

Improving Health Outcomes and Equity: A Population Health Approach

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Agenda

- Who we are
- Health Equity Data Spotlight
- What is Population Health?
- CalPERS Approach to Population Health
- Behavioral Health Data and Action
- Bringing it all together and next steps

CalPERS Strategic Health Goals

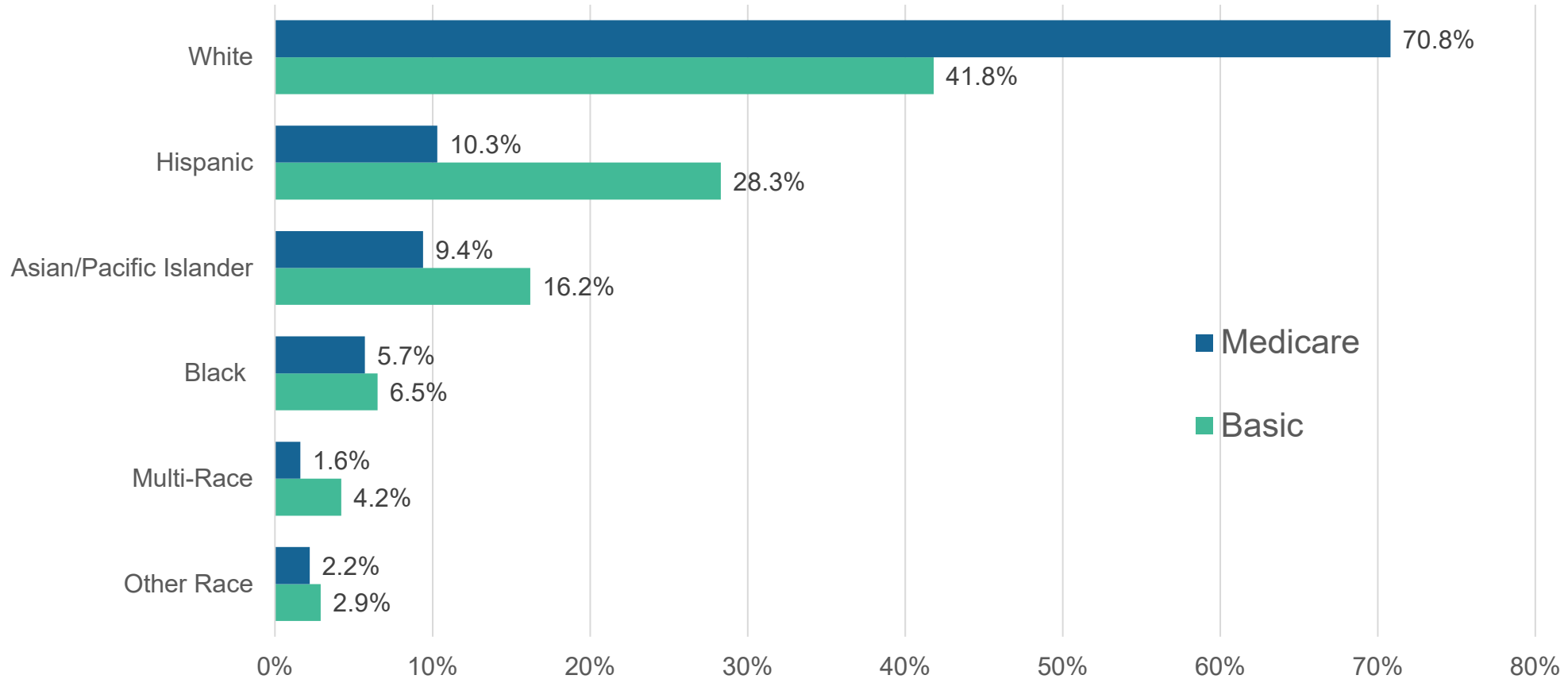




