

Population Health Management

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At a Glance

The MedStar Select Population Health Management department is responsible for managing healthcare resources for MedStar Select health plan. Our goal is to provide you with the support you need to most effectively care for your patients.

The Population Health Management department is your resource for ensuring associates and covered dependents get the most appropriate level of care and providing any additional healthcare resources needed.

This department will, if applicable

- Review and authorize certain procedures when deemed medically necessary. A list of these procedures can be found on the Quick Reference Guide at www.MedStarProviderNetwork.com
- Review and authorize appropriate out-of-network and out-of-area care, including transition of care and member transfers from out-of-network facilities
- Offer Care Advising services through the Personal Approach to Health (PATH) programs
- Administer member and provider surveys and assessments
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For questions and additional information on Population Health resources, contact Medical Management at **855-242-4875**, Monday through Friday, from 8 a.m. to 5 p.m. EST.

Procedures Requiring Prior Authorization

The Utilization Management department carries out the review of select services to promote high-quality, cost-effective and medically appropriate care for MedStar Select health plan.

Prior authorization is the process that the department uses to review specific procedures, treatments and devices to determine whether the requested coverage will be approved or denied.

For a complete list of procedures that require prior authorization, please visit the medical Quick Reference Guide, available online at www.MedStarProviderNetwork.com. If you would like a hard copy of the Quick Reference Guide mailed to you, please email Provider Relations at MFC-ProviderRelations2@medstar.net.

Medical policies outlining items, services and procedures utilized for review for prior authorization can be found at www.MedStarProviderNetwork.com. Clinical criteria or the benefit provision on which a decision has been based will be sent upon request. If a provider wishes to ask for a prior authorization or pre-determination review, a written request must be faxed to Prior Authorization at **855-431-8762**.

To initiate a prior authorization, the provider is asked to complete a prior authorization form and submit this to the fax number at the top of the form with any pertinent medical records to support the request. This information could include any pertinent medical records, lab results or other diagnostic studies.

If coverage is not approved, the provider may appeal the decision by filing an appeal. The appeal process is outlined in the Provider Standards and Procedures section of this Provider Manual.

Please note, to obtain prior authorization for medications covered under the medical benefit, please call 855-266-0712.

How to Contact or Notify Medical Management

Providers can contact the Medical Management department for questions or to request a review for prior authorization. This department can be reached at **855-242-4875**, Monday through Friday, 8 a.m. to 5 p.m.

When to Notify Medical Management

MedStar Select providers must contact the Medical Management department to

- Obtain coverage for services requiring prior authorization, as noted in the medical Quick Reference Guide
- Notify the plan of an admission to an acute care hospital, skilled nursing facility, rehabilitation facility, and long-term acute care center. This enables the department to identify associates or covered dependent's special needs and coordinate their care. In some cases, clinical staff may work with the provider to facilitate care in an alternate setting that can most appropriately meet the needs of the associate or covered dependent.

Utilization Management

The MedStar Medical Management team develops and oversees the design and implementation of the Utilization Management (UM) program. The success of the program relies on the support by the providers in our network.

Program Goals

The following are goals of the UM program:

- To provide high quality, medically necessary and affordable healthcare services to our associates and covered dependents through a qualified network of providers who are systematically selected and retained through the credentialing and performance appraisal process
- To maintain a health plan model that empowers the provider to make medical decisions, supports a medical home model, and enables the provider to proactively manage the care of the associates and covered dependents
- To coordinate preventive care, wellness efforts and chronic Care Advising, ensuring efforts are focused on the associate and covered dependent
- To respect and value the confidentiality, safety and dignity of all
- To verify that the UM program is in compliance with any and all applicable requirements of federal and state regulators and accrediting bodies
- To meet the guiding principles of the Triple Aim:
 - OUTCOME: improve the health of our associates and covered dependents
 - SERVICE: enhance the associate and covered dependent experience
 - EFFICIENCY: control the cost of healthcare

Qualification and Training

Appropriately licensed, qualified health professionals supervise the utilization management process and are involved in all medical necessity decisions. A physician or other appropriate healthcare professional with an unrestricted license performs all medical necessity denials of healthcare services offered under the plan's benefits.

Medical Directors

The medical director oversees every aspect of the UM program, including medical necessity review. Any requests that do not meet medical necessity are forwarded to the medical director for review and determinations are made based on medical necessity.

Utilization Management Review Staff

The UM staff and their activities are an integral component of the UM department. Their work supports activities across the continuum of care, including optimal outcomes and continuity of care and strives to manage care within the benefits of our associates and covered dependents.

The primary function of the UM staff is to review and verify medical necessity for requests in the following categories:

- Prospective review /prior authorization of services
- Out-of-network services
- Transition of care
- Concurrent review of continued stay or ongoing services
- Discharge planning
- Case management referrals
- Retrospective (post service) review of services

The UM department reports UM activity and uses this data to fine-tune the utilization program.

All utilization review decisions are based only on appropriateness of care, service, existence of coverage and the setting of the covered service. Please note:

- We do not use financial incentives in conjunction with our UM program.
- We do not reward doctors who conduct utilization review for issuing denials of coverage or service.
- We do not offer financial incentives to UM decision makers that encourage decisions resulting in underutilization.

Inter-rater Reliability

At least annually, our clinical leadership assesses the consistency with which physicians and UM RN Care Advisors apply UM criteria in decision making. The assessment is performed as a periodic review using InterQual® assessment sets to ensure consistent use of criteria in clinical decision making and consistency.

Provider Access to Criteria and Other Pertinent Policies

Each contracted provider will have access to this Provider Manual, a Quick Reference Guide, a comprehensive orientation to the health plan programs, and information about how, and when, to interact with the health plan. This information has been posted online at www.MedStarProviderNetwork.com.

Program Methods/Utilization Management Process

The UM process includes the following: after-hours service, referrals, prior authorization, pre-determination, concurrent review, ambulatory care, post service review, discharge planning, case management/complex case management and care coordination. All services must be medically necessary to be approved. The clinical decision process begins when a request for authorization of service is received. Request types may include authorization of specialty services, skilled/rehab services, outpatient services, ancillary services, scheduled inpatient services, and/or notification of emergent/urgent inpatient services. The process is complete when the requesting provider has been notified of the determination in writing.

Concurrent Review

Concurrent review is the review of the medical necessity of an inpatient stay, including extended stays or additional healthcare services required in the course of treatment. Concurrent review is performed by an

Inpatient Care Advisor (ICA) or UM RN during the same time frame that care is provided to the associate or covered dependent.

