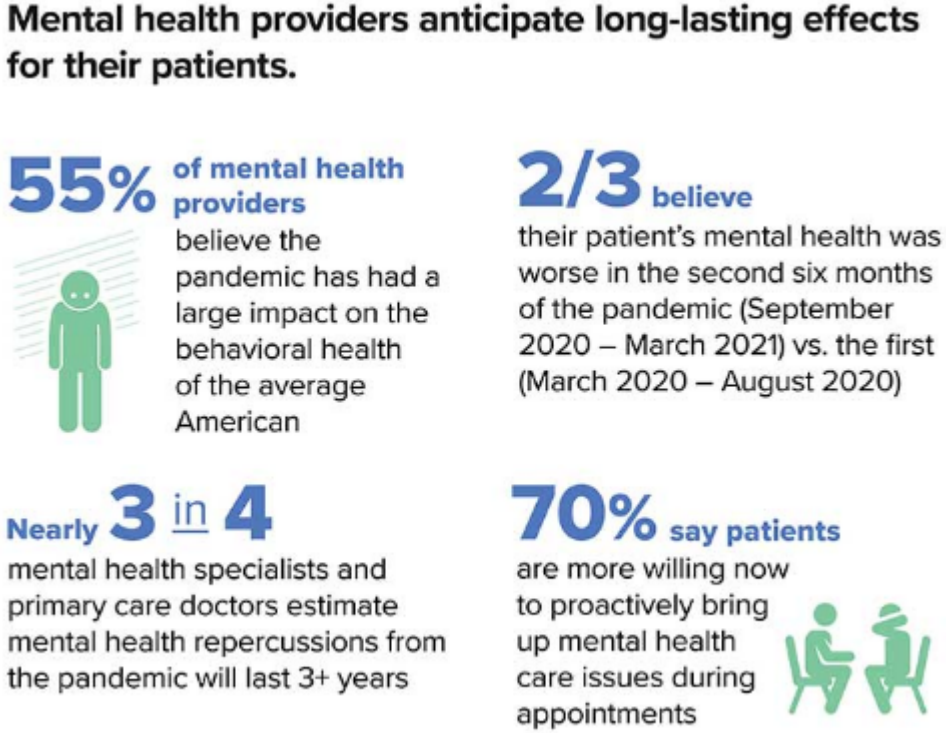
Anthem: State of the Nation's Mental Health*

*https://www.stateofthenationsmentalhealth.com/





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How to Recognize a Substance Use Disorder*

- ✓ Does the person take the substance in larger amounts or for longer than intended?
- ✓ Do they want to cut down or stop using the substance but can't?
- ✓ Do they spend a lot of time getting, using, or recovering from the substance?

- ✓ Do they have cravings and urges to use the substance?
- ✓ Are they unable to manage responsibilities at work, home, or school because of substance use?
- ✓ Do they continue to use a substance, even when it causes problems in relationships?

- ✓ Do they take more of the substance to get the wanted effect?
- ✓ Have they developed withdrawal symptoms, which can be relieved by taking more of the substance? (Some withdrawal symptoms can be obvious, but others can be more subtle—like irritability or nervousness.)

- ✓ Do they give up important social, recreational, or work-related activities because of substance use?
- ✓ Do they use substances again and again, even when it puts them in danger?
- ✓ Do they continue to use, even while knowing that a physical or mental problem could have been caused or made worse by the substance?

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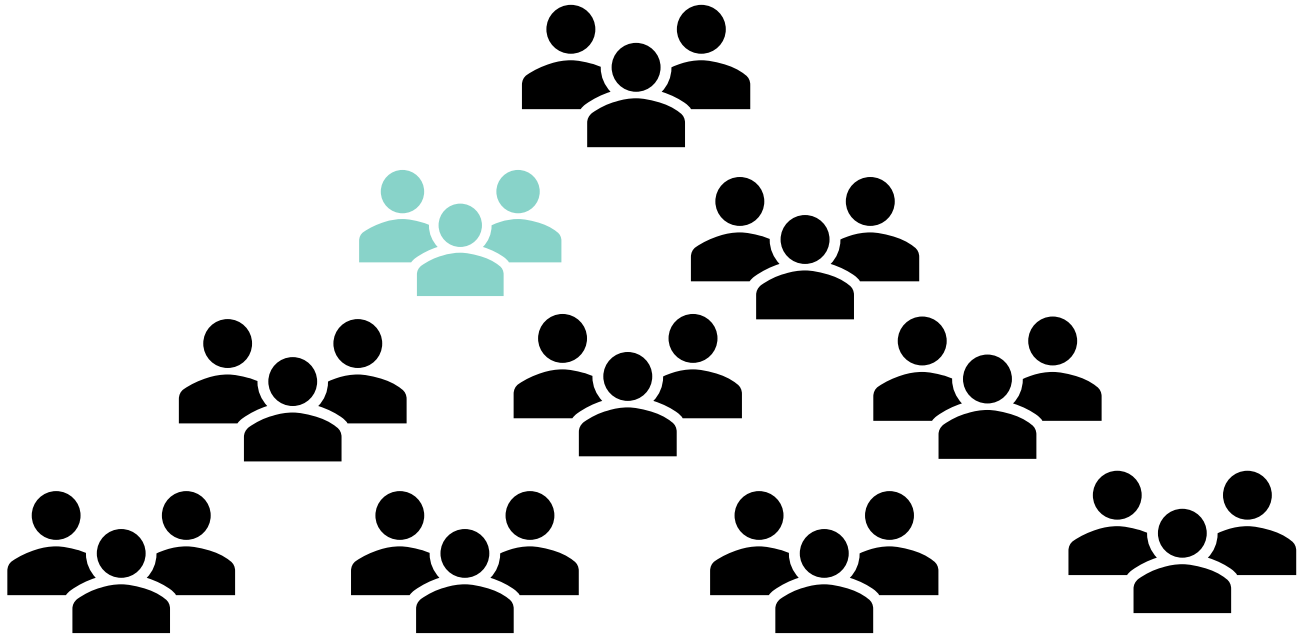
*www.drugabuse.gov

We know…

Among individuals with a substance use disorder, only **1 in 10** people will engage in treatment



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How do people find addiction treatment?

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Common Sources of Information

Google or other Internet search

Referral

Existing locator services

Advertisements or other marketing

Word of mouth

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Finding appropriate addiction treatment is challenging

Personal Challenges:

- Stigma
- Fear
- Uncertainty

Systems-level Challenges:

- Limited unbiased information
- Glossy advertisements and predatory marketing
- Patient brokering schemes
- No clear indicators of quality

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Current Landscape of SUD Treatment

- ✓**Fractured and "Siloed"**
- ✓**Devoid of Outcomes Data**
- ✓**Inconsistent Service Delivery**
- ✓**Difficult to Access**

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What treatment services should you look for?