Who We Are – Our Demographic Data

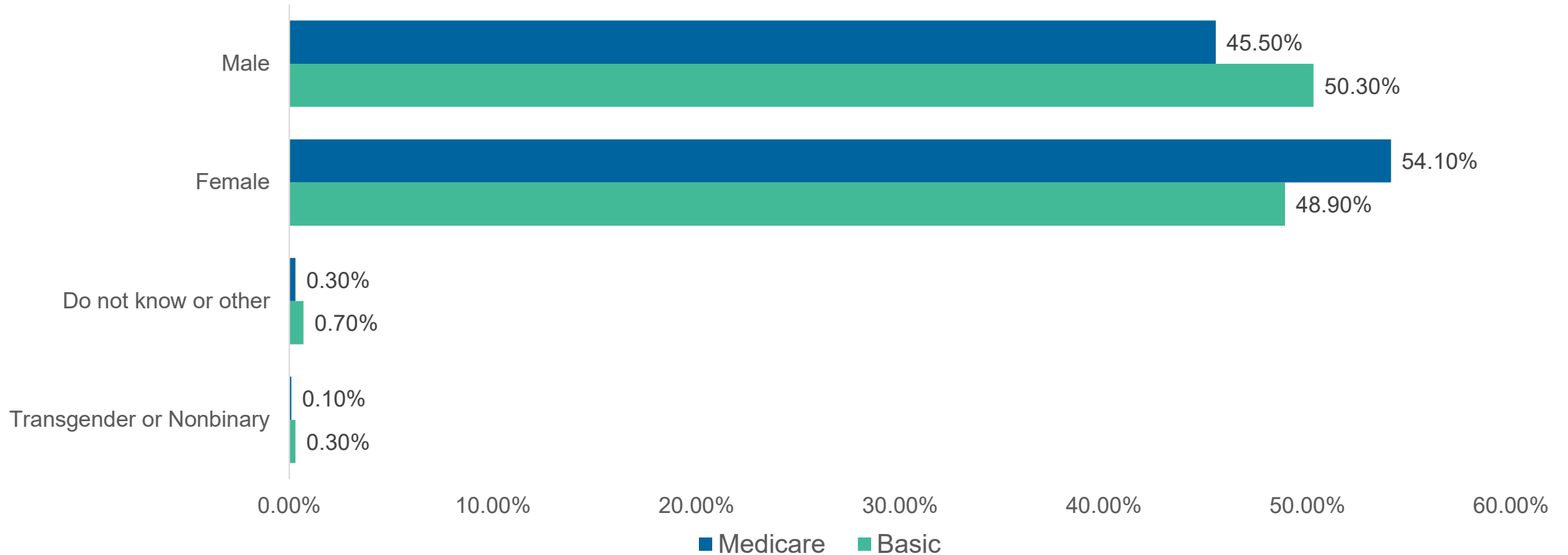
Health Demographic Profile, 2022

Adult Member Race and Ethnicity



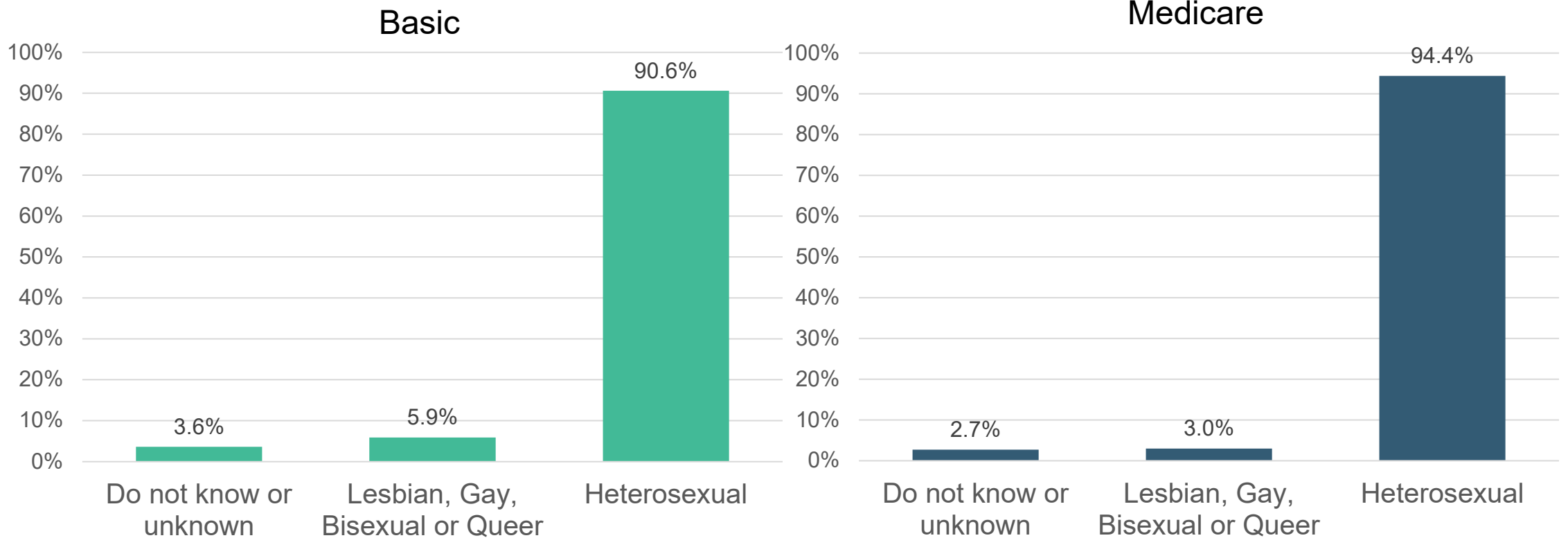
Health Demographic Information, 2022

Gender Identity

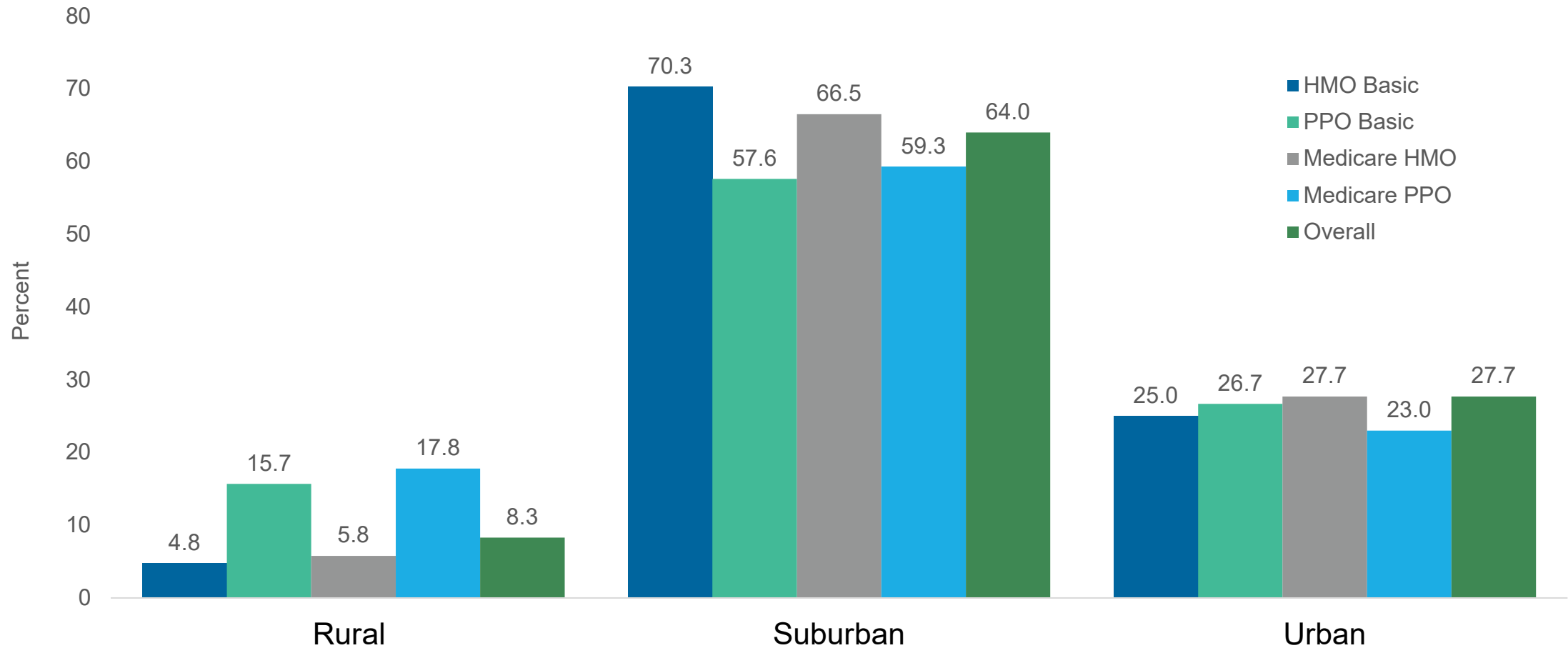


Health Demographic Information, 2022

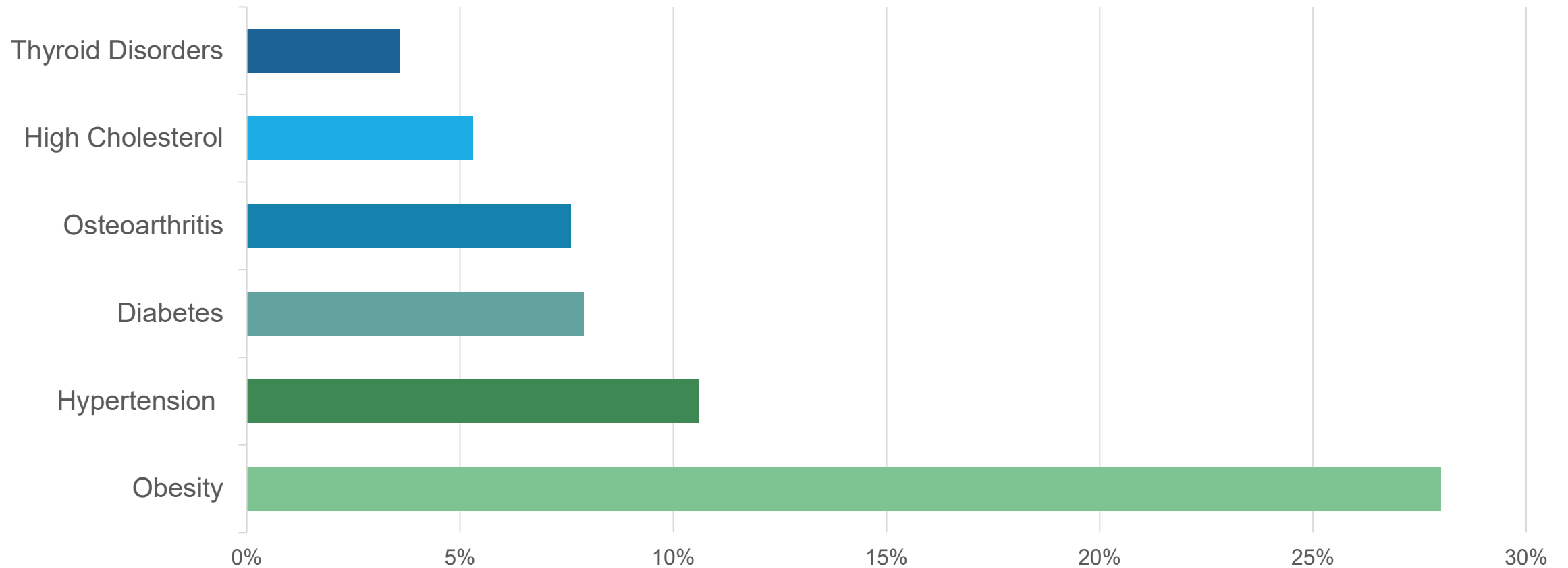
Adult Sexual Orientation