The inpatient concurrent review process begins with the UM staff, who will work with the clinical team to:

- Assess the clinical status of the associate or covered dependent
- Verify the need for continued hospitalization
- Facilitate the implementation of the provider's plan of care
- Consider the need for referral to Care Advising
- Promote timeliness of care
- Determine the appropriateness of the treatment rendered
- Determine the appropriateness of the level of care
- Monitor the quality of care to verify that professional standards of care are met

Information assessed during the review includes:

- Clinical information to support the appropriateness and level of service proposed
- Whether the diagnosis is the same or changed
- Assessment of the clinical status of the associate to determine special requirements to facilitate a safe discharge to another level of care
- Additional days/service/procedures proposed
- Reasons for extension

If at any time services cease to meet criteria, discharge criteria are met and/or alternative safe level of care options exist, the UM manager will notify the facility to see if additional information is available to justify the continuation of services. If the medical necessity for the case cannot be determined, or if there are potential quality issues, the case is referred to the medical director for review. The need for Care Advising or discharge planning services is assessed early after admission. Each concurrent review, thereafter, will meet the objective of planning for the most appropriate and cost-effective alternative to inpatient care. Potential quality of care issues will be promptly referred to the Complaints and Grievances department for investigation and resolution.

Inpatient Discharge Planning

Discharge planning facilitates coordinated, cost-effective care that minimizes the chance of readmission by arranging for the appropriate services upon discharge from the hospital. For associates and covered dependents who have not fully recovered, or do not require the highly specialized services of acute hospital care, discharge planning can facilitate a safe discharge with additional healthcare services, such as home health care or appropriate placement in an extended care facility.

Discharge planning should occur as early as possible during an associate or covered dependent's hospital stay. Prior to discharge, the Inpatient Care Advisor reviews the patient's post hospital needs with the UM/UR staff of the hospital and arranges for follow-up/outpatient services.

Referral to Care Advising

The Inpatient Care Advisor should assess the need for Care Advisor intervention by considering the criteria outlined in the Personal Approach to Health (PATH) section.

Post Service (Retrospective) Reviews

A retrospective review is offered on a case-by-case basis for medical necessity after the services have been provided to determine whether services were delivered as prescribed and were consistent with payment policies and procedures.

Identification of Post Service Review

The medical review process begins by reviewing clinical data/medical records and/ or contacting the appropriate nurse/physician. Instances in which a post service decision may be required:

- Out of area utilization
- Unplanned discharge
- Late notification of the hospitalization of an associate or covered dependent who remains hospitalized

Obtaining Pertinent Information

The medical review process begins when the review staff examines clinical information from the medical record, hospital/utilization review nurse and referring/attending physician. The Utilization Review staff obtains relevant information to:

- Verify that the proposed service is a covered benefit under that associate or covered dependent's policy
- Assess the medical necessity of the care provided
- Assess the appropriate level of care

Adverse Benefit Determination

A denial of services is also called an adverse benefit determination or adverse decision. An adverse benefit determination means that an admission, extension of stay or other healthcare service has been reviewed and, based upon the information provided, the healthcare service does not meet the requirements for benefit payment under plan policy, contract or agreement, and coverage is therefore denied, reduced or terminated. Failure to make a medical necessity determination and notification with the required timeframes, may be considered an adverse benefit determination for the purposes of initiating an appeal. Adverse benefit determinations also include ending or discontinuing coverage that has a retroactive effect, except when the coverage is discontinued as the result of the failure to make timely payments toward the coverage.

Adverse benefit determinations will be communicated in writing to the associate or covered dependent and/or treating/attending provider. The notification shall be easily understandable and will include the specific reason/rationale for the determination and specific language outlining the criteria used to make this determination. Furthermore, the denial letter will inform the associate or covered dependent (and provider, as applicable) of his/her ability to request this criteria, as well as instructions on how to file an appeal.

In addition, verbal notification of an adverse benefit determination is provided to the treating provider, the attending physician or primary care physician if attending physician is unknown and the facility. The Inpatient Care Advisor advises that the admission did not meet medical necessity.

Peer to Peer/Reconsiderations

Medical directors use all available resources to assist in determining if the requested service is medically necessary. Medical directors apply medical policy, his/her clinical knowledge, judgment, expertise and criteria to each case, taking into account the specific needs of that associate or covered dependent and product benefit design. If the case involves a procedure or service that is not within the scope of any of the medical directors' education and training, a board certified specialty physician will be consulted that has expertise in that area of medicine.

Peer to peer reviews, also known as "reconsiderations," can be requested related to prospective determinations or concurrent review determinations where an admission, availability of care, continued stay or other healthcare service has been reviewed and does not meet the requirements for benefit payment and coverage is therefore denied, reduced or terminated. Please request a reconsideration within two business days of receiving the denial. MedStar Select will conduct the reconsideration within

three business days of receipt. Based on the associate or covered dependent's condition, the provider can request an expedited reconsideration. Providers can request an appeal if they are not satisfied with the outcome of the reconsideration.

Please note:

- The reconsideration process is not a prerequisite to an appeal/internal review or external review of an adverse benefit determination.
- The resubmission of a corrected claim due to a minor error or omission is not an appeal. Corrections or resubmissions of claims due to minor errors or omissions should be sent to the customary claim address.

Appeal of Utilization Management Decisions

See the Provider Standards and Procedures section of this Provider Manual for more information regarding appeals.

Program Evaluation Regulatory Compliance and Process

The UM program is evaluated on a minimum annual basis, and modifications are made as necessary. The program is evaluated by using

- The results of member satisfaction surveys and/or member complaint, grievance and appeal data
- Provider complaint and provider satisfaction surveys
- Relevant UM data
- Provider profiling
- Over- and under-utilization

Over- and Under-utilization

Poor quality of care can be the result of either under- or over-utilization of services. Monitoring under-utilization is integral to the health management programs and specifically relative to services that assess the current state of the associate or covered dependent's clinical condition such as medication refills and routine testing. Over-utilization is assessed in the ambulatory setting through a review and analysis of diagnostic, laboratory and pharmacy services, and in the inpatient setting through review of compliance with guidelines for admission and appropriateness of discharge planning. Occurrences of "never events" and hospital-acquired conditions are monitored and managed as a potential quality of care case. Results are trended for improvement opportunities.

The evaluation covers all aspects of the UM program. Problems and/or concerns are identified and recommendations for removing barriers to improvement are provided. The evaluation and recommendations are submitted to the UM Committee for review, action and follow-up. The final document is then submitted to the governing body for approval.