Shatterproof National Principles of Care©

#1. Routine screenings in every medical setting

#5. Coordinated care for every illness

#2. A personal plan for every patient

#6. Behavioral health care from legitimate providers

#3. Fast access to treatment

#7. Medication for addiction treatment

#4. Long-term disease management

#8. Recovery support services beyond medical care

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Payment Innovation

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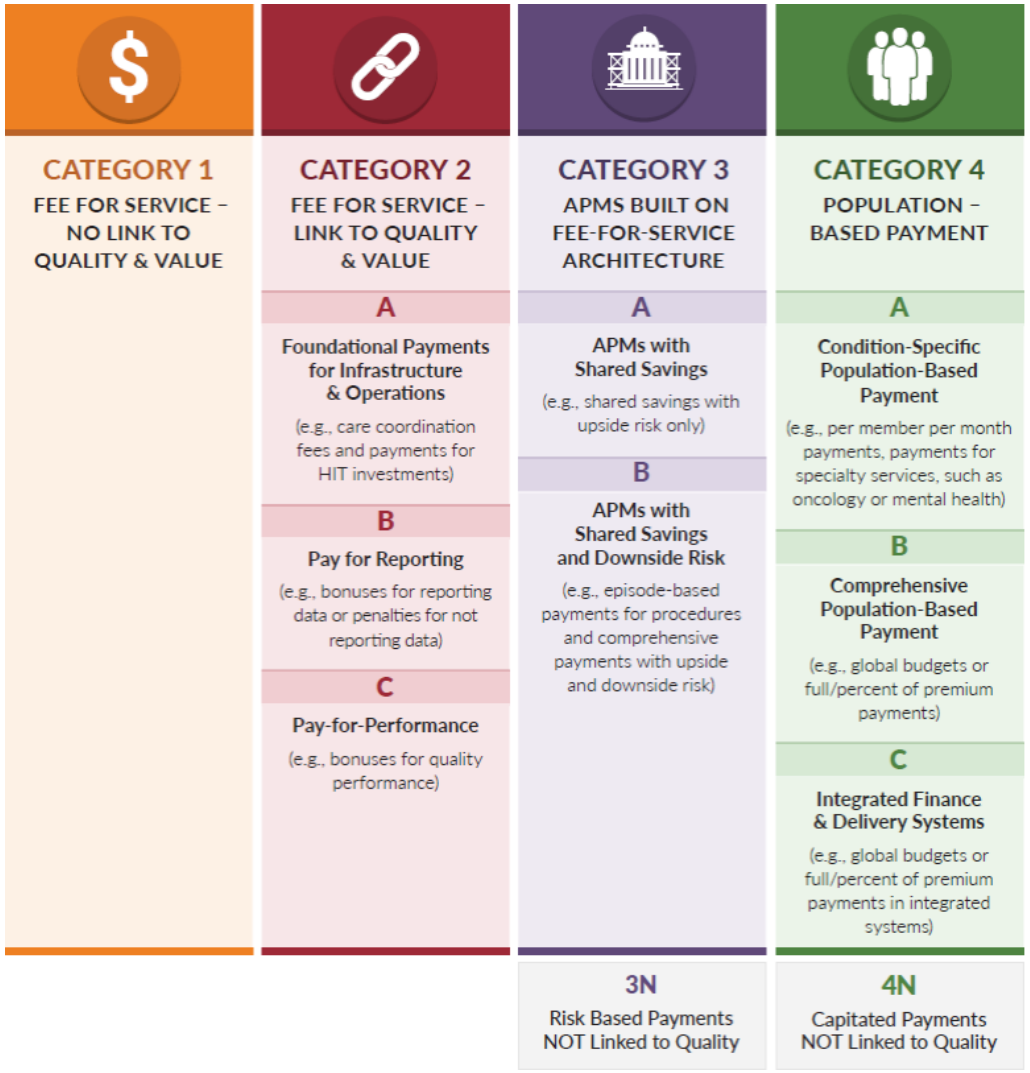
Alternative Payment Methodologies (APM)

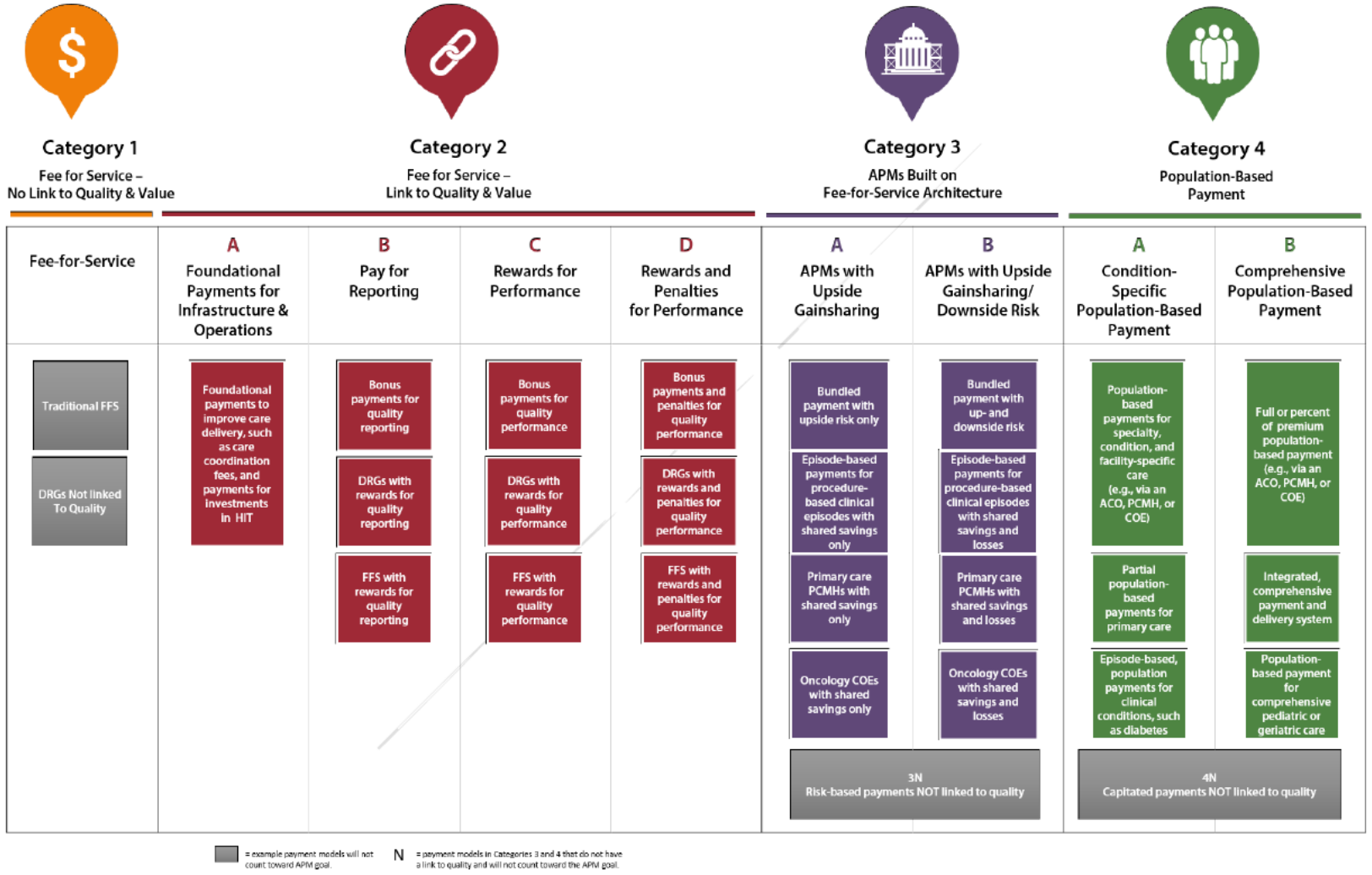


- Health Care Payment Learning & Action Network (HCP-LAN) has identified 4 main categories of contracting in a Value-Based Purchasing Framework.
- Focus is to move spending into contracts that fall into Categories 3 & 4.
- The ideal contract structure is one that incentivizes providers to manage both cost & quality.
- Payment should not be triggered by service delivery and linked just to volume.
- Payments should be population-based, and drive innovation across all aspects of a member's care.

http://hcp-lan.org/workproducts/apm-refresh-whitepaper-final.pdf

Alternative Payment Methodology (APM) Framework

Figure 4. APM Framework



Source: https://hcp-lan.org/workproducts/apm-whitepaper.pdf

Data

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Big Data
Volume
Data Size
Velocity
Speed of
Change
Variety
different
Forms of
Data Sources
Veracity
Uncertainty
of Data
Value
business
value

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Leveraging National and Local Statistics