Member Geographic Distribution, 2022

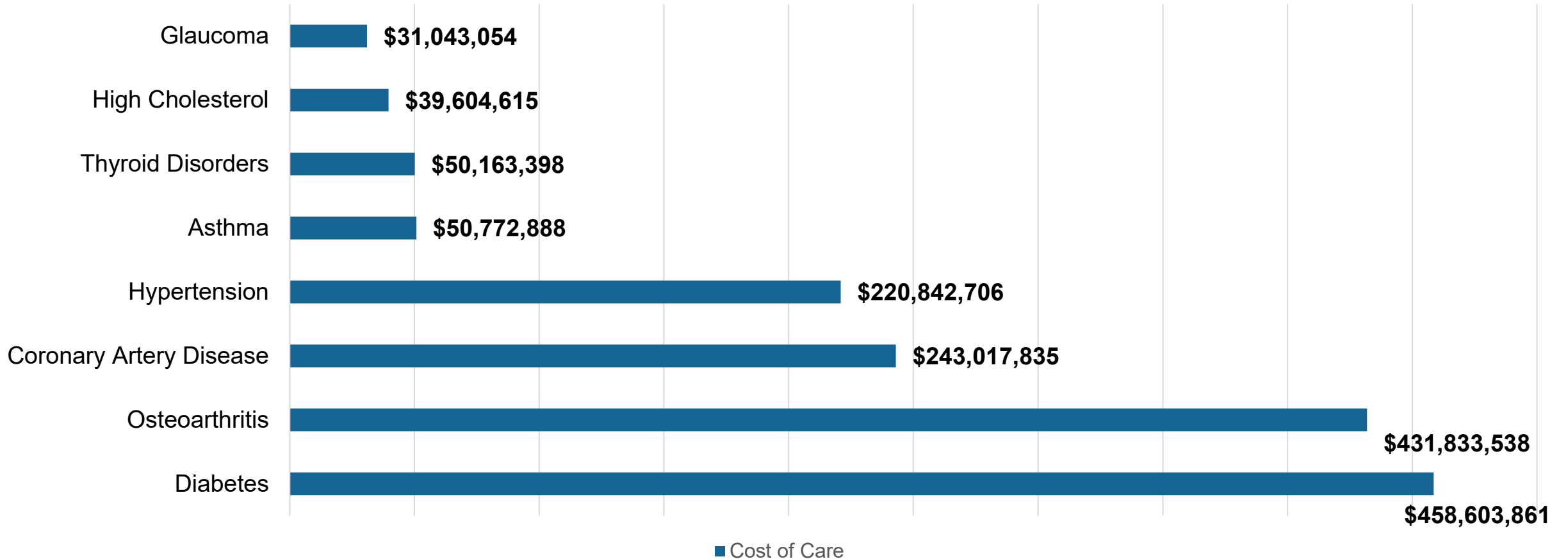


Prevalence of CalPERS Chronic Conditions, 2022



*2022 Basic and Medicare Adult Members, CalPERS Data Warehouse

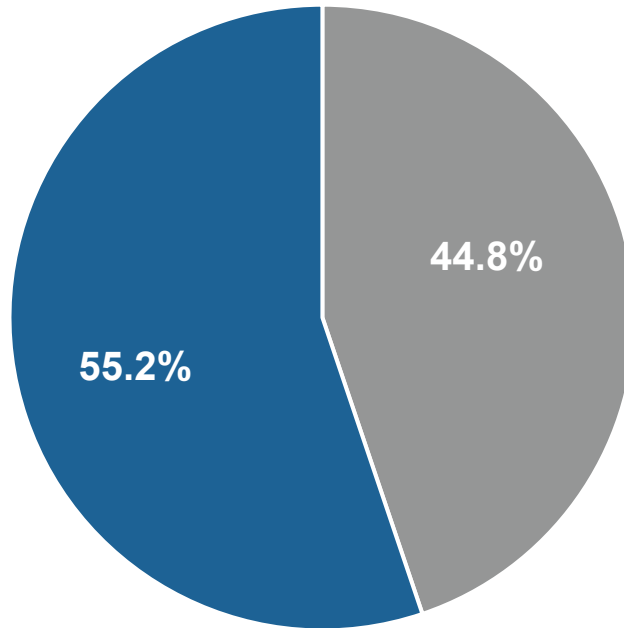
Cost of Care for Chronic Disease, 2022



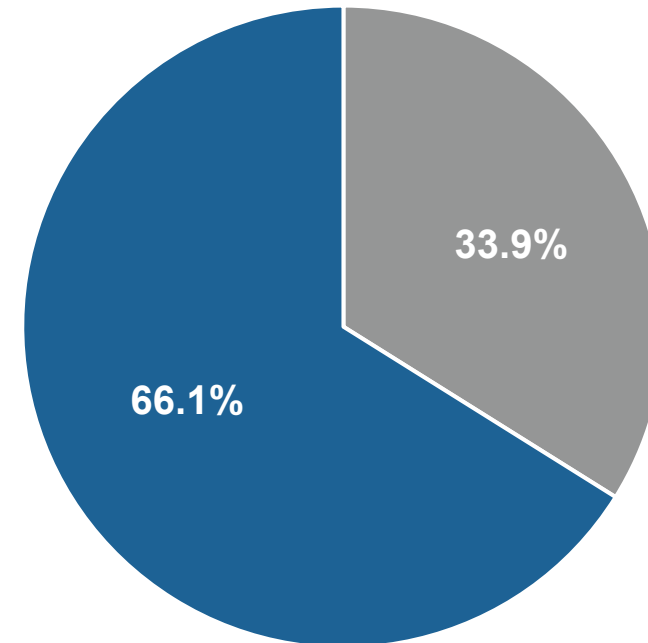
*2022 Basic and Medicare Adult Members, CalPERS Data Warehouse