Satisfaction with Utilization Management

Annually, MedStar Select Medical Management will evaluate both member and provider satisfaction with the UM process through the following: provider satisfaction survey results, member/provider complaints, appeals and feedback from associates, covered dependents and providers. If the results indicate that there are areas of dissatisfaction, MedStar Select Medical Management will develop action plans to improve the areas of concern, which may include staff retraining and member/provider education.

Personal Approach to Health (PATH)

The PATH model aims to improve people's lives through a collaborative, multidisciplinary Care Advising approach. The goals of the PATH approach are to improve the quality of care, enhance the associate or covered dependent's experience and reduce the total cost of care by appropriately utilizing scarce medical resources. The Care Advising team consists of personnel including medical director leadership along with nurses, trained medical assistants, social workers, dietitians and pharmacists. The Care Advising team works with PCPs, specialists and home care agencies among others to coordinate follow-up care and support adherence to provider-developed care and treatment plans.

Here is a list of some programs available for MedStar Select associates and covered dependents. Specific programs may only be applicable to certain associates depending on plan choice:

- Complex Care
- Condition Care
- Emergent Care
- Transition Care
- Catastrophic Care
- Maternity Care
- Advanced Illness Care

MedStar Select may introduce additional Care Advising programs in the near future. Please check back for updates on additional programs.

Referring Associates and Covered Dependents to Care Advising programs

Providers may refer an associate or covered dependent for Care Advising by calling **888-959-4033**. To ask questions about the programs available, call Medical Management at **855-242-4875**. Representatives are available Monday through Friday, from 8 a.m. to 5 p.m. Additional information on the health management programs can be found in the "Provider" section of the MedStar Select website at www.MedStarProviderNetwork.com.

Complex Care

Sponsored by MedStar Select, specially trained Registered Nurse Care Advisors assist associates and covered dependents with needs spanning various aspects of social services and the medical community. The program consists of mutually reinforcing components, and its goal is to better prepare associates and covered dependents under Care Advising for self-management. The intent of the program is to enhance the associate or covered dependent and provider experience through a collaborative, multidisciplinary approach to improving the quality of outcomes while avoiding unnecessary utilization.

This program focuses on improving the experience of care and the health of populations and reducing the total cost of health care.

The Complex Care program is a collaborative initiative that engages a multidisciplinary care team consisting of Care Advising staff, contracted physicians and providers including contracted network hospitals and other relevant stakeholders (community services, home care, durable medical equipment, behavioral health, etc.). The program includes collaboration with acute care hospitals, nursing, social services, medical staff, and the Pharmacy, ED and Quality departments. The program focuses on associates and covered dependents identified through a combination of claims data, as well as referrals from providers, associates, covered dependents and caregivers.

Program Goals

- Improve care coordination for associates and covered dependents across care settings
- Optimize chronic Care Advising
- Educate associates and covered dependents about diagnoses and self-management
- Implement care plans for high risk associates and covered dependents or those with complex care needs
- Improve medication compliance
- Address associate and covered dependent/caregiver needs regarding adequate support and resources at home
- Improve adherence to the hospital discharge care plan for associates and covered dependents discharged to home
- Decrease “avoidable” utilization events (e.g., readmissions)

Program Methods

Complex Care focuses on impacting a complex patient population with multiple chronic conditions and high rates of medical services’ utilization. The Care Advising team includes a regional medical director along with nurse Care Advisors, social workers, dietitians and pharmacists. The team will provide physician office, telephonic and when appropriate, in-home assessment and proactive intervention of associates and covered dependents identified for Care Advising outreach. The Care Advising team will work with the PCPs, specialists and home care agencies (including home hospice) to coordinate follow-up care promote adherence to care and treatment plans.

Identifying Complex Patients

Associates and covered dependents with complex needs are identified through a variety of sources, including

- PCP/physician referral
- Claims or encounter data related to the use of services, types of providers seen and the cost of care
- Pharmacy data, when available
- Hospital discharge data or information collected through utilization management processes, including precertification requests, concurrent reviews, prior authorization reviews and reviews of hospital admission and readmission data

Associates and covered dependents can also be referred to Complex Care through:

- Healthcare providers
- Utilization Management staff
- Associate or covered dependent, family or other caregivers; self-referrals
- Ancillary providers, behavioral health providers or behavioral health managed care organizations, pharmacists, the Medication Therapy Management program, disability management programs, other internal departments, employer groups or staff from community agencies

Services Provided

The Care Advisor works with the associate or covered dependent and his/her care team to best assist the associate or covered dependent after assessing his or her situation, intensity of the need for healthcare services, level of services needed, care coordination, education and support. Coordination of the care plan with the treating practitioner will occur where appropriate.

Specific Assistance Offered:

- An evaluation of the associate or covered dependent’s cultural and linguistic needs, preferences or limitations
- An evaluation of the associate or covered dependent’s caregiver resources that are in place to support him or her with appropriate care and decision making

- An evaluation of available benefits and associated financial burdens, as well as what may be needed to support the associate or covered dependent's treatment plan and identified needs
- Development of a shared care plan that
 - Addresses the identified needs
 - Includes long- and short-term goals
 - Establishes a time frame for re-evaluation
 - Identifies resources to be used and at what level of care
- Provides a continuity of care plan, determines the assistance that is needed and uses a collaborative approach to identify who will be included, such as family, practitioner, pharmacist or community-based services
- Identification of barriers to the associate or covered dependent's ability to meet goals or comply with the plan, which includes such factors as poor compliance to a treatment plan, lack of understanding, not ready to make a change, financial hardships, poor supports, transportation issues or fragmented care
- Helping the associate or covered dependent to develop a self-management plan that may include how he or she will monitor the disease, use a practitioner-provided symptom response plan, comply with prescribed medications and attend practitioner visits
- Following the associate or covered dependent's progress against the care plan that was developed for the associate or covered dependent, including progress toward overcoming identified barriers, any adjustments to the care plan and following the self-management plan
- Coordination of care for multiple services, including inpatient, outpatient and ancillary services
- Facilitating access to care
- Establishing a safe and adequate support system through interactions with the associate or covered dependent and/or applicable caregivers

Condition Care

The Condition Care program is an important component of MedStar Select's effort to improve an associate's or covered dependent's health by providing intensive Care Advising for associates and covered dependents with specific chronic illnesses.

The goals of the program are to improve clinical outcomes and quality of life. The program is structured to identify associates and covered dependents with chronic conditions, conduct outreach, assess associates' and covered dependents' needs, develop a coordinated care plan that is created with the associates' or covered dependents' input and monitor their progress with that plan. As assessment of their medical and behavioral health and compliance status, use of self-monitoring tools, as well as their understanding of the condition is completed to determine areas for focused education or care coordination. All interventions are aimed at increasing the associates' or covered dependents' knowledge of their condition and improving their ability to manage their disease. A specialized team of Care Advisors, in collaboration with the associates' or covered dependents' providers, works to accomplish these goals through education, coordination of care and timely treatment.

