

LMBC Meeting Minutes

December 12, 2023

Zoom Meeting

Attendance

Compiled by Anne Hogan

LMBC Members present

Tom Armstrong
Vince Elmore
Kim Epling
Margaret Evans
Mark Gipson
Casey Hettman
Claire Houston
Rob Hutchens
Isaac McLennan
Nicole Powell
Elisa Rivera
Minh Van Duong (for Jenny Scott)
Carolyn Welch
Rachel Whiteside
Annette Wood
Ron Zito

Staff

Michelle Taylor
Anne Hogan
Santos Aguilar

Presenters

Laura Odoms, Moda Account Executive
Lori Armitage, Moda Senior Underwriter
Sara Eide, Moda Healthy Foundations Mgr.
Nancy Langeland, Express Scripts Account Executive
Eileen Bondy, VP, ESI Pharmacy Clinical Consulting Advisor
Adam Stacy, ESI Provider Strategy & Contracting

LMBC Members absent

Blake Dye
Jamie Doscher
Leslie Goodlow
Jenny Scott

1. Meeting Called to Order

Co-chair Rachel Whiteside called the meeting to order at 1:32 pm.

2. Meeting Minutes Discussion

Rachel asked committee members whether they wanted to accept the November 17th meeting minutes as written or whether there were any changes or modifications that needed to be made. There were no issues or problems to address, and the minutes were accepted by the committee.

3. 2022-2023 Moda Annual Report and Plan Performance Review (Moda)

Moda Account Executive Laura Odoms introduced herself and her team. Underwriter Lori Armitage and Laura began the Moda presentation by focusing on slide 4, which highlighted the City's member medical utilization. This medical utilization dashboard covered claims incurred from the previous plan year, July 2022 until June 2023, and highlighted the following:

- Inpatient per member per month (PMPM) costs decreased from \$91 in 2021-2022 to \$68 in plan year 2022-2023, a 25% decrease. There were fewer plan participants who had babies.
- Outpatient and professional PMPM costs have increased when compared to the previous plan year: \$184 PMPM (outpatient) and \$257 PMPM (professional) in 2021-2022 to \$205 PMPM (outpatient) and \$264 PMPM (professional) in 2021-2022, a 11.8% and 2.7%

increase; chemotherapy, mental health visits, and outpatient surgeries were the primary drivers behind this increase.

- There were 31.2 inpatient hospital admissions per 1000 members for the 2022-2023 plan year, a 9.3% decrease from the previous 2021-2022 plan year.
- Emergency department visits increased from 108 visits per year in the 2021-2022 plan year to 125 visits per year in the 2022-2023 plan year but still within standard range.
- Musculoskeletal and connective tissue issues, mental health/behavioral disorders and benign and malignant neoplasms were the top 3 most common disease classes (most PMPM costs associated with diagnosis)

Tom Armstrong asked how inflation may have factored into these cost increases and Lori replied these dollar amounts don't include inflation but that they would reach out to their actuarial team for additional information.

Moving on to slide 5, Lori broke down emergency room visits and those claims considered non-avoidable, avoidable, and undetermined. In 2022-2023, 18.4% were considered emergent and non-avoidable, 35.7% avoidable and 45.9% undetermined (not enough information). The top three reasons for these visits are as follows: 1. Abdominal pain, 2. Non-specific chest pain, 3. Open wounds of extremities. In addition, primary care doctors are notified when their patients visited the ER and COVID-19 admissions decreased by 60%. Laura added that OHSU virtual care visits are still available to participants.

As shown on slide 5, Lori presented the committee with behavioral health data. Telehealth/virtual visits remain high at 1,762.2 visits per 1000 members as compared to 805.7 in person visits per 1,000 members for plan year 2021-2022. Rachel wondered whether the City's numbers were consistent with Moda's book of business and Lori confirmed this; public sector entities have been promoting mental health services among its workforces. Sara Eide added the City's generous benefits (\$0 copays for in-network provider visits) have contributed to the increase in utilization.