Health Equity Spotlight: Colorectal Cancer Screening

Medicare



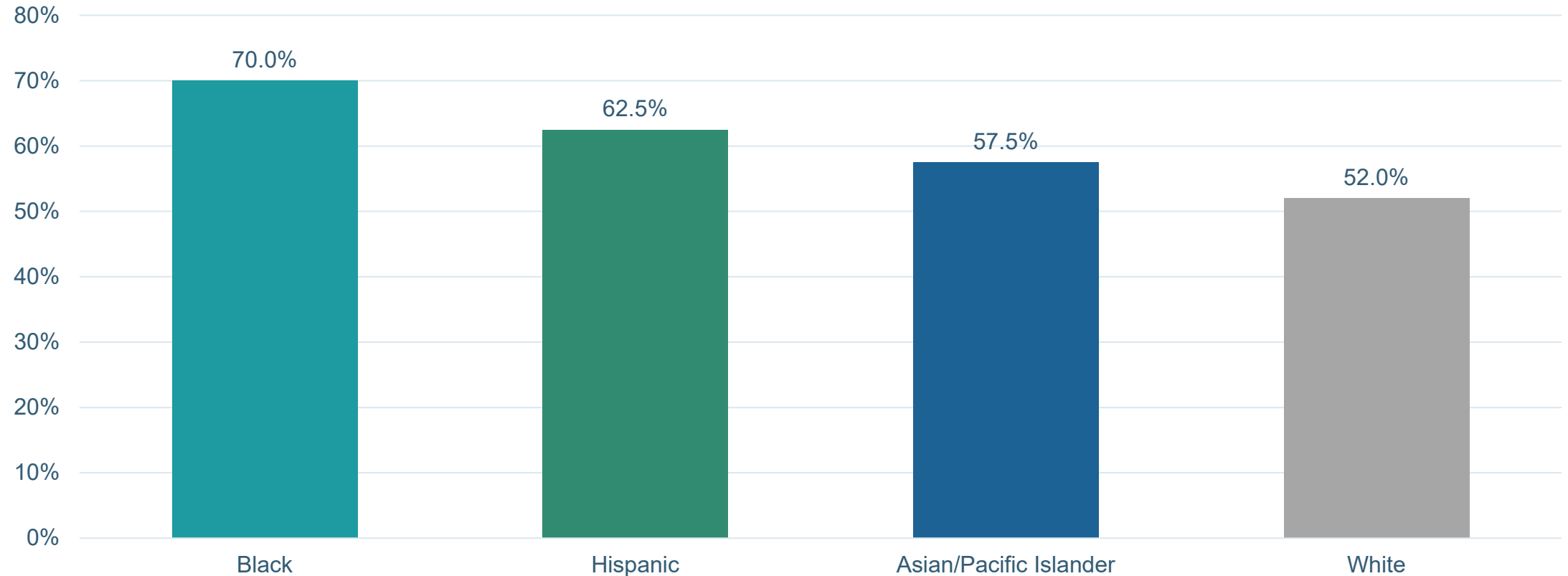
Basic



■ Not Screened ■ Screened

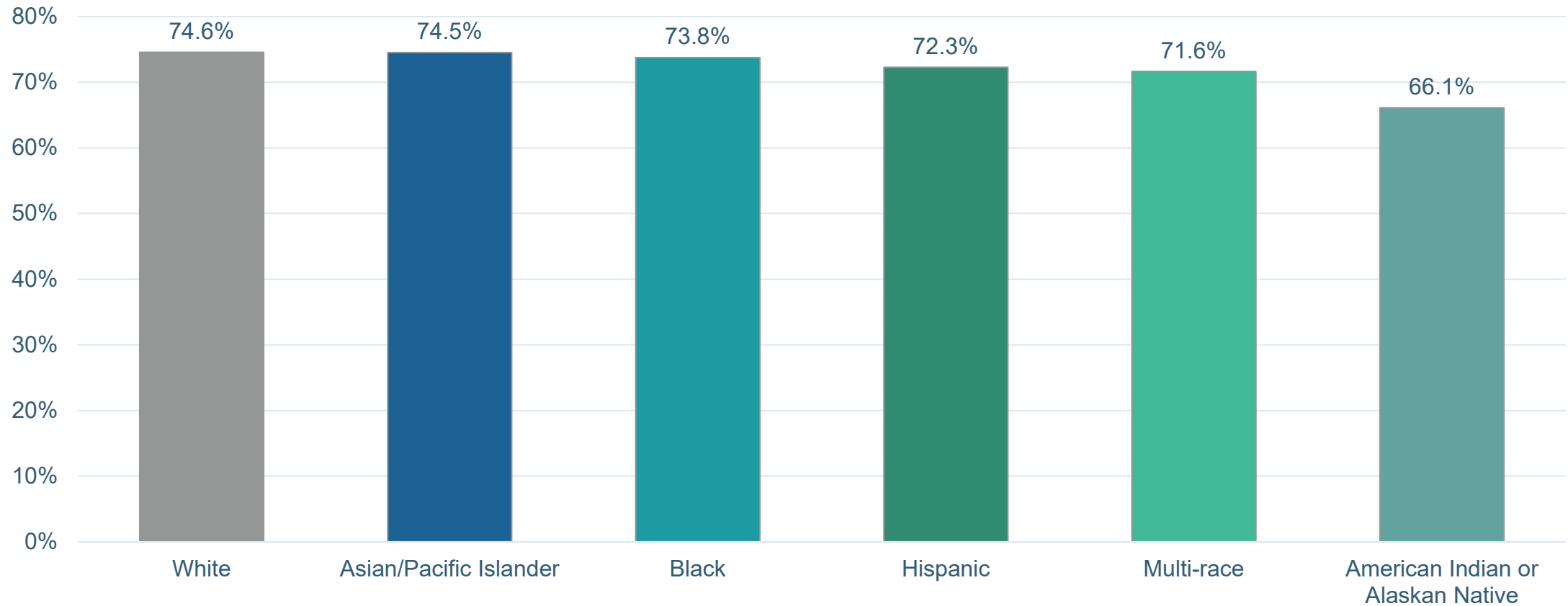
Colorectal Cancer Screening by Race & Ethnicity

Medicare



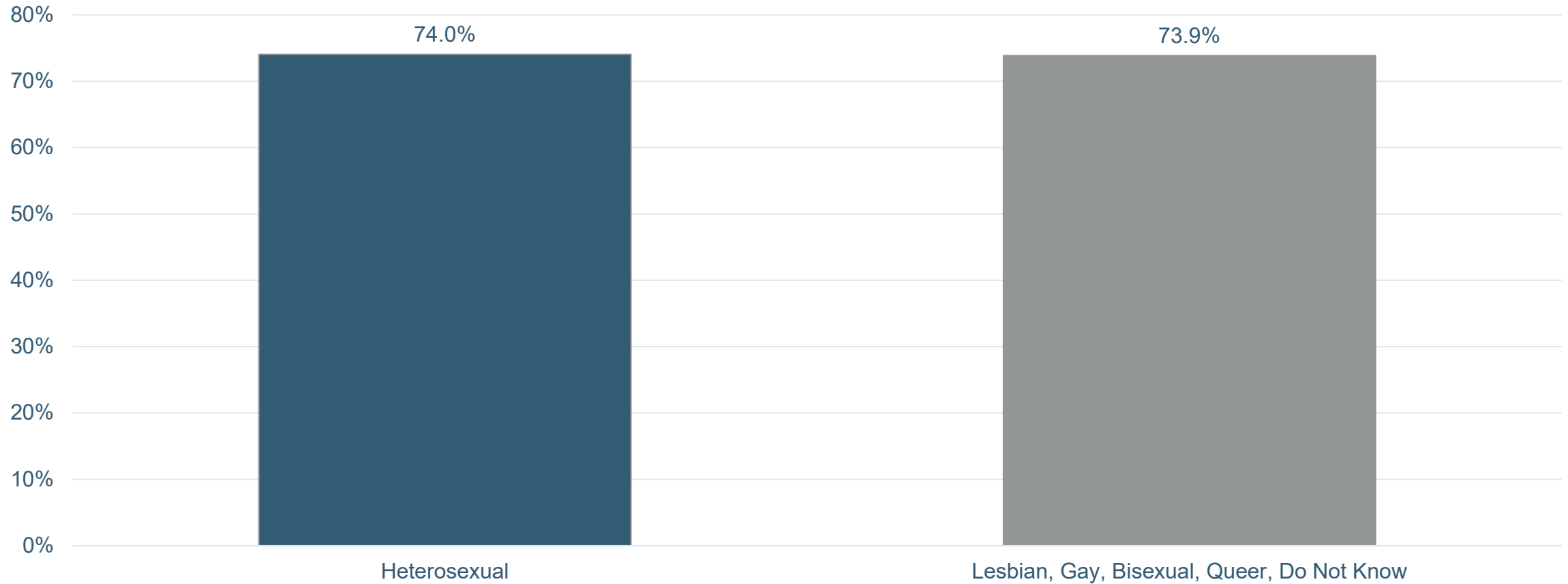
Colorectal Cancer Screening by Race & Ethnicity