In addition, these programs provide help for associates and covered dependents to manage their chronic illnesses through preventive practices and adherence to their treatment plans. Specific focus is made on closing gaps in care, both preventative and chronic disease related. Health management programs also help form connections with community support groups and agencies.

Emergent Care

The research literature has described many opportunities to provide an improved experience as associates and covered dependents progress through the healthcare continuum. The purpose of the Emergent Care program is to improve care coordination, reduce fragmentation of care and improve the associate and covered dependent experience, while avoiding inappropriate utilization and managing

medical costs. Associates and covered dependents are considered for emergent care when they frequently use the emergency department or urgent care for non-urgent or emergent conditions.

The goals of the Emergent Care program are to

- Identify associates and covered dependents who are receiving frequent or uncoordinated care in emergency departments or urgent care centers
- Assess associates' and covered dependents' unique needs and develop a shared action plan
- Connect or reconnect these associates and covered dependents with appropriate care providers, including but not limited to, primary care practices, specialty care, behavioral health and community resources
- Follow up with associates and covered dependents over time to see if there are additional needs and/or refer them to other Care Advising programs

Transition Care

The Transition Care program's goal is to provide associates and covered dependents with the tools necessary to get and stay well especially during the critical period after a hospital admission. Transition Care helps associates and covered dependents decrease their chances of being readmitted to the hospital after they have been discharged.

Identifying Participants

Associates and covered dependents will be identified to participate in Transition Care using health plan utilization management referrals, admission/discharge/transfer feeds or facility census reports. Associates and covered dependents will be prioritized for outreach based on their clinical presentation/condition, recent utilization events and the presence of targeted chronic conditions. Associates and covered dependents who meet the specific criteria for high risk for readmission will be noted as high priority.

Interventions of the Program

Eligible associates and covered dependents who have been prioritized for outreach will receive a personalized transition Care Advisor who will work closely with the associate or covered dependent and his or her care team (both inpatient and ambulatory). The Care Advisor's main objectives are to:

- Help to proactively identify associates and covered dependents who are at high risk for readmission based on clinical, social and psychological/behavioral factors
- Help to activate and educate the associate or covered dependent on their conditions and potential pitfalls
- Review the associate's or covered dependent's discharge plan and identify potential barriers
- Ensure appropriate post discharge follow-up
- Make sure that care is coordinated after discharge between primary care, specialists, and others (e.g., home health, infusion)
- When appropriate, conduct basic medication reconciliation sometimes in conjunction with clinical pharmacy services
- Develop a post discharge plan of care that includes contingency planning in case the associate or covered dependent develops new or worsening symptoms

Catastrophic Care Program

The focus of the Catastrophic Care program is to manage and support associates and covered dependents and caregivers in instances where an associate or covered dependent experiences a significant, potentially life-changing diagnosis (i.e., closed head injury, malignant cancer, degenerative neurological diseases, etc.). The primary goal of the Catastrophic Care program is:

- Support the implementation of the specialist's treatment plan for the associate or covered dependent to prevent readmissions

- Reduce unnecessary ER visits
- Manage the associate or covered dependent's pain and remove barriers that may prevent them or their caregivers from adhering to the treatment plan
- Transition the associate or covered dependent to the least restrictive setting

Multidisciplinary Team

The Catastrophic Care program coordinates services for associates or covered dependents with catastrophic and intensive needs using a multidisciplinary care team led by the associate or covered dependent's PCP and specialist and overseen by a primary Registered Nurse (RN) Care Advisor (CA). Our team-based model focuses on optimizing the health of the associate or covered dependent utilizing the broad skills of the PCP, RN CA, registered dietitian, social worker and the pharmacist to develop and implement personalized care plans for each eligible associate or covered dependent.

The team focuses on the comprehensive needs of the associate or covered dependent and caregiver, incorporating their physical and behavioral health status, personal preferences and confidence level and current lifestyle risks. Psycho-social, cognitive and functional disabilities, transportation and economic barriers that may impede health and adherence to the treatment plan are also addressed. The care team then considers the associate or covered dependent's health plan benefits and local community and government agency resources that may provide services to improve the health and well-being of the associate or covered dependent.

Program Goals and Objectives:

- Immediately identify catastrophic and highly intensive cases through the utilization management process, associate or covered dependent self-referral, provider referral and medical and pharmacy claims
- Facilitate safe care transitions
- Honor the associate or covered dependent's preferences for care
- Partner with associate or covered dependent, their caregiver and their primary and specialty care providers to develop a personalized plan of care in the least restrictive setting
- Improve medication adherence
- Address patient/caregiver needs related to adequate support and resources at home
- Coordinate a comprehensive community-based and home healthcare network of services
- Facilitate appropriate communication across the entire care team
- Optimize chronic Care Advising and close relevant gaps in evidence-based care
- Educate associates and covered dependents about diagnoses and self-management
- Lower total medical expenses by avoiding readmissions, ER visits, duplicative and unwarranted services and specialist costs through coordinating care during acute, intensive care episodes

Maternity Program

The focus of the Maternity Care program is to promote optimal maternal and neonatal outcomes, including reduction in preterm births and neonatal hospitalizations, by early identification of high risk pregnancies.

Optimal maternal and neonatal outcomes are promoted by establishing a collaborative relationship between the maternity health educator, registered nurse Care Advisor and the associate or covered dependent, in which the associate or covered dependent is supported and encouraged to adopt a central role in managing their pregnancy and postpartum period.

Optimal maternal and neonatal outcomes will be promoted through

- Early identification of high risk pregnancies and associated risk factors
- Care Advisor support focusing on optimum prenatal and postpartum health, including but not limited to the associate or covered dependent's self-management of their pregnancy, helping the associate

or covered dependent make healthy choices, promotion of timely and appropriate prenatal care, healthy maternal weight gain, health behaviors such as optimum nutritional intake and safe physical activity, breastfeeding promotion and postpartum depression screening

- Care coordination with physicians and other healthcare providers to facilitate early identification and treatment of pregnancy-related complications
- Associate or covered dependent education, referrals to community-based and employer-based resources, and guidance on health plan benefits, if applicable
- Referrals to the extended care team as needed, including registered dietician Care Advisors, social work Care Advisors and pharmacy Care Advisors.