Lori moved on to slide 8, which highlighted condition prospective specific risk scores, or future risk based on the past year's claims experience. The top risk score by condition in plan year 2022-2023, was depression at 5.3% of members.

Slides 9 and 10 highlighted the 2022 HEDIS measure rates, which are a set of standardized performance measures developed by the National Committee for Quality Assurance (NCQA) to objectively measure, report, and compare quality across health plans. Overall, the City's prevention and screening rates were higher than other NCQA reported Moda Oregon PPO entities. Lori mentioned the colorectal cancer screening age had dropped to age 45, which affected the numbers making them look artificially low.

Lori discussed the dental utilization and claims information on slide 12. As in previous years, the City out-performed other public peer entities at all treatment levels including preventive care (44% or 4,903 members), minor/moderate care (e.g., fillings; 16% or 1,571 members) and intensive care (e.g., crowns, bridges; 12% or 1,139 members). There were 3,120 members out of 11,125 who did not seek any services during the 2022-2023 plan year. The allowed PMPM increased from \$54.17 in the 2021 plan year to \$57.40 PMPM in 2022, a 6% increase.

As shown on slide 13, the Preventive First benefit, which was added in July of 2022, saved Delta Dental participants money. The addition of this benefit meant preventive care services (and money spent toward these services) were not included in the allowed annual maximum benefits amounts (\$2000 for the Delta Basic plan and \$2,500 for the Buy-Up plan). Because of this, members had

the full allowable maximum amount available for non-preventive services such as crowns, implants, etc. As a result, 81 members on the base plan and 52 members on the buy-up plan did not go above their maximum allowed amounts for 2022-2023.

Laura continued the presentation by highlighting slide 15, and Moda's Out-Of-Network Provider Contracting Project Overview. A total of 379 contracting opportunities had been initiated with providers and 125 contracts completed since 2019. This positively impacted 1,156 members. In addition, 15 behavioral health providers are in the early stages of contracting with Moda to become part of the Connexus Network.

As highlighted on slides 16 and 17, Moda continues to expand their provider diversity, equity, and inclusion (DEI) initiative as part of a performance guarantee with the City. Moda mails out communications to their contracted providers on an annual basis, inviting them to complete both their practitioner and clinic level DEI survey. This DEI data is included in their "Find Care" search browser tool, which helps members find providers of diverse backgrounds. As of November of 2023, 2,427 practitioners and 1,729 clinics have responded to these surveys. In addition, the Health Advocate (Heidi) manages the Health and Wellness Resources for Diverse Populations Guide (list) and assists members with locating providers to meet their specific needs: [Gender Affirming Care and Culturally Specific Resources | Portland.gov](#)

As shown on slide 18, Laura presented the committee with additional behavioral health access updates, which continues to be a challenge. As of November of 2023, Moda added 10 practices, which employ 100 supervised behavioral health providers (SBHPs) for members. These are providers who are working toward full, clinical, and independent licensure and includes the following types in Oregon:

- Clinical Social Work Associates
- Marriage & Family Therapy Associates
- Professional Counselor Associates
- Psychologist Residents

By March of 2024, Moda hopes to complete contracting with an additional 40 to 60 practices. To address the needs of first responders, Moda is prioritizing identifying first responder focused SBHPs to accommodate additional therapy support for this member population.

Laura also detailed utilization for Meru, a 12-week, mental health program available to Moda members (18 or older) who may be experiencing depression, anxiety, sleep deprivation or who would like to lose weight or lower their blood pressure via a smartphone application. During plan year 2022-2023, 74 members completed their digital screening, 57 members participated in intake phone calls, and 56 members who fully enrolled in the program.

Laura finished their presentation by highlighting slide 21, which featured healthcare coordination and member outreach data. There were 4,494 members who were contacted about screenings, tobacco assistance, health coaching sessions, welcome letters, or reminders for needed care.