Basic



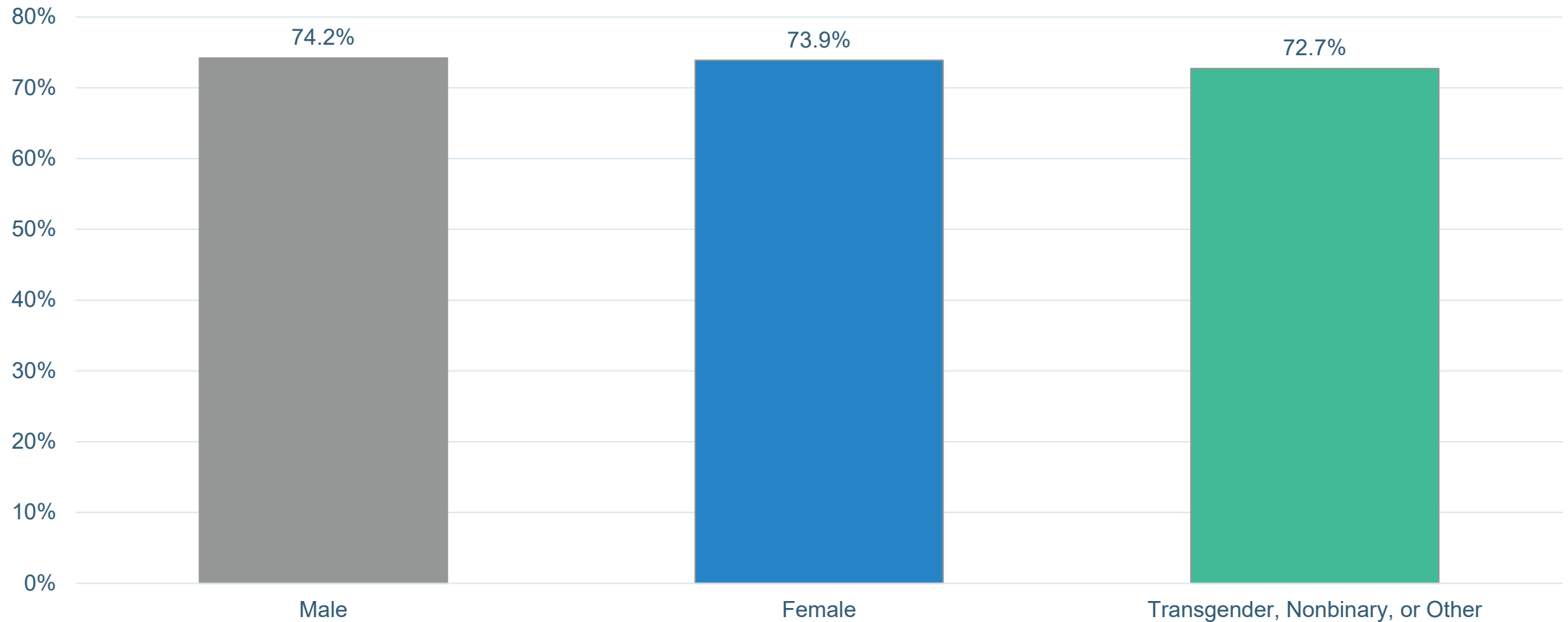
Colorectal Cancer Screening by Sexual Orientation

Basic



Colorectal Cancer Screening by Gender Identity

Basic

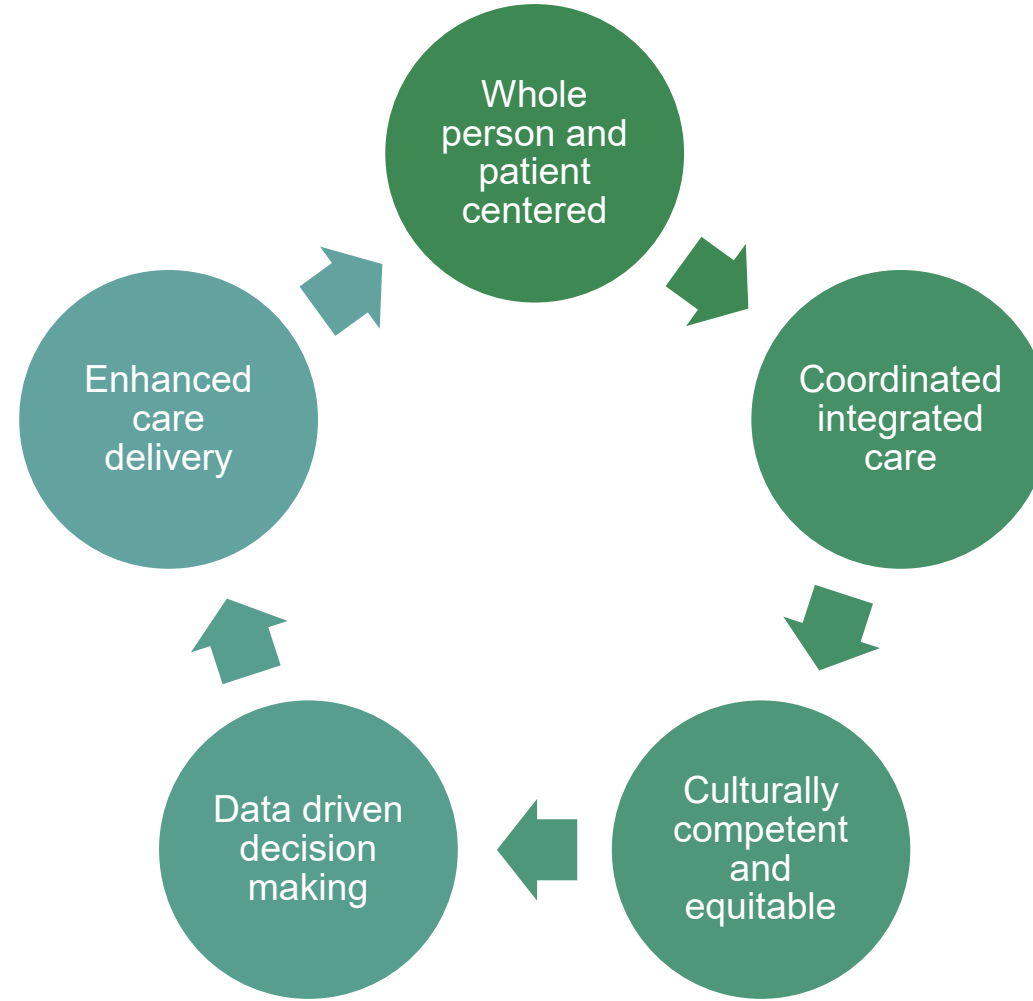




Population Health

Population health is a patient-centered approach that aims to improve physical and behavioral health outcomes, promote wellbeing and reduce health inequalities across an entire population using data to drive decision making.