Program Goals and Objectives

- Reduce preterm births and NICU admissions
- Identify high risk pregnancies early through associate or covered dependent self-referral, utilization management, provider referral and monitoring low risk patients
- Provide associates and covered dependents with individualized support, education and guidance throughout their pregnancy and postpartum period

Advanced Illness Care

The Advanced Illness Care (AIC) Program is an integrated and patient centric program that aims to enroll patients who are possibly in the last year of their life to support them/their caregivers with addressing their goals, values and preferences.

Multidisciplinary Team

The patients in the AIC Program will be identified through a monthly stratification process, provider referral, and/or self-referral. Using a multi-disciplinary care advising team, led by an identified primary provider and overseen by a registered nurse care advisor (CA), the team will focus on the comprehensive needs of the patient and caregiver, incorporating the patient's physical, religious/cultural and behavioral health status, personal preferences and confidence level, and current lifestyle risks.

Program Goals and Objectives

The objectives of the program are to:

- Improve care coordination for patients in collaboration with their primary physician and specialist treating physicians
- Optimize symptom management to improve quality of life
- Support the physician's treatment plan to stabilize the patient's condition
- Facilitate and coordinate transitioning the patient to the least restrictive setting,
- Implement personalized care plans
- Improve medication compliance
- Address patient/caregiver needs regarding adequate support and resources at home
- Provide emotional support
- Decrease "avoidable" utilization events (e.g., readmissions) and increase the number of patients engaged with Hospice

Clinical and Preventive Healthcare Guidelines

MedStar Select strongly endorses the value of clinical practice guidelines. The MedStar Select Quality Improvement Committee (QIC) is responsible for the development and ongoing review of these guidelines. The QIC also assists MedStar Select with monitoring adherence to practice guidelines and identifying opportunities for improvement when non-adherence is found.

MedStar Select reviews all practice guidelines annually and updates them as needed to reflect changes in recent scientific evidence or technology.

These guidelines may include

- Adult cholesterol management
- Attention deficit/hyperactivity disorder
- Depression
- Diabetes mellitus health management guidelines
- Evaluation and management of heart failure—outpatient
- Management of asthma in infants, young children and adults
- Management of hypertension
- Prenatal care guidelines

If applicable, MedStar Select annually reviews and updates a schedule of pediatric (birth to age 19) and adult (ages 19 and older) preventive health guidelines. MedStar Select encourages its providers to follow these guidelines to reduce variation in care, prevent illness and improve associates' health.

MedStar Select continues to add and revise guidelines. The most current clinical and preventive healthcare guidelines are available at **MedStarProviderNetwork.com** or by calling Provider Services at **855-222-1042** for a hard copy. Provider Services representatives are available Monday through Friday, from 8 a.m. to 5 p.m.

Type	Disease/Condition	Guideline(s) Name	Guideline Recommendation
Clinical	Cholesterol Management	<u>2013 ACC/AHA Guideline on the Treatment of Blood Cholesterol to Reduce Atherosclerotic Cardiovascular Risk in Adults</u>	N/A see complete Clinical Guideline

Clinical	Management of Hypertension	<u>2014 Evidence-Based Guideline for the Management of High Blood Pressure in Adults - Report From the Panel Members Appointed to the Eighth Joint National Committee (JNC 8)</u>	N/A see complete Clinical Guideline
		<u>AHA/ACC Full Guideline 2017</u>	
Clinical [Disease Management]	Heart Failure	<u>2013 ACCF/AHA Guideline for the Management of Heart Failure</u>	N/A see complete Clinical Guideline
Clinical	Cardiovascular risk factors and CAD	<u>2013 ACC/AHA Guideline on the Assessment of Cardiovascular Risk</u>	N/A see complete Clinical Guideline
Clinical [Disease Management]	Lifestyle Management to Reduce Cardiovascular Risk	<u>2013 AHA/ACC Guideline on Lifestyle Management to Reduce Cardiovascular Risk</u>	N/A see complete Clinical Guideline
Clinical [Disease Management]	Adult diabetes	<u>American Diabetes Association (2017)</u>	N/A see complete Clinical Guideline
Clinical	Attention-deficit/hyperactivity disorder (ADHD)	<u>American Academy of Pediatrics Subcommittee on Attention-Deficit/Hyperactivity Disorder, Steering Committee on Quality Improvement and Management (2011)</u>	N/A see complete Clinical Guideline

Clinical	Major Depressive Disorder	American Psychiatric Association (2010)	N/A see complete Clinical Guideline
Clinical	Adult substance abuse disorder	Substance Abuse and Mental Health Services Administration (SAMHSA) 2012	N/A see complete Clinical Guideline
Clinical [Disease Management]	Asthma	National Heart, Lung, and Blood Institute (NHLBI) National Asthma Education and Prevention Program Expert Panel 2007	N/A see complete Clinical Guideline
Clinical [Disease Management]	COPD	The Global Initiative for Chronic Obstructive Lung Disease (GOLD) 2017	N/A see complete Clinical Guideline
Clinical	Prenatal care	American College of Obstetricians and Gynecologists (2012)	N/A see complete Clinical Guideline
Clinical	Acute Bronchitis	2010 American Family Physician: Diagnosis and Treatment of Acute Bronchitis	N/A see complete Clinical Guideline
Clinical	Acute Pharyngitis	Diagnosis and Treatment of Respiratory Illness in Children and Adults (2013)	N/A see complete Clinical Guideline
		Careful Antibiotic Use-Pharyngitis in Children	N/A see complete Clinical Guideline
Guidelines That Apply To Adults of All Ages			
Preventive	Depression	USPSTF Depression Screening in Adults 2016	The USPSTF recommends screening for depression in the general adult population, including pregnant and postpartum women. Screening should be implemented with adequate systems in place to ensure accurate diagnosis, effective treatment, and appropriate follow-up

Preventive	High Blood Pressure	<u>USPSTF High Blood Pressure in Adults: Screening 2015</u>	The USPSTF recommends screening for high blood pressure in adults aged 18 years or older. The USPSTF recommends obtaining measurements outside of the clinical setting for diagnostic confirmation before starting treatment
Preventive	Adult vaccinations	<u>CDC Recommended Adult Immunization Schedule United States - 2017</u>	See Vaccine Schedule in PDF
Preventive	Influenza vaccination	<u>CDC Adult Immunization Schedule 2016</u>	1 dose every year in the fall or winter; For the 2016-2017 season, CDC recommends use of the flu shot (inactivated influenza vaccine or IIV) and the recombinant influenza vaccine (RIV). The nasal spray flu vaccine (live attenuated influenza vaccine or LAIV) should not be used during 2016-2017.
Preventive	Overweight and Obesity	<u>USPSTF Obesity in Adults: Screening and Management 2012</u>	The USPSTF recommends screening all adults for obesity. Clinicians should offer or refer patients with a body mass index (BMI) of 30 kg/m ² or higher to intensive, multicomponent behavioral interventions.
Guidelines That Apply To Men and Women Of Specified Age Range			
Preventive	Diabetes	<u>USPSTF Abnormal Blood Glucose and Type 2 Diabetes Mellitus: Screening 2015</u>	The USPSTF recommends screening for abnormal blood glucose as part of cardiovascular risk assessment in adults aged 40 to 70 years who are overweight or obese. Clinicians should offer or refer patients with abnormal blood glucose to intensive behavioral counseling interventions to promote a healthful diet and physical activity.

