

Changing the Way Health Care is Delivered

Value-Based Care – What this Means for You

How is Health Care Changing?

Health care consumers like you want personalized, quality care. To do this, the health care system is on a journey to achieve value-based care that puts you at the center. Value-based care encompasses proactive approaches that treat your overall health, not just react to symptoms after you become sick. This requires problem-solving, innovation, trust, and greater coordination to improve your satisfaction and health outcomes.

Health care providers, health plans, employers, and governments are part of an ongoing effort to implement and test new approaches that achieve higher quality in health care delivery. This effort builds upon a foundation established by the Affordable Care Act (or “ACA”) signed into law by President Barack Obama in 2010. You may recall how the ACA expanded access to insurance coverage for millions of Americans, including those with preexisting conditions, but that was just one goal. The ACA also paved the way to improve quality and performance in the health care system in ways that create more value.

A Closer Look at Value-Based Care



A key focus of value-based care is improving care coordination to ensure you are given the right care by the right provider at the right time. A diverse care team of health care professionals, including your primary care provider, a pharmacist, and specialists, collaborate because making decisions separately can lead to duplication, delays, or gaps in care. For example, if you end up in the hospital, discharge planning with the care team helps prevent avoidable readmissions. This thoughtful approach considers the needs of you and your caregiver to make transitions to home or another post-acute provider like a nursing home easier with clear and coordinated discharge instructions.



Value in health care is measured by improvements in health, not volume of services delivered, and the cost of care to achieve those improvements, not the cost of individual services.

Source: New England Journal of Medicine, [What Is Value in Health Care?](#)

Benefits



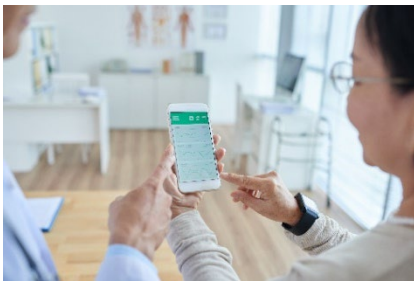
Team-based care

You have more partners working together with you to assess your physical, psychological, and social needs, develop care plans, coordinate services and resources, monitor progress, and educate you, your family, and other caregivers on how to maintain or improve your health. This may include collaboration with social workers to explore affordable and appropriate transportation options to help you make scheduled appointments and pick up your medications.



Data and Technology

Access to your electronic health record with your health history, including diagnoses, medications, treatment plans, allergies, and lab or test results, improves sharing important information with your care team to identify potential risks and support your ongoing health and wellness. Your care team may leverage other technologies, such as:



Telehealth, which uses email, video, or a telephone call to help you access care when you need it.

Smartwatches and other medical devices for use at home, such as blood pressure and glucose monitors that allow you to share your health information with the care team outside of regularly scheduled appointments.



Increased Engagement and Satisfaction

At the core of value-based care is helping you, the patient. A patient-centric approach aligns with your wants, needs, and preferences where the care team partners with you to help you better manage a chronic illness.



Better Outcomes

Team-based care focused on prevention and coordination with different provider types, including nutritionists, social workers, and mental health professionals, aims to achieve desired outcomes.

Additional Resources

The Commonwealth Fund, *Value-Based Care: What It Is, and Why It's Needed*, February 2023. Available at: commonwealthfund.org/publications/explainer/2023/feb/value-based-care-what-it-is-why-its-needed

Maryland Health Care Commission, *Electronic Health Information Exchange Secure Access to Your Electronic Health Information*, April 2023. Available at: mhcc.maryland.gov/mhcc/pages/hit/hit_hie/hit_hie_consumer_hie.aspx

AARP, *Understanding Value Based Insurance Design: What Does It Mean for People with Medicare?* April 2019. Available at: blog.aarp.org/thinking-policy/understanding-value-based-insurance-design-what-does-it-mean-for-people-with-medicare

Questions?

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