CalPERS Population Health Framework



Population Health Management

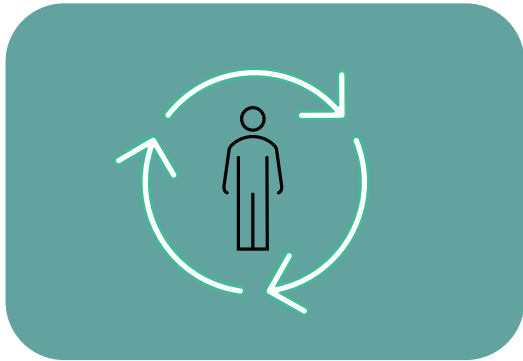


High intensity care management

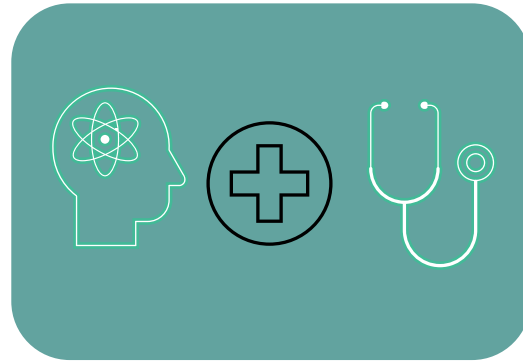
Complex Care Management

Basic Population Health Management

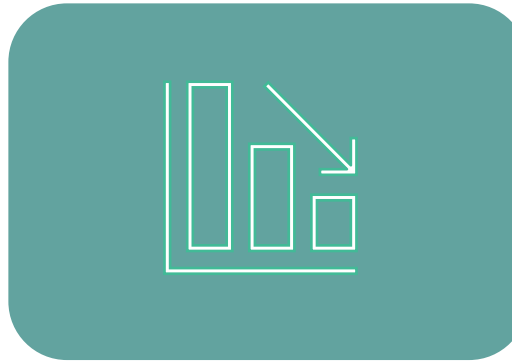
CalPERS Population Health Goals



Improve whole person care for CalPERS members



Promote behavioral health integration

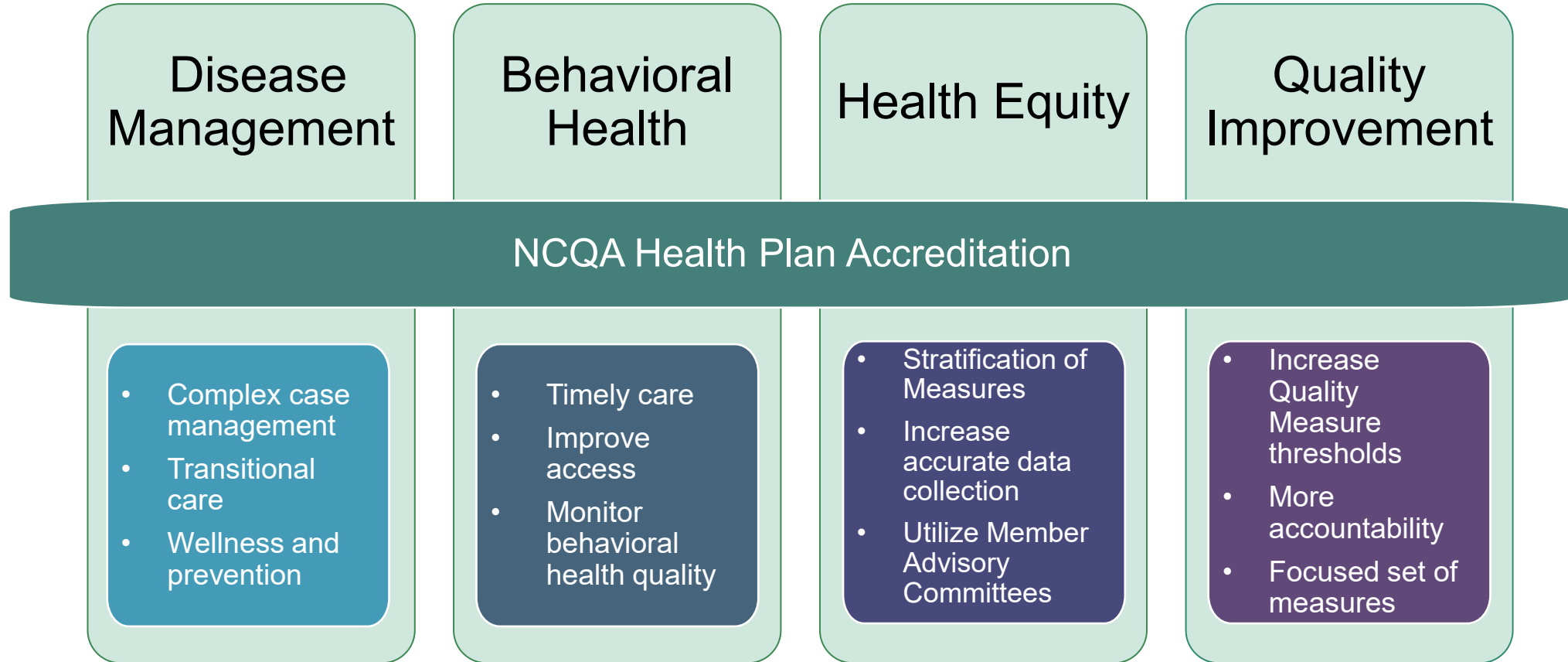


Reduce health disparities



Make meaningful advances in quality

Leveraging Health Plan Contracts



2025 PPO Solicitation



Care Management/Population Health focus



Member Navigation Services



Curation of networks to high-value providers

Performance Measure & Quality Improvement



Clinical Quality Measures

Focus on high impact population health measures and attach significant financial accountability