- Federal Government Agencies
- State Government Agencies
- Local Agencies

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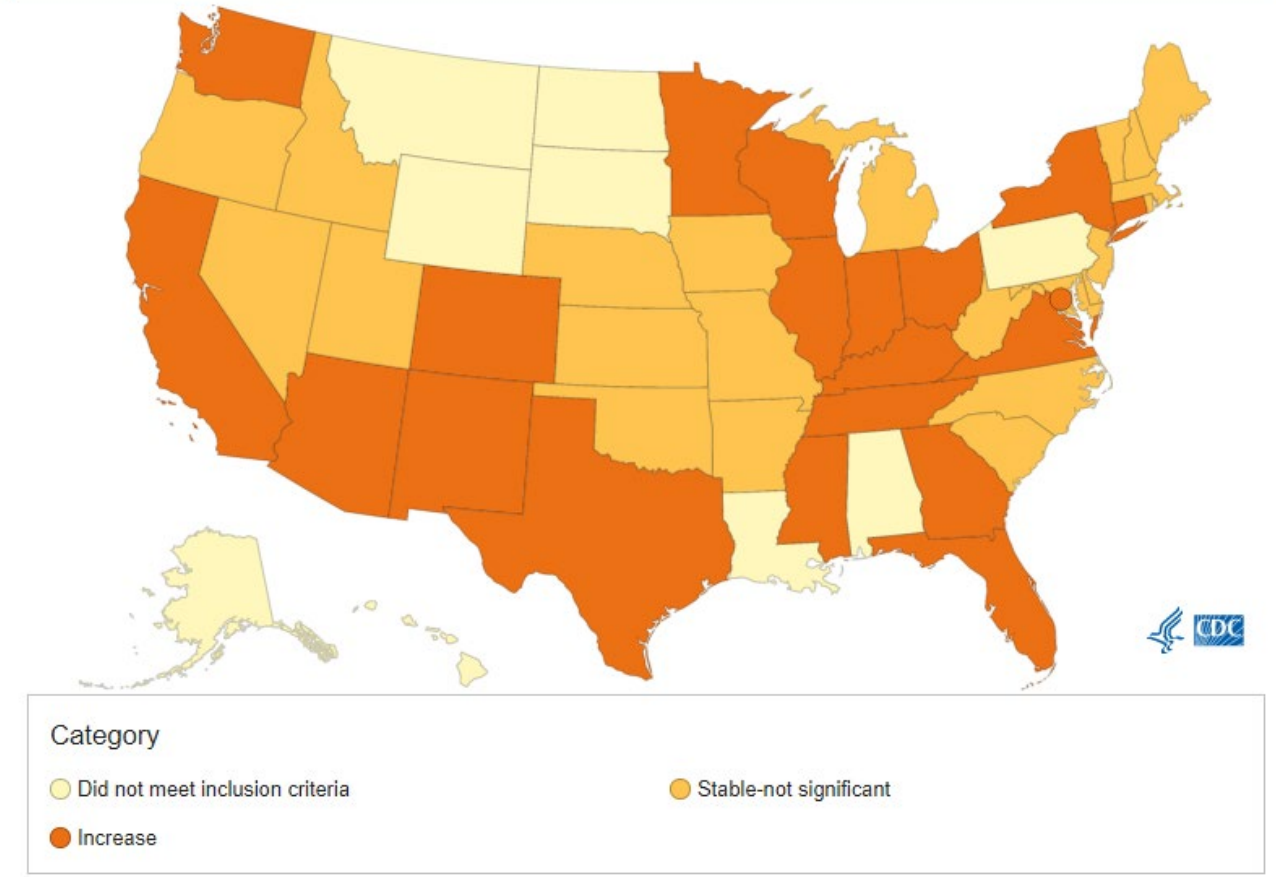
“Hotspotting” – Government Agency Data

- What is the Data Source?
- Are the Data Sets Complete?
- Utility of “Hotspotting” Reports

2018-2019

CDC.gov: https://www.cdc.gov/drugoverdose/deaths/synthetic/index.html



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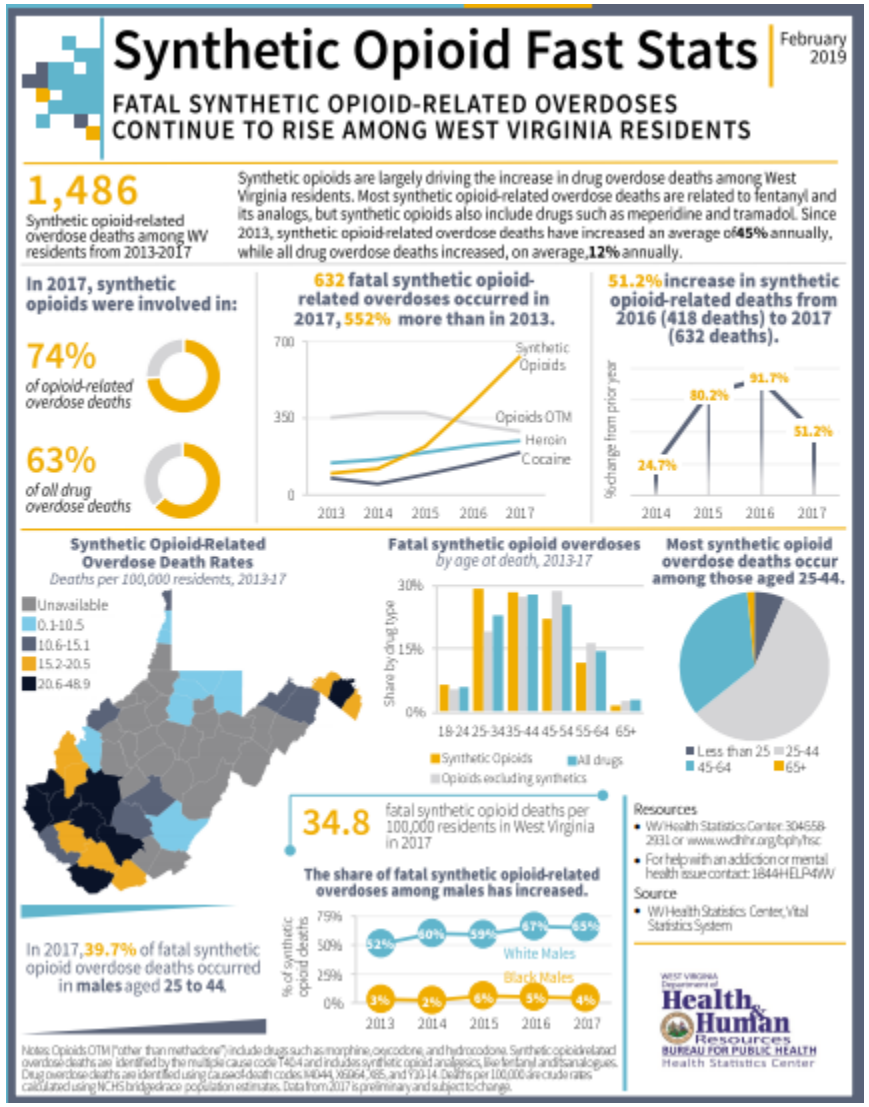
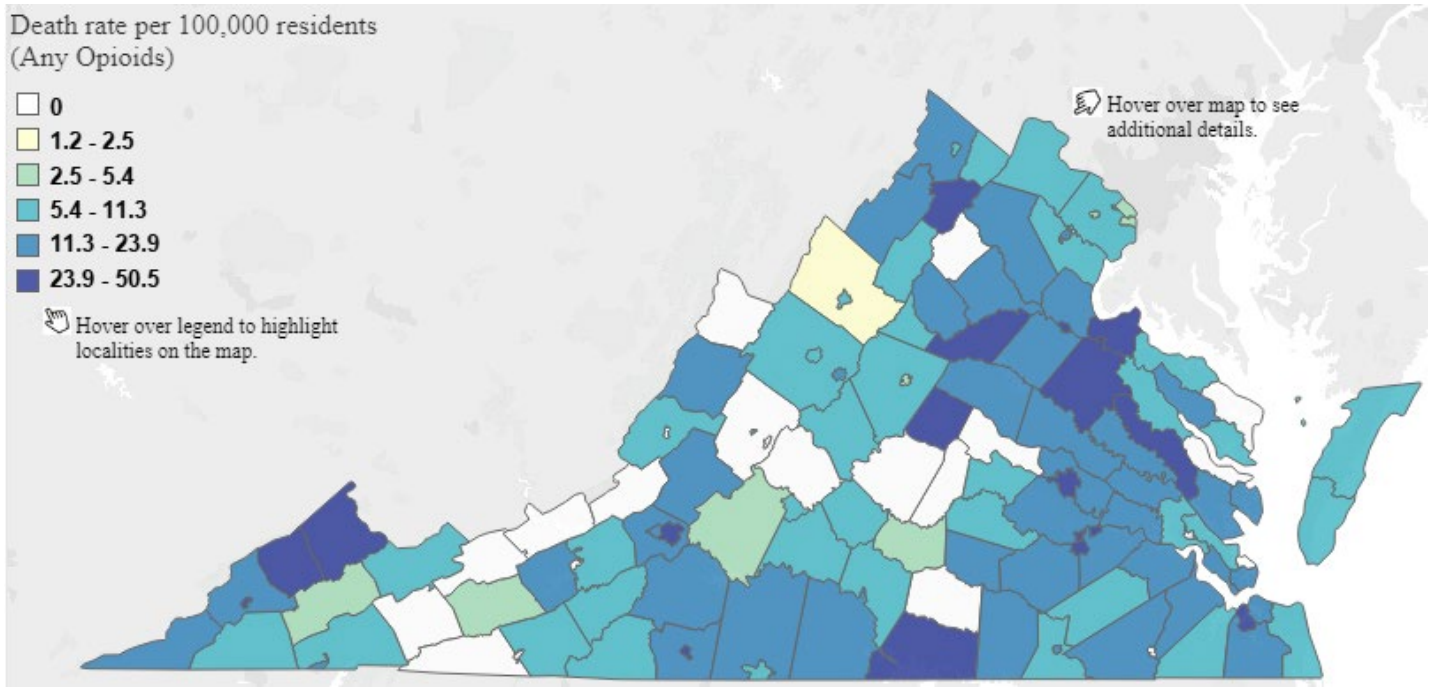
“Hotspotting” – State Specific Data



http://www.wvdhhr.org/bph/hsc/pubs/other/SyntheticOpioidFastStats/Synthetic_Opioid_Fast_Stats.pdf