<p>Preventive</p>	<p>Cardiovascular Disease</p>	<p><u>USPSTF Statin Use for the Primary Prevention of Cardiovascular Disease in Adults: Preventive Medication 2016</u></p>	<p>The USPSTF recommends that adults without a history of cardiovascular disease (CVD) (ie, symptomatic coronary artery disease or ischemic stroke) use a low- to moderate-dose statin for the prevention of CVD events and mortality when all of the following criteria are met: 1) they are aged 40 to 75 years; 2) they have 1 or more CVD risk factors (ie, dyslipidemia, diabetes, hypertension, or smoking); and 3) they have a calculated 10-year risk of a cardiovascular event of 10% or greater.</p> <p>Identification of dyslipidemia and calculation of 10-year CVD event risk requires universal lipids screening in adults aged 40 to 75 years. See the “Clinical Considerations” section for more information on lipids screening and the assessment of cardiovascular risk</p> <p>The USPSTF recommends that adults without a history of cardiovascular disease (CVD) (ie, symptomatic coronary artery disease or ischemic stroke) use a low- to moderate-dose statin for the prevention of CVD events and mortality when all of the following criteria are met: 1) they are aged 40 to 75 years; 2) they have 1 or more CVD risk factors (ie, dyslipidemia, diabetes, hypertension, or smoking); and 3) they have a calculated 10-year risk of a cardiovascular event of 10% or greater.</p> <p>Identification of dyslipidemia and calculation of 10-year CVD event risk requires universal lipids screening in</p>
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			<p>adults aged 40 to 75 years. See the “Clinical Considerations” section for more information on lipids screening and the assessment of cardiovascular risk The USPSTF recommends that adults without a history of cardiovascular disease (CVD) (ie, symptomatic coronary artery disease or ischemic stroke) use a low- to moderate-dose statin for the prevention of CVD events and mortality when all of the following criteria are met: 1) they are aged 40 to 75 years; 2) they have 1 or more CVD risk factors (ie, dyslipidemia, diabetes, hypertension, or smoking); and 3) they have a calculated 10-year risk of a cardiovascular event of 10% or greater.</p> <p>Identification of dyslipidemia and calculation of 10-year CVD event risk requires universal lipids screening in adults aged 40 to 75 years. See the “Clinical Considerations” section for more information on lipids screening and the assessment of cardiovascular risk</p>
Preventive	Aspirin	<p><u>USPSTF Aspirin Use to Prevent Cardiovascular Disease and Colorectal Cancer: Preventive Medication 2016</u></p>	<p>The USPSTF recommends initiating low-dose aspirin use for the primary prevention of cardiovascular disease (CVD) and colorectal cancer (CRC) in adults aged 50 to 59 years who have a 10% or greater 10-year CVD risk, are not at increased risk for bleeding, have a life expectancy of at least 10 years, and are willing to take low-dose aspirin daily for at least 10 years</p>

Preventive	Colon Cancer	<u>USPSTF Colorectal Cancer: Screening 2016</u>	The USPSTF recommends screening for colorectal cancer using fecal occult blood testing, sigmoidoscopy, or colonoscopy in adults beginning at age 50 years and continuing until age 75 years. Options include annual FOBT, annual FIT, every 5 year sigmoidoscopy, and every 10 year colonoscopy.
Preventive	Hepatitis C Virus (HCV)	<u>USPSTF Hepatitis C: Screening 2013</u>	The USPSTF recommends screening for hepatitis C virus (HCV) infection in persons at high risk for infection. The USPSTF also recommends offering one-time screening for HCV infection to adults born between 1945 and 1965.
Preventive	HIV	<u>USPSTF Human Immunodeficiency Virus (HIV) Infection: Screening 2013</u>	The USPSTF recommends that clinicians screen for HIV infection in adolescents and adults ages 15 to 65 years. Younger adolescents and older adults who are at increased risk should also be screened. The evidence is insufficient to determine optimum time intervals for HIV screening.
Preventive	Lung Cancer	<u>USPSTF Lung Cancer: Screening 2013</u>	The USPSTF recommends annual screening for lung cancer with low-dose computed tomography (LDCT) in adults aged 55 to 80 years who have a 30 pack-year smoking history and currently smoke or have quit within the past 15 years. Screening should be discontinued once a person has not smoked for 15 years or develops a health problem that

			substantially limits life expectancy or the ability or willingness to have curative lung surgery
Preventive	Immunizations: Shingles	<u>CDC Shingles (Herpes Zoster) 2016</u>	one-time dose for people 60 years and older
Preventive	Immunizations: Pneumonia	<u>CDC Pneumococcal Vaccination 2017</u>	Give 1 dose of PPSV23 if unvaccinated or if previous vaccination history is unknown. Give another dose of PPSV to people age 65yrs and older if 1st dose was given prior to age 65yrs and 5yrs have elapsed since dose #1.
Guidelines That Apply to Men by Age Group			
Preventive	Abdominal Aortic Aneurysm	<u>USPSTF Abdominal Aortic Aneurysm: Screening 2014</u>	Between the ages of 65 and 75 and have ever been a smoker, (smoked 100 or more cigarettes in your lifetime) get screened once for abdominal aortic aneurysm. Screening should be done with abdominal ultrasound.
Preventive	Sexually Transmitted Infections	<u>USPSTF Sexually Transmitted Infections: Behavioral Counseling 2014</u>	The USPSTF recommends HIV and syphilis screening for men engaging in high-risk sexual behavior.
Guidelines That Apply to Women by Age Group			
Preventive	Breast Cancer	<u>USPSTF Breast Cancer: Screening 2016</u>	The USPSTF recommends biennial screening mammography for women aged 50 to 74 years.
Preventive	Cervical Cancer	<u>USPSTF Cervical Cancer: Screening 2012</u>	The USPSTF recommends screening for cervical cancer in women ages 21 to 65 years with cytology (Pap smear) every 3 years or, for women ages 30 to 65 years who want to lengthen the screening interval, screening with a combination of cytology and human papillomavirus (HPV) testing every 5 years.