4. Express Scripts Annual Report and Plan Performance Review (ESI Team)

Express Scripts (ESI) Account Executive Nancy Langeland introduced herself and her colleague, Eileen Bondy, Pharmacy Clinical Consulting Advisor, before she began their Fiscal Year 2022-2023 plan performance review. Nancy highlighted the City's plan year trends as shown on slide three's Trend Dashboard. As compared to other local, state, and federal clients who had an average plan cost net per member per month (PMPM) increase to **\$159.96**, the City's net PMPM costs increased to **\$90.96** for plan year 2022-2023. **While other government entities' plan cost net PMPM for specialty prescriptions averaged \$73.73, the City's PMPM was \$42.64.** The top three costliest medications by indication/condition are the following: 1. Inflammatory Conditions 2. Cancer 3. Diabetes. The average numbers of member per month increased from 9,100 in 2021-2022 to 9,442 in 2022-2023, a 3.8% increase.

Nancy moved on to slide 4, which highlighted the City's plan performance for 2022-2023. The average wholesale price (AWP) or "sticker price" of members' medications increased from \$27,691,299 in plan year 2021 to 2022 to \$31,993,445 in 2022 to 2023, a 15.5% increase. However, after adjustments (copays, SaveOn rebates, etc.) the adjusted plan cost net was \$11,160,395 for plan year 2022-2023. City members (106) saved a total of \$16.7K through the SaveOn program. SaveOn net savings contributed \$770,724, a 11.9% decrease from the previous period.

Eileen Bondy began her discussion of the top 10 indications or conditions driving costs for the City's self-insured plan in 2022-2023. One hundred thirty-one (131) members filled prescriptions to treat inflammatory conditions at a plan cost net of \$3,749,556.

The largest financially impactful change to the plan was in inflammatory conditions, driving \$1.1M in increased net cost for a 36.3% increase in net per member per month (PMPM).

Eileen moved on to slide 6, which highlighted the Top 25 Drugs by Plan Cost Net. These medications represent 56% of the City's total plan cost net and comprises ten indications. In addition, 20 of the City's top 25 are specialty drugs, which make up 84% of the total plan cost net. The brand names listed in blue font are specialty medications while those listed in black font are non-specialty medications. The top three costliest medications are Humira (pen), Stelara and Skyrizi (pen), which are all prescribed to treat inflammatory conditions. AbbVie pharmaceutical, the makers of Humira, inflated the price of this medication as its patent was set to expire. Eileen discussed slide 7 and the savings and impact of programs such as Advanced Utilization Management and SafeGuardRx. These programs reduced the Plan Cost Net PMPM by 30.9% and shows that utilization management is working.

Because of time constraints, Nancy asked Adam Stacy, Vice President of Provider Strategy & Contracting, to give committee members an update to the Kroger/ESI negotiations. Since September of 2022, Express Scripts has been negotiating with Kroger and unfortunately, all parties involved have not been able to come to an agreement. Adam stated that Kroger has requested cost increases that are not considered economically feasible. Michelle Taylor inquired about the decreased availability of COVID-19 vaccinations and whether the lack of Kroger access has impacted these numbers. Nancy will review the data and get back to the committee. Tom Armstrong inquired whether Express Scripts could create an education campaign to promote generic medications and to increase utilization? Nancy confirmed that ESI could partner with the City to market generic drugs to its members.

5. Public Comment: None

6. Other Business:

Committee member Mark Gipson announced that this meeting would be his last as he's retiring. He thanked everybody for the opportunity to be a part of the LMBC. Other members thanked him for his many years of participation.

7. Next Meeting: January 16, 2023. The meeting will begin at 1:30 PM and will be scheduled to go until 3:00 PM. This meeting will be held via Zoom; details included upon request or via the meeting invite.

8. The meeting was adjourned at 3:00 pm.