Childhood
Immunizations

Colorectal
Cancer
Screening

Controlling High
Blood Pressure

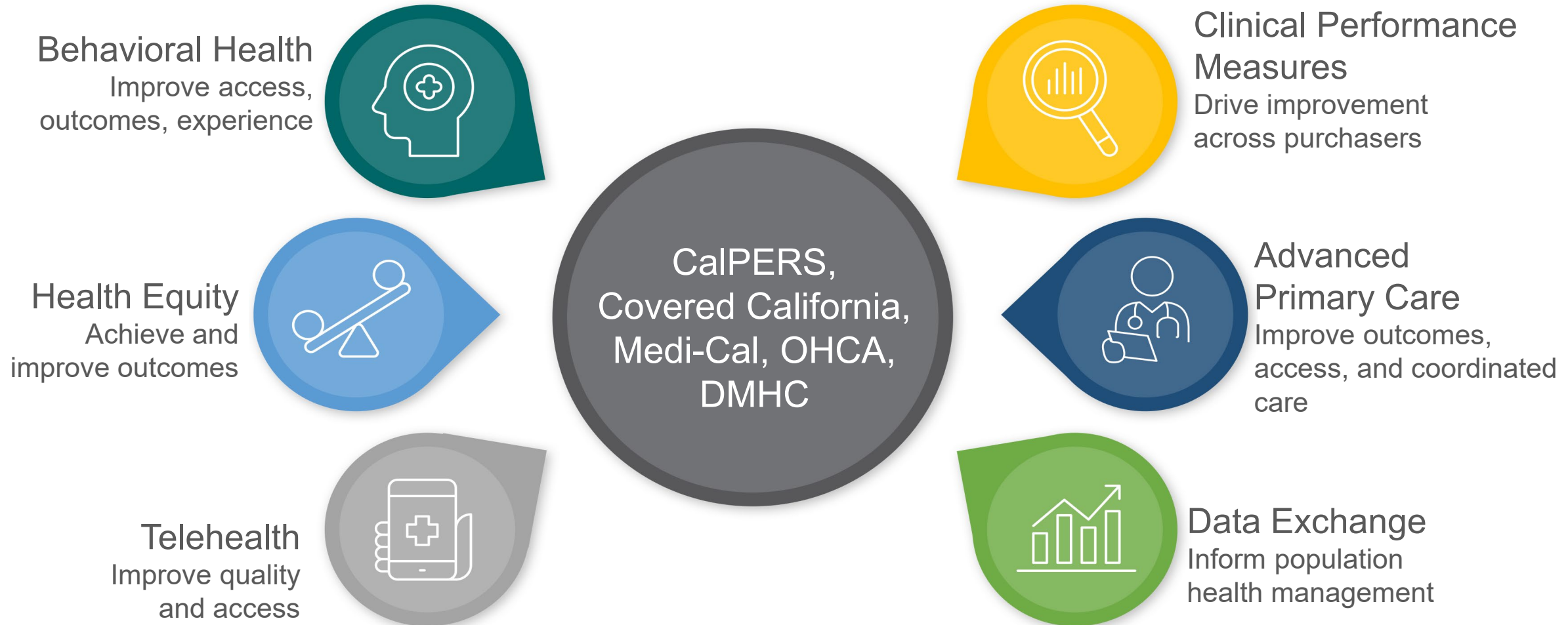
Diabetes Care

Pregnancy Care

Depression
Screening

Medication
Therapy for
Opioid Use
Disorder

Collaborating to Drive Change



Behavioral Health Priorities



Quality Measure
Alignment



Expand access



Promote behavioral
health integration with
primary care



Member Engagement

Behavioral Health Prevalence Rate – Basic and Medicare

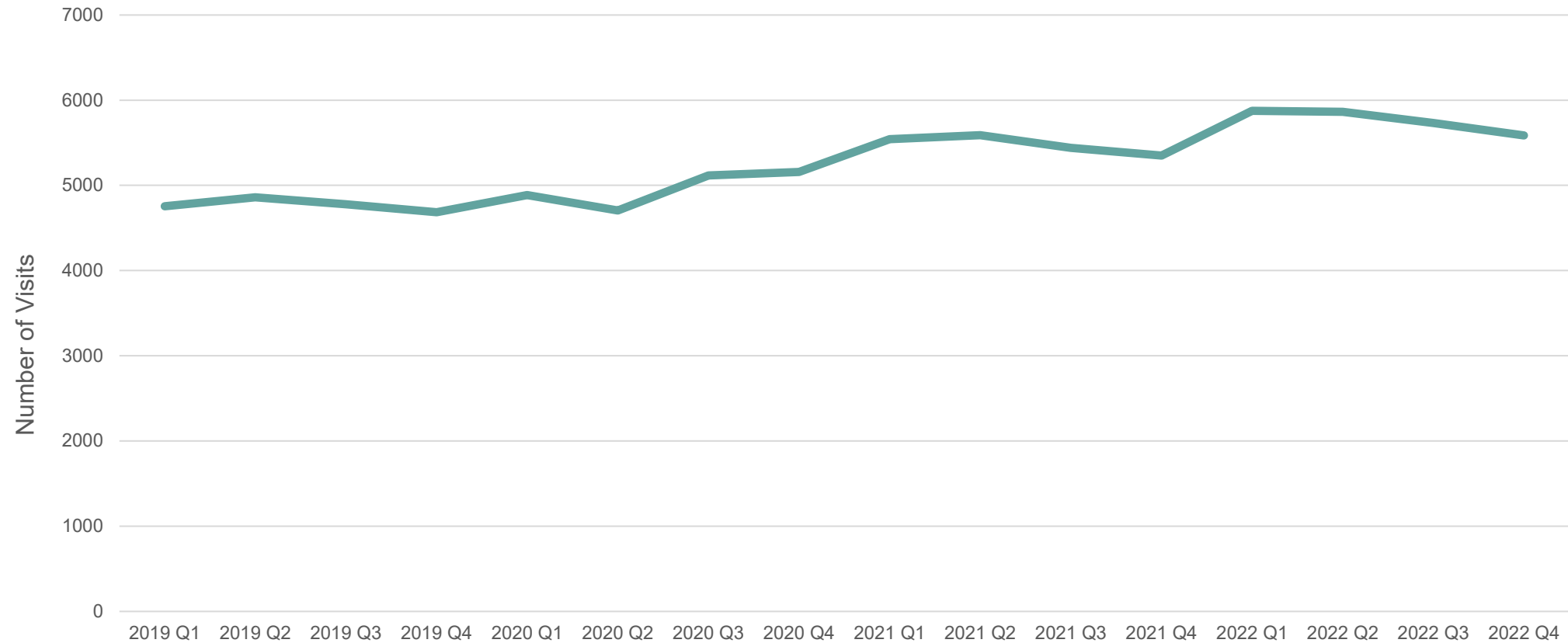
Commercial	2019	2020	2021	2022
Anxiety Disorder	4.4%	5.0%	5.5%	5.4%
Depression	5.6%	6.0%	6.6%	6.0%
Eating Disorder	0.1%	0.1%	0.1%	0.1%
Obsessive-Compulsive Disorder	0.1%	0.2%	0.2%	0.2%
Substance Use Disorder	1.1%	1.1%	1.2%	1.1%

Medicare	2019	2020	2021	2022
Anxiety Disorder	3.3%	3.6%	3.8%	3.3%
Depression	5.4%	5.5%	5.8%	4.6%
Substance Use Disorder	1.2%	1.2%	1.2%	1.1%



Behavioral Health – Adolescents (Ages 12 – 24)



Adolescent Prevalence	2019	2020	2021	2022
Anxiety Disorder	5.0%	5.6%	6.6%	6.5%
Depression	6.4%	7.0%	8.2%	7.1%
Eating Disorder	0.2%	0.2%	0.3%	0.3%
Obsessive-Compulsive Disorder	0.2%	0.3%	0.4%	0.4%
Substance Use Disorder	1.0%	1.0%	1.0%	0.9%

Behavioral Health Outpatient Utilization per 1,000 Members



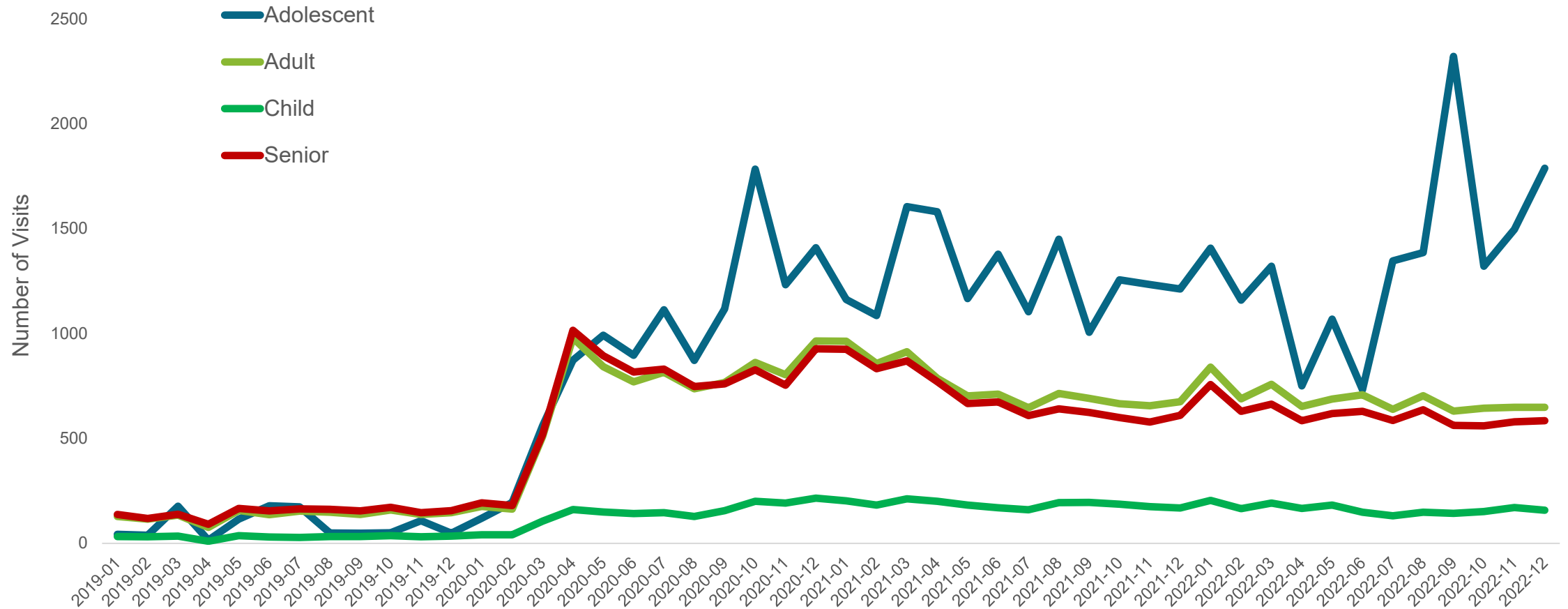
Opioids & Medication Assisted Therapy: 2019-2022