Preventive	Osteoporosis	<u>USPSTF Osteoporosis: Screening 2011</u>	The USPSTF recommends screening for osteoporosis in women aged 65 years or older and in younger women whose fracture risk is equal to or greater than that of a 65-year-old white woman who has no additional risk factors.
Preventive	Sexually Transmitted Infections	<u>USPSTF Sexually Transmitted Infections: Behavioral Counseling 2014</u>	The USPSTF recommends screening for chlamydia in sexually active women aged 24 years or younger and in older women who are at increased risk for infection. The USPSTF recommends screening for gonorrhea in sexually active women aged 24 years or younger and in older women who are at increased risk for infection.
Guidelines That Apply To Children			
Preventive	Schedule of Preventive Pediatric Visits	<u>AAP Preventive Pediatric Health Care 2016</u>	3-5 days, 1 mo 2 mo 4 mo, 6 mo, 9 mo, 12 mo, 15 mo, 18 mo, 24 mo, 30 mo and annually age 3-10
Preventive	Congenital Hypothyroidism	<u>USPSTF Congenital Hypothyroidism: Screening 2008</u>	The United States Preventive Services Task Force (USPHSTF) recommends screening for congenital hypothyroidism (CH) in newborns.
Preventive	Flouride	<u>USPSTF Dental Caries in Children from Birth Through Age 5 Years: Screening 2014</u>	The USPHSTF recommends that primary care clinicians prescribe oral fluoride supplementation starting at age 6 months for children whose water supply is deficient in fluoride. The USPHSTF recommends that primary care clinicians apply fluoride varnish to the primary teeth of all infants and children starting at the age of primary tooth eruption.

Preventive	Obesity	<u>USPSTF Obesity in Children and Adolescents: Screening 2010</u>	The USPHSTF recommends that clinicians screen children aged 6 years and older for obesity and offer them or refer them to comprehensive, intensive behavioral intervention to promote improvement in weight status.
Preventive	Gonococcal Ophthalmia Neonatorum	<u>USPSTF Ocular Prophylaxis for Gonococcal Ophthalmia Neonatorum: Preventive Medication 2011</u>	The USPHSTF recommends prophylactic ocular topical medication for all newborns for the prevention of gonococcal ophthalmia neonatorum
Preventive	PKU	<u>USPSTF Phenylketonuria in Newborns: Screening 2008</u>	The USPHSTF recommends screening for phenylketonuria (PKU) in newborns.
Preventive	Sickle Cell	<u>USPSTF Sickle Cell Disease (Hemoglobinopathies) in Newborns: Screening 2007</u>	The U.S. Preventive Services Task Force (USPHSTF) recommends screening for sickle cell disease in newborns.
Preventive	Skin Cancer	<u>USPSTF Skin Cancer: Counseling 2012</u>	The U.S. Preventive Services Task Force (USPHSTF) recommends counseling children, adolescents, and young adults aged 10 to 24 years who have fair skin about minimizing their exposure to ultraviolet radiation to reduce risk for skin cancer.
Preventive	Tobacco	<u>USPSTF Tobacco Use in Children and Adolescents: Primary Care Interventions 2013</u>	The USPHSTF recommends that primary care clinicians provide interventions, including education or brief counseling, to prevent initiation of tobacco use among school-aged children and adolescents
Preventive	Vision Screening	<u>USPSTF Visual Impairment in Children Ages 1-5: Screening 2011</u>	The USPHSTF recommends vision screening for all children at least once between the ages of 3 and 5 years, to detect the

			presence of amblyopia or its risk factors.
Guidelines That Apply To Adolescents			
Preventive	Gonorrhea and Chlamydia	<u>USPSTF Chlamydia and Gonorrhea: Screening 2014</u>	The USPSTF recommends screening for chlamydia and gonorrhea in sexually active women age 24 years and younger
Preventive	Depression	<u>USPSTF Depression in Children and Adolescents: Screening 2016</u>	The USPSTF recommends screening for major depressive disorder (MDD) in adolescents aged 12 to 18 years. Screening should be implemented with adequate systems in place to ensure accurate diagnosis, effective treatment, and appropriate follow-up
Preventive	Folic Acid	<u>USPSTF Folic Acid to Prevent Neural Tube Defects: Preventive Medication 2017</u>	The USPSTF recommends that all women planning or capable of pregnancy take a daily supplement containing 0.4 to 0.8 mg (400 to 800 µg) of folic acid.
Preventive	Hepatitis B	<u>USPSTF Hepatitis B Virus Infection: Screening, 2014</u>	The USPSTF recommends screening for hepatitis B virus (HBV) infection in persons at high risk for infection.
Preventive	HIV	<u>USPSTF Human Immunodeficiency Virus (HIV) Infection: Screening 2013</u>	The USPSTF recommends that clinicians screen for HIV infection in adolescents and adults aged 15 to 65 years. Younger adolescents and older adults who are at increased risk should also be screened

Preventive	Obesity	<u>USPSTF Obesity in Children and Adolescents: Screening 2010</u>	The USPHSTF recommends that clinicians screen children aged 6 years and older for obesity and offer them or refer them to comprehensive, intensive behavioral intervention to promote improvement in weight status.
Preventive	STI's	<u>USPSTF Sexually Transmitted Infections: Behavioral Counseling 2014</u>	The USPHSTF recommends intensive behavioral counseling for all sexually active adolescents and for adults who are at increased risk for sexually transmitted infections (STIs).
Preventive	Skin Cancer	<u>USPSTF Skin Cancer: Counseling 2012</u>	The U.S. Preventive Services Task Force (USPHSTF) recommends counseling children, adolescents, and young adults aged 10 to 24 years who have fair skin about minimizing their exposure to ultraviolet radiation to reduce risk for skin cancer.
Preventive	Syphilis	<u>USPSTF Syphilis Infection in Nonpregnant Adults and Adolescents: Screening 2016</u>	The USPSTF recommends screening for syphilis infection in persons who are at increased risk for infection.
Preventive	Tobacco	<u>USPSTF Tobacco Use in Children and Adolescents: Primary Care Interventions 2013</u>	The USPHSTF recommends that primary care clinicians provide interventions, including education or brief counseling, to prevent initiation of tobacco use among school-aged children and adolescents

Member and Provider Surveys and Assessments

Health Assessment Survey

According to the Centers for Medicare & Medicaid Services guidelines, MedStar Select performs a health assessment survey for all new MedStar Select associates and covered dependents to determine their clinical risk for developing a chronic illness. This tool assesses the associate's or covered dependent's clinical status and any psychological, emotional or environmental issues that may affect his or her health. This information assists in identifying high risk associates and covered dependents for enrollment in case and health management programs.