https://www.vdh.virginia.gov/opioid-data/deaths/

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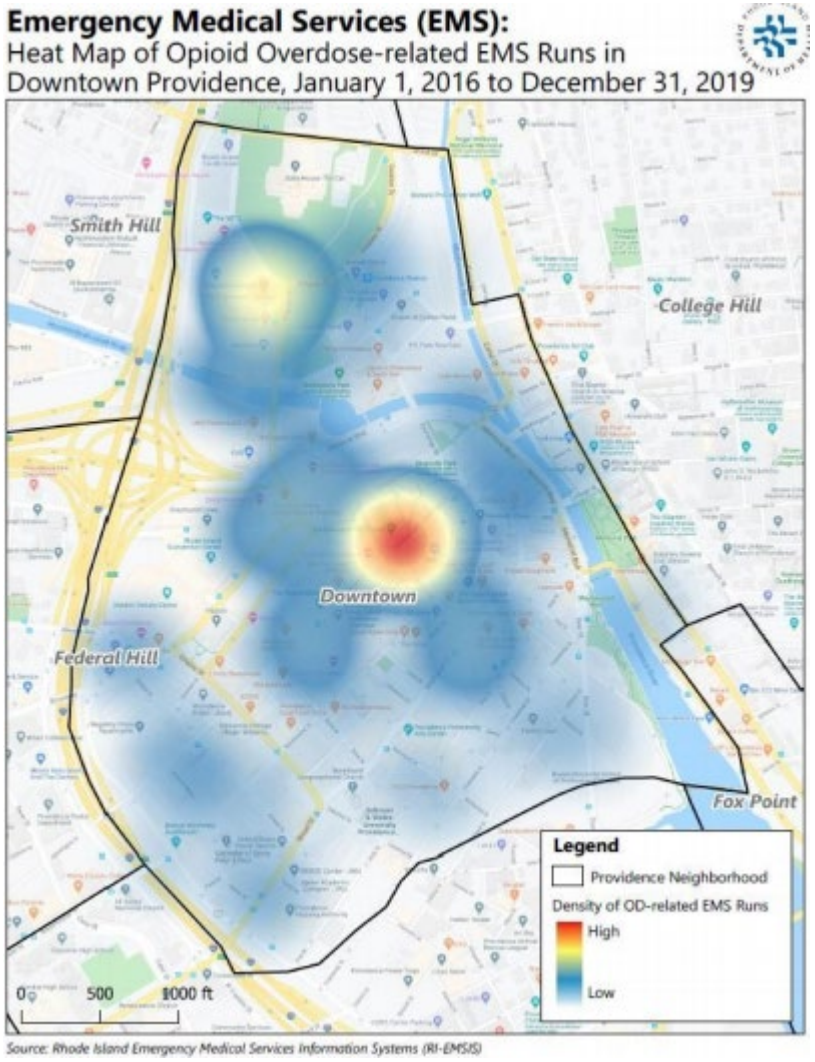
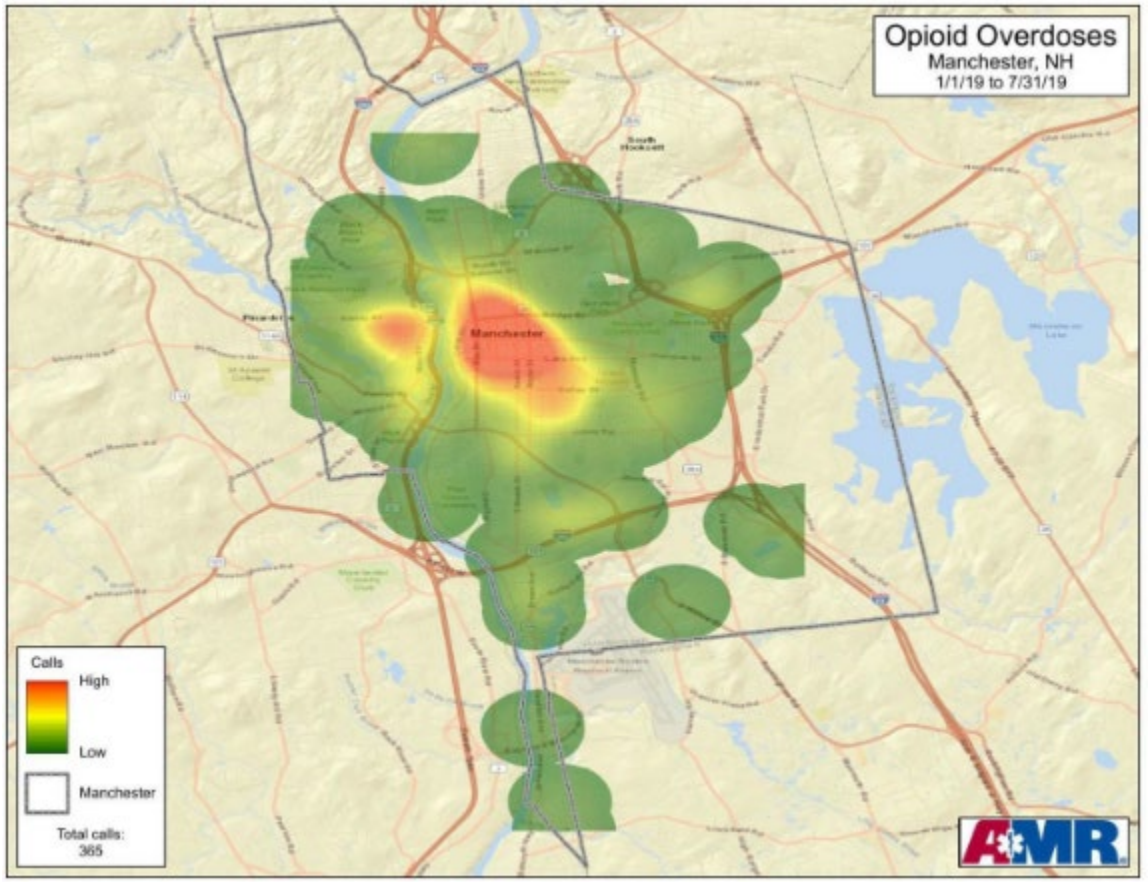
“Hotspotting” – Local (Municipal) Data



https://riphi.org/wp-content/uploads/2020/10/02903-overdose-report.pdf



https://www.unionleader.com/news/safety/overdose-deaths-in-manchester-up-year-to-date/article_b1f14124-9e90-59c8-a6ee-89007e60fd22.html