Claims and Utilizers for Opioids 2019 and 2022	Change by numbers	Change by percentage
Claims Decreased	66,551	 9.7%
Utilizers Decreased	12,052	 6.0%

Summary of Changes for Medication Assisted Therapy 2019 and 2022	Change by numbers	Change by percentage
MAT Scripts Increased	6,576	 36.9%
Rescue Therapy Scripts Decreased*	1799	 15.5%

*Rescue Therapy – number of scripts for opioid overdose reversal with Narcan (naloxone), etc.

Behavioral Health Telehealth Visits by Age: 2019 to 2022 per 1,000 Members



Improving Member Engagement and Access



Make time for mental health

Explore our resources

Resources to help make life a little easier

United Healthcare | CalPERS

YOU supported.

Optum

When you want support on your terms

Get the help you need — it's part of your health plan. If you or a loved one is living with depression, anxiety, a substance use disorder, trauma or another mental health condition, help is available through your United Behavioral Health plan.

We have made it easier for you to connect to the right care at the right time. Simply answer a few questions about how you're feeling — and your goals — and we will recommend resources to meet you where you are in your mental health journey, such as:

- Digital support tools and resources
- Individually tailored treatment plans
- Access to an extensive network of mental health providers, both virtual and in-person

24/7 Availability | Confidential | Family support

Myandworklife.com
Register on our HealthNetID to see your personal plan benefits. To learn all the great, new resources, visit us at myandworklife.com

Call for CalPERS Health: 1.800.715.8222 or CalPERS Medicare Advantage: 1.800.877.8181

Scan the QR code to register

CalPERS

westernhealth ROYALTY



June 2023

Health Net of California, Inc.
97081 Burbank Blvd.
Woodland Hills, CA 91367-6607
Mailing Address: PO Box 9103
Van Nuys, CA 91409-9103
healthnet.com/calpers

Important information from Health Net of California, Inc. (Health Net)

Dear Health Net Member:

We want to share **important information** with you about your Health Net plan's behavioral health benefits. These benefits are administered by MHN Services, LLC. (MHN) for your Health Net health plan.

Behavioral health refers to actions and emotions that affect your overall well-being – including mental health and substance use. Even though behavioral health has been wrongly labeled in the past, it is now crucial to place behavioral health on the same level as physical well-being.

Your Behavioral Health benefits

Your plan includes behavioral health benefits for both mental health and substance use disorder services. California law requires every health plan in the state to cover medically necessary treatment of mental health conditions for adults and children. This includes but is not limited to:

- Anxiety Disorders
- Post-Traumatic Stress Disorder (PTSD)
- Schizophrenia
- Depression
- Bipolar Disorder
- Substance Use Disorders
- Eating Disorders

Covered medically necessary behavioral health services include but are not limited to:

- Individual, family couples and/or group therapy
- Medication management
- In-depth out-patient treatment
- Treatment in a higher level of care center, such as a hospital or home setting.¹

Patient-Centered Care Models to Improve Access



Advanced Primary Care

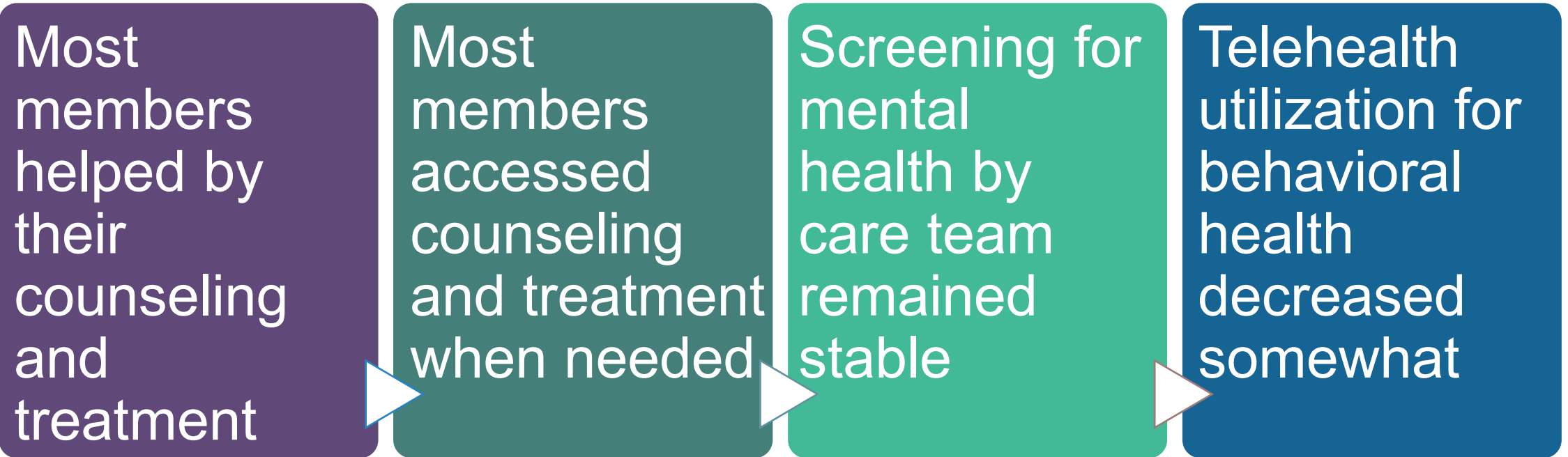


Behavioral Health Integration

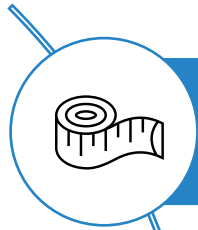


Alignment

2023 Health Plan Member Survey: Using Results to Drive Change



Improving Behavioral Health Measurement



CalPERS Behavioral Health Strategic Measure



Depression Screening health plan performance measure



HPMS Health Equity analysis added in 2022



Monitoring behavioral health grievances & appeals

Next Steps

Behavioral Health

- ✓ Monitoring network access
- ✓ Working with partners to expand integration



Health Plan Accountability

- ✓ PPO solicitation changes
- ✓ HMO monitoring



Population Health Management

Quality Improvement

- ✓ Stratification of clinical quality measures
- ✓ Work on public reporting of quality measures



Health Equity

- ✓ Increase bi-directional data sharing
- ✓ Work with partners to set disparity targets



Questions and Discussion