Member and Provider Satisfaction Surveys

MedStar Select conducts annual surveys of member and provider satisfaction. Participation by associates, covered dependents and providers enables MedStar Select to develop quality improvement plans.

The surveys assess

- Access to care and/or services
- Overall satisfaction with the health plan
- Provider availability
- Quality of care received
- Responsiveness to administrative processes
- Responsiveness to inquiries

Provider Performance Tracking

MedStar Select is continuously analyzing and identifying best practices and areas of improvement regarding quality of care and cost-effectiveness. Only providers with a predetermined minimum number of MedStar Select associates or covered dependents may have clinical profiles developed. These individual profiles compare providers to the performance of all other providers within their specialty and against national benchmarks. The profiles may be distributed to providers on a semiannual basis.

Quality Improvement Program

The goal of the Quality Improvement program is to continually examine clinical and administrative operations in an effort to improve MedStar Select's ability to deliver high-quality, timely, safe, and cost-effective healthcare services.

The Quality Improvement program operates in accordance with the guidelines established by the National Committee for Quality Assurance (NCQA) and the Centers for Medicare & Medicaid Services (CMS).

The program critically assesses MedStar Select's performance regarding customer service, provider satisfaction, credentialing, pharmacy, preventive services, resource utilization, and various healthcare initiatives.

At the center of the program are the providers who serve on the Quality Improvement Committee (QIC). The QIC, representing physicians and administrative leadership, operates directly under the auspices of the board of directors. The QIC is vital to MedStar Select because it develops and evaluates clinical and operational standards for providers.

The Provider Agreement requires providers to comply with the MedStar Select Quality Improvement program. To obtain additional information, providers may go online to www.medstarprovidernetwork.com or call Provider Services at **855-222-1042**, Monday through Friday, 8 a.m. to 5 p.m.

Health Plan Definitions

Medical Necessity

Services or supplies are determined to be medically necessary if they are:

- Commonly recognized throughout the provider's specialty as appropriate for the diagnosis and/or treatment of the associate or covered dependent's condition, illness, disease or injury
- Provided in accordance with the standards of good medical practice and consistent with scientifically based guidelines of medical, research or healthcare coverage organizations or governmental agencies that are accepted by MedStar Select
- Reasonably expected to improve an individual's condition or level of functioning
- In conformity, at the time of treatment, with medical management criteria/guidelines adopted by MedStar Select or its designee
- Provided not only as a convenience or comfort measure or to improve physical appearance
- Rendered in the most cost-efficient manner and setting appropriate for the delivery of the health service

MedStar Select Medical Management reserves the right to determine in its sole judgment whether a service meets these criteria and will be authorized for payment. Authorization for payment decisions shall be made by MedStar Select Medical Management with input from the associate's or covered dependent's PCP or another provider performing the service.

Independent consultation with a provider other than the PCP or attending physician may be obtained at the discretion of MedStar Select Medical Management. The fact that a physician or other healthcare provider may order, prescribe, recommend or approve a service, supply, or therapeutic regimen does not, of itself, determine medical necessity and appropriateness or make such a service, supply or treatment a covered service.

Other Pertinent Definitions

Assigning Lengths of Stay: a process for assigning approved days for an acute care inpatient admission based on relevant clinical information

Business Day: means Monday through Friday, except for federal holidays

CMU: case manager utilization

CSR: clinical services representative

Covered Service: a healthcare service that is a covered benefit under an employer's self-insured health plan

Concurrent Review: a review during a course of treatment to determine whether the amount, duration and scope of the prescribed services (including extended stays or additional healthcare services) continue to be medically necessary or whether a different service or lesser level of service is medically necessary

Emergency Medical Condition: a medical condition that reveals itself by acute symptoms of sufficient severity or pain such that a prudent layperson could reasonably expect the lack of immediate medical attention to result in: (a) placing the health of the person (or with respect to a pregnant woman, the health of the woman or her unborn child) in serious jeopardy; (b) serious damage to bodily functions; or (c) serious dysfunction of any bodily organ or part

Identifi™: an integrated health management system for documenting information related to the associate or covered dependent's health, hospital confinements, ongoing monitoring, care or case advising, etc.

InterQual® Criteria: A set of regularly updated, rules-based, patient specific evidence-based medicine decision support system that ensures that medical necessity reviews are based on established clinical guidelines and criteria. InterQual® criteria can also be used to help determine initial length of hospital stay.

Length of Stay (LOS): the number of days between hospital admission and hospital discharge. The day of admission is counted; the day of discharge is not.

LTAC: long term acute care facility

MDS (Minimal Data Set): clinical information needed for pre-authorization services

Ongoing Ambulatory Care: ambulatory care of symptomatic conditions, usually requiring regular or frequent visits or encounters (e.g., allergy injections or therapy visits)

Personal Approach to Health (PATH): MedStar Select's Care Advising approach

Participating or Network Provider: A facility, hospital, doctor or other healthcare professional that has been credentialed by and contracts with the self-insured employer sponsored health plans that MedStar Select serves as a Private Review Agent.

Prior Authorization (Pre-service Decisions): A determination made by MedStar Select to approve or deny coverage for a provider's request to provide a service or course of treatment of a specific duration and scope to an associate or covered dependent prior to the provider's initiation or continuation of the requested service. (May also be referred to as prospective review, pre-certification or organization determination.)

Rehabilitation (Rehab): for the purposes of this document, facility-based care that includes a wide array of services, including evaluation and treatment to help associates and covered dependents recover from an illness or injury, or therapy for those with disabilities. Treatment teams evaluate individual needs and develop a rehabilitation plan to meet those needs with a focus on helping the associate or covered dependent gain independence.

Skilled Nursing Facility (SNF): a type of healthcare facility recognized by the Medicare and Medicaid systems as meeting long-term healthcare needs for individuals who have the potential to function independently after a limited period of care. A multidisciplinary team guides healthcare and rehabilitative services, including skilled nursing care. Skilled nursing care includes rehabilitation and various medical and nursing procedures.

Urgent Medical Condition: Any illness, injury or severe condition that under reasonable standards of medical practice would be diagnosed and treated within a 24-hour period and, if left untreated, could rapidly become a crisis or emergency medical condition. The terms also include situations where a person's discharge from a hospital will be delayed until services are approved or a person's ability to avoid hospitalization depends upon prompt approval of services.

Utilization Management (UM): An objective and systematic process for planning, organizing, directing and coordinating healthcare resources to provide medically necessary, timely and quality healthcare services in the most cost-effective manner.