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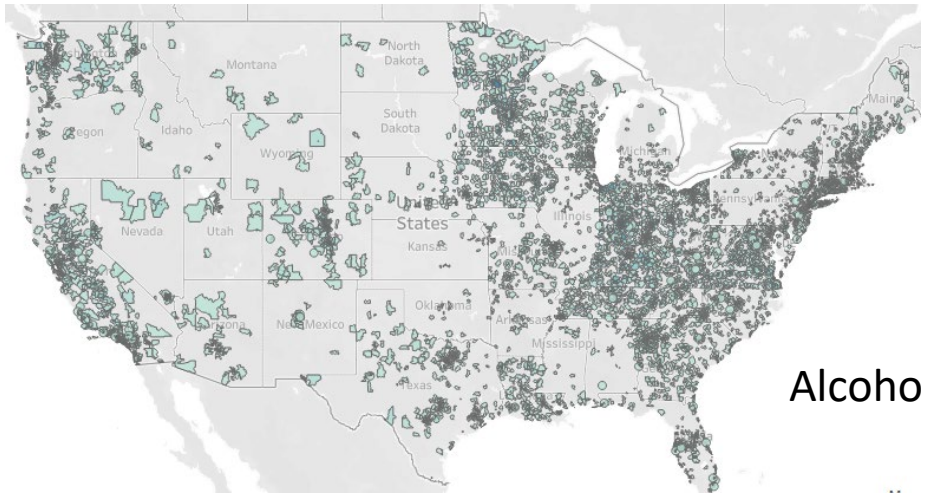
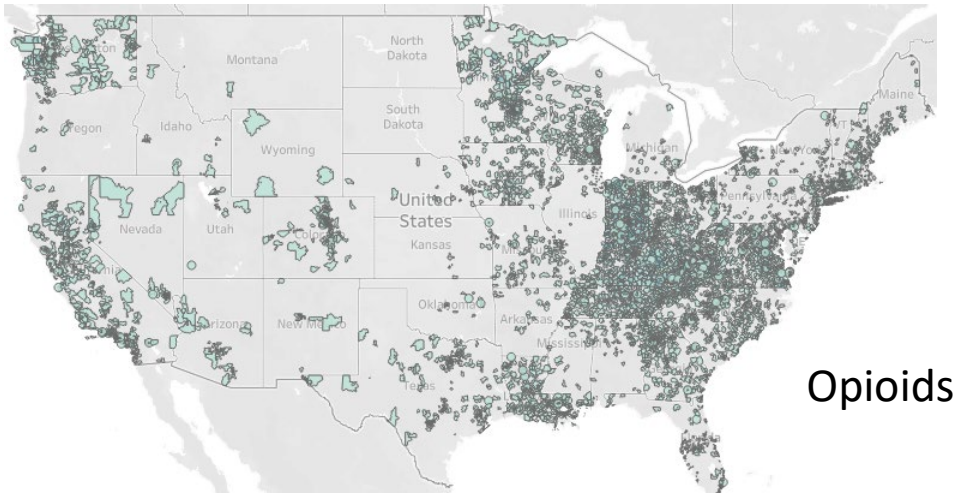
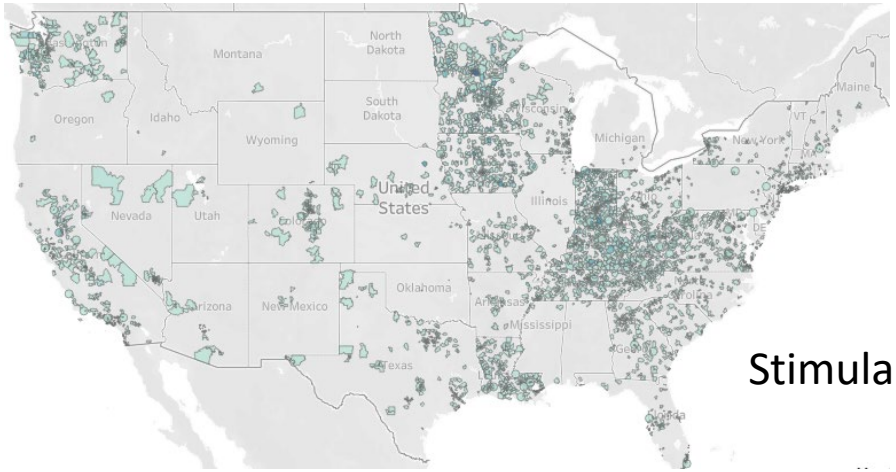
“Hotspotting” – Payer Data



Alcohol



Opioids



Stimulants

- **SUD Related Claims for Sept 2021**

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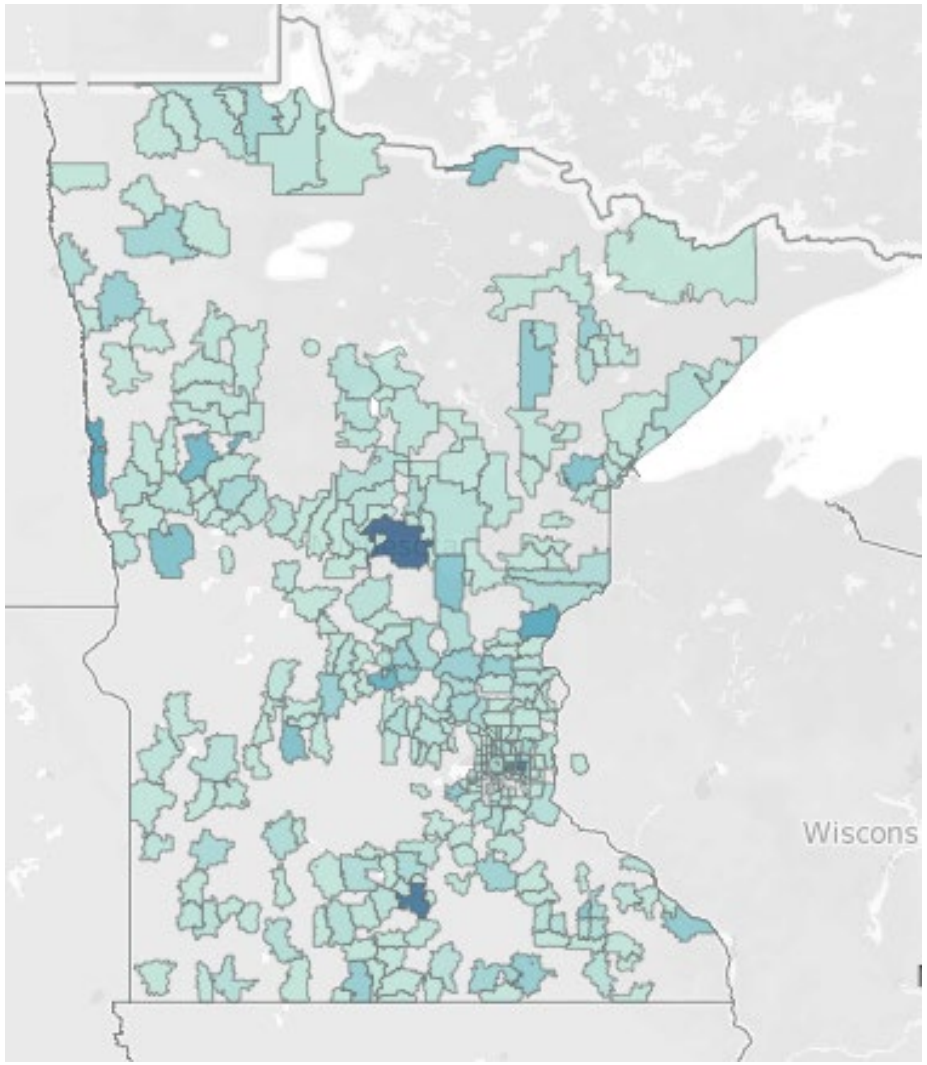
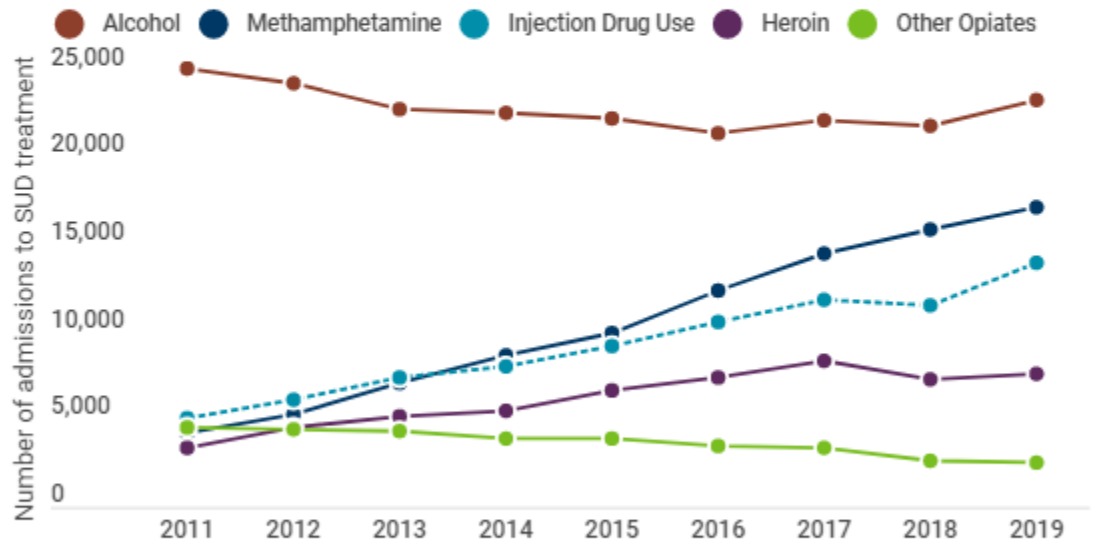
“Hotspotting” – Data Consistency



Anthem MN stimulant related claims for Sept 2021

Alcohol remains the primary substance used at admission to substance use disorder treatment for adults in Minnesota. In 2019, methamphetamine was the second leading substance used at admission to treatment.

Hover over data points to view number of treatment admissions for the year.

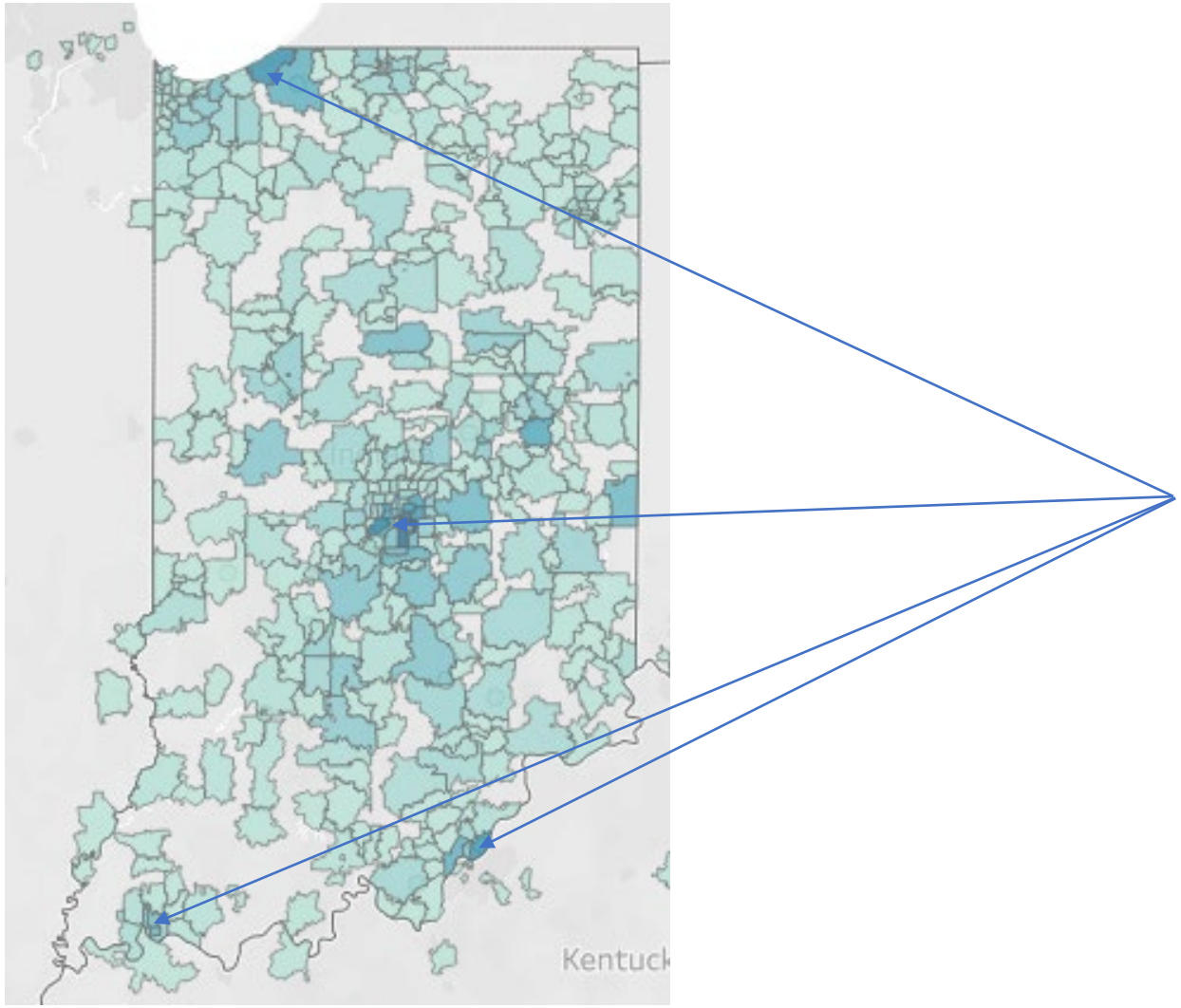


Download data Drug Overdose Data Sources

Source: Minnesota Department of Human Services, BHD, DAANES

https://www.health.state.mn.us/communities/opioids/opioid-dashboard/index.html

Hotspotting Utility– Data Informed Decisions



Questions to consider:

- Who are our **contracted providers** in these regions?
- Are there **opportunities for partnership** to address rates of opioid overdose
- What **local resources** are available for our members in these communities?
- Are there opportunities for partnership/support for **harm reduction** and/or **prevention** efforts?

Anthem IN opioid overdose related claims for 9/2020 – 9/2021

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Data Informed Decisions

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DILBERT by Scott Adams

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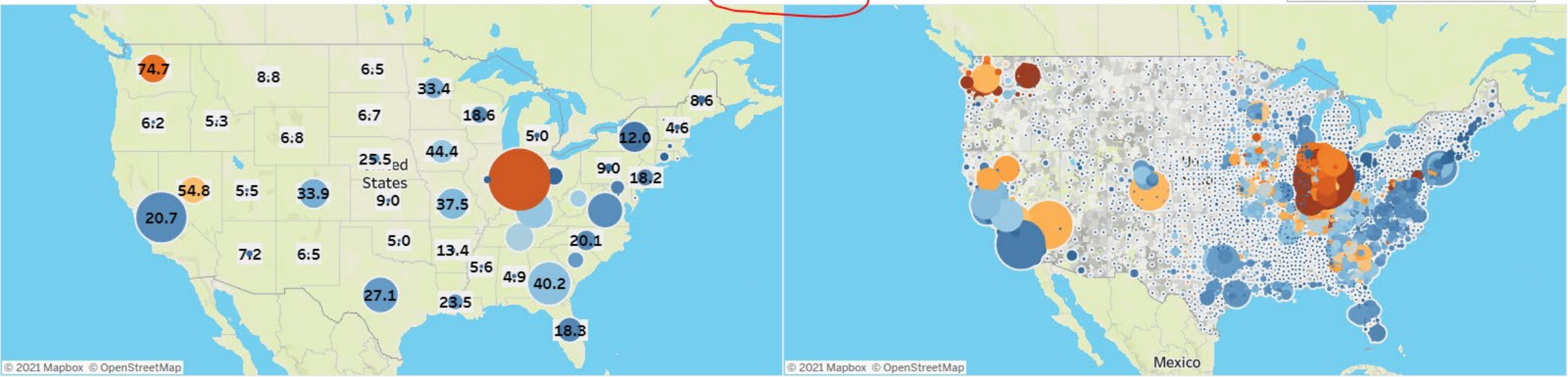
Members Impacted by Social Drivers: Geographic Distribution

Address State: (All) | County Name: (All) | Social Driver: Food Insecurity | Member's Product Lines: (All) | Age Group: (All)

Circle size denotes total members in group.

Food Insecurity

Self-Attested Race-Ethnicity: (All)



All data shown represents members with known social driver indications between 11/1/2020 and 10/31/2021. All spend and diagnosis information is within this same date range. This data was last refreshed on 11/8/2021 and is refreshed monthly.

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Members Per K: 1.0 — 100.0

CDAS
Clinical Decisions, Analytics, and Solutions

2018 Population
- 0 to 499
- 499 to 1,640
- 1,640 to 5,010
- 5,010 to 18,000
- 18,000 to 123,000

Developed and maintained by Quality Data Mgmt

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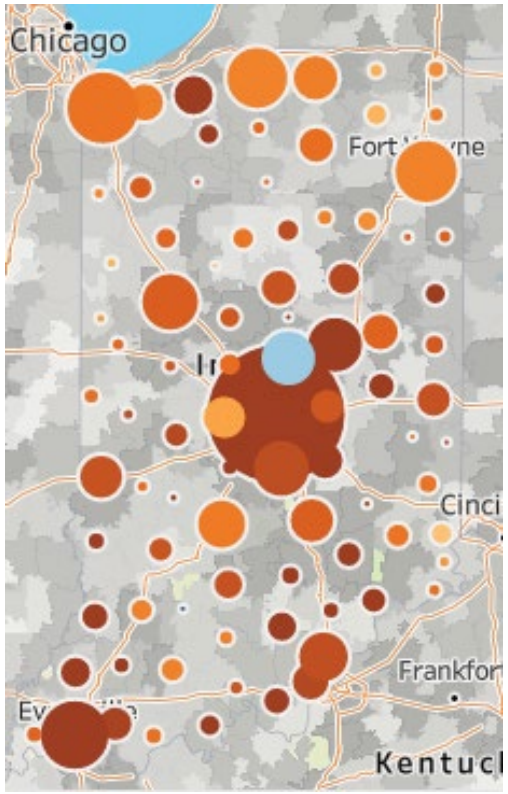
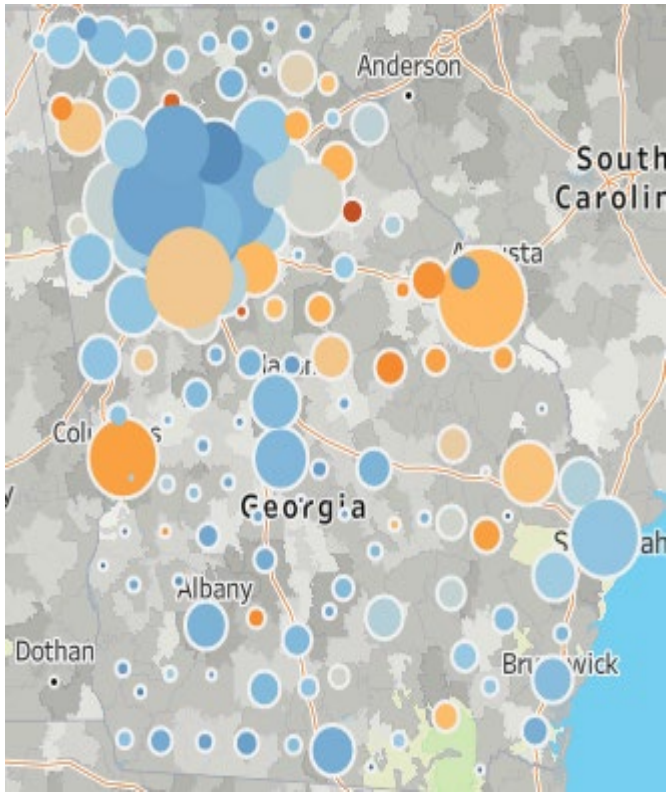
Indiana



Georgia



- Anthem members impacted by Food Insecurity
- All lines of business

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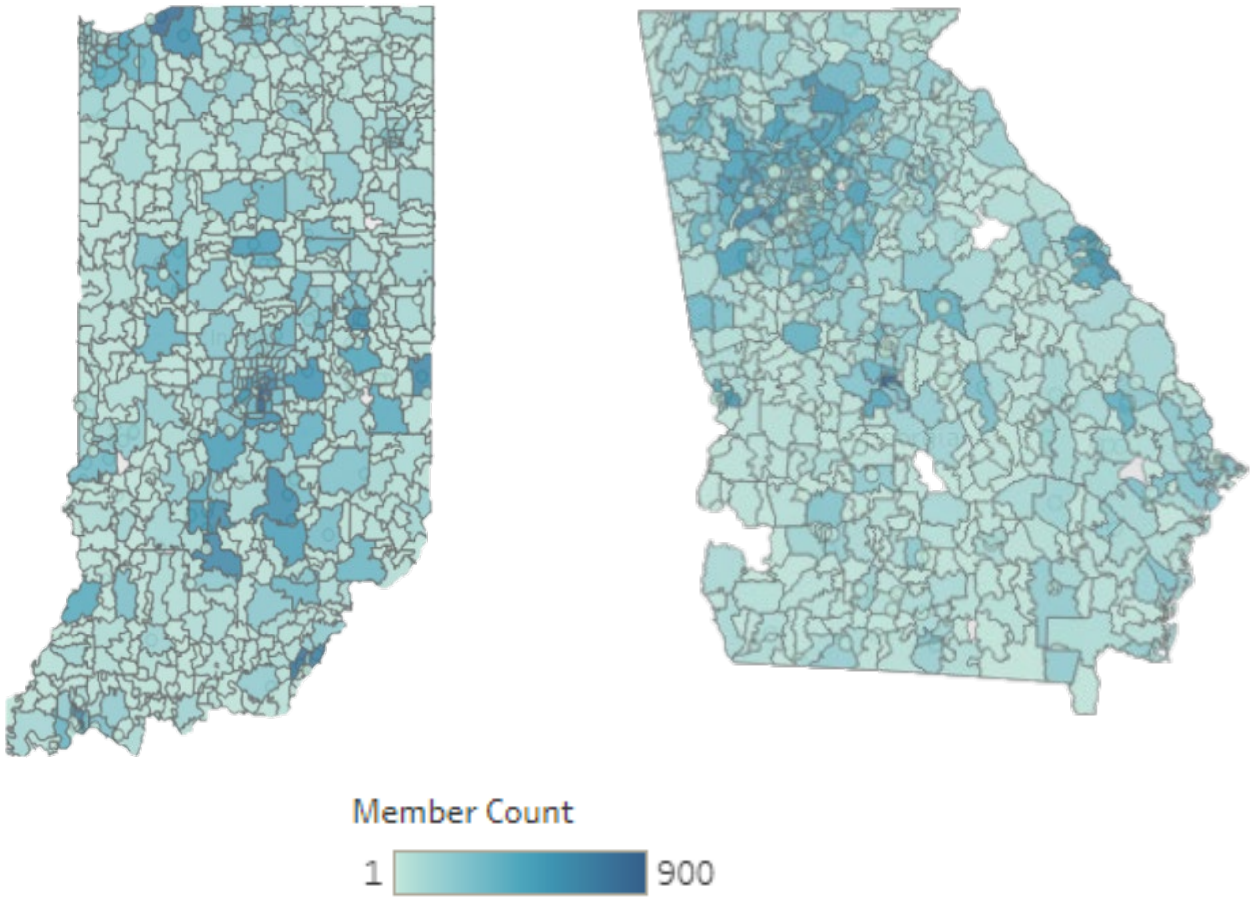
Indiana

Georgia



- Anthem SUD Trends (Jan 2021-Sep 2021)
- Zip Code Level
- All lines of business

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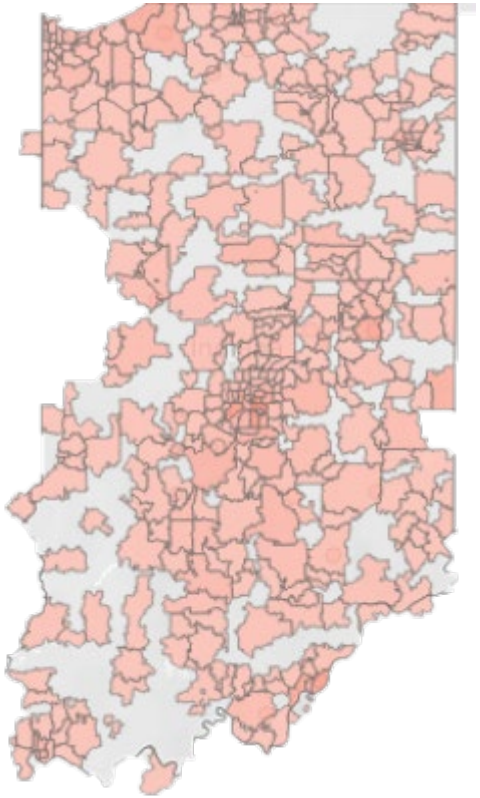
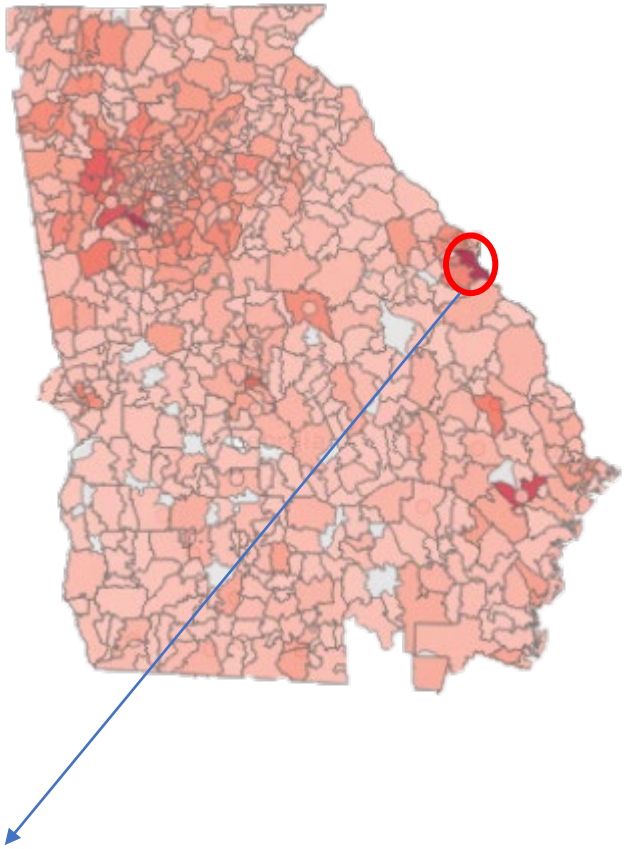
Indiana



Georgia



Raw count for 30936 = 259

- Anthem Opioid Overdose Trends (Jan 2021-Oct 2021)
- Zip Code Level
- All lines of business

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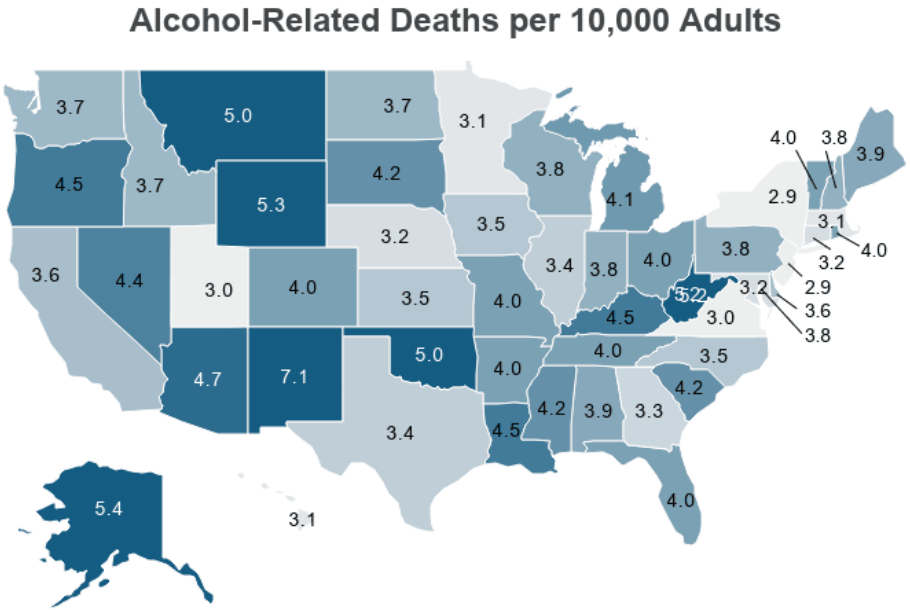
Colorado*

Las Animas County+

https://cdphe.colorado.gov/workplace-safety/data-and-reports/colorado-health-indicators



https://drugabusestatistics.org/alcohol-abuse-statistics/

- *Anthem Alcohol Use Disorder related claims related trends (Jan 2021-Sep 2021)
- Zip Code Level
- All lines of business
- +Las Animas County: 9.3% of adults report binge drinking (2014-15)

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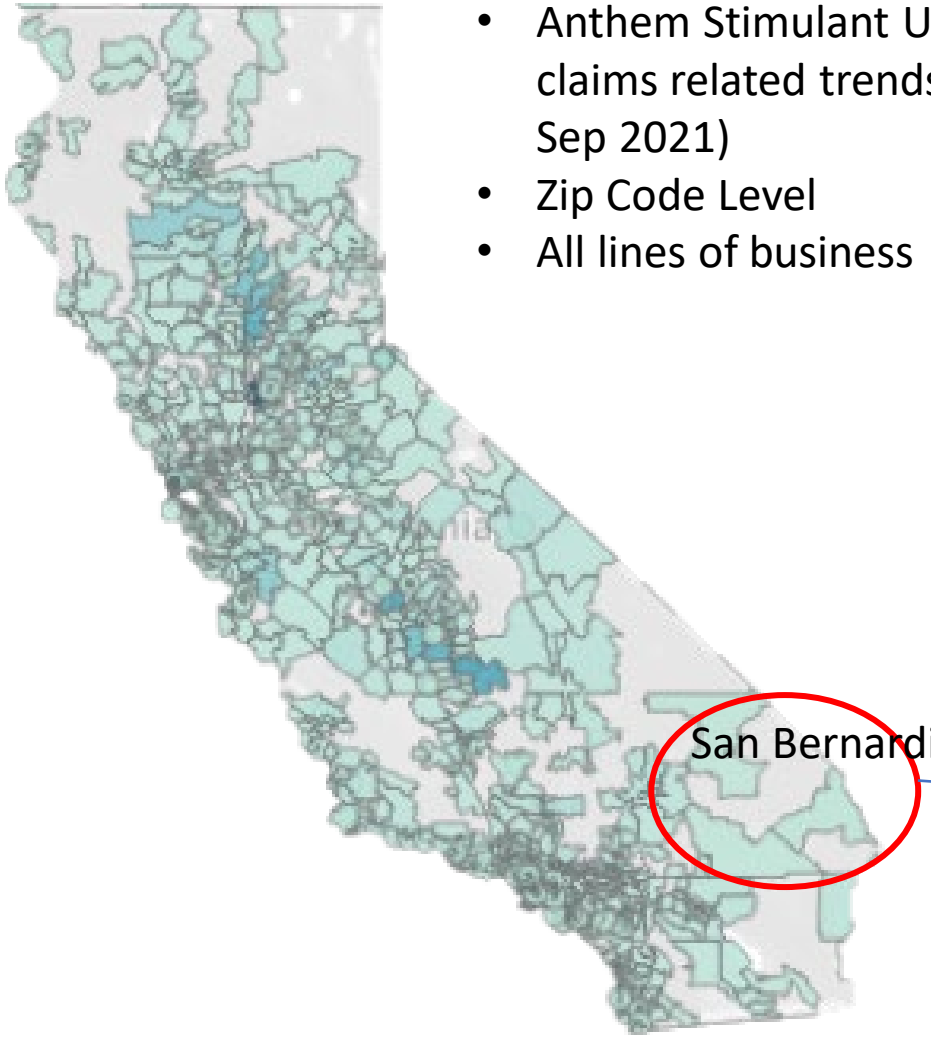
California



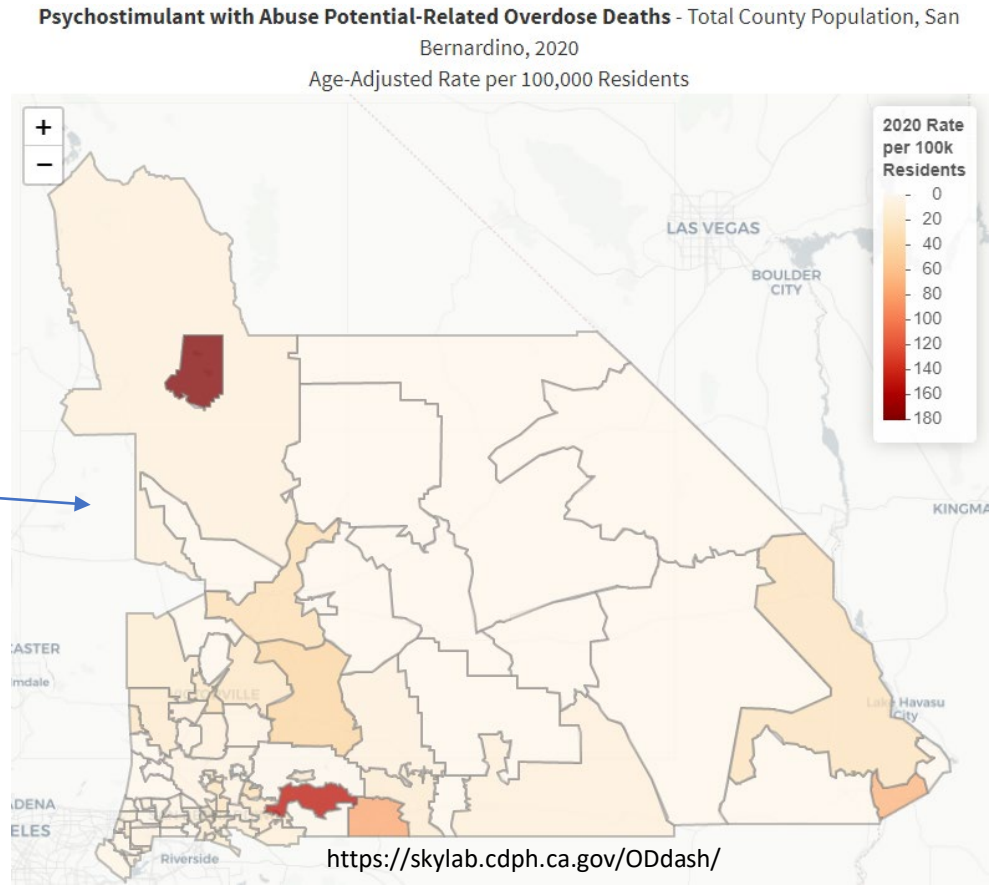
San Bernardino County

- Anthem Stimulant Use Disorder claims related trends (Jan 2021-Sep 2021)
- Zip Code Level
- All lines of business

Nationally

https://www.cdc.gov/drugoverdose/deaths/other-drugs.html

- Approximately 5 million Americans misused prescription stimulants in 2020, which is approximately 1.8% of the U.S. population aged 12 years and older.
- In 2020, 2.5 million Americans aged 12 or older reported having used methamphetamine in the past year.



https://skylab.cdph.ca.gov/ODdash/

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Closing Thoughts

Data Shortcomings

- Reliance on claims data
- Clustering of our membership
- Timeliness

How To Leverage Data Insights

- Identification of gaps
- Potential for Strategic Partnership
- Value Based Reimbursement Potential

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To *recap*, we discussed:

- ✓ Prevalence of SUD as we emerge from the COVID-19 Pandemic
- ✓ Current Landscape of SUD Treatment Services Available
- ✓ Role of Payment Innovation
- ✓ Big Data
- ✓ Using Big Data to Make Informed Decisions

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Thank You!

Contact Information

eric.bailly@anthem.com

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