



UCare, Other Community Health Plans Accelerate the Adoption of Evidence-Based Care Through Collaboration, According to New Report

ACHP Includes UCare in New Study of Strategies that Speed Medical Evidence from Lab to Exam Room, Improve Patient Outcomes

Washington and Minneapolis (November 15, 2018) – Strong partnerships among health plans and providers improves the adoption of evidence-based care for patients, according to a new report released today from the [Alliance of Community Health Plans](#) (ACHP), which included [UCare](#) practices in its 18-month study. As a result of this payer-provider collaboration, care improves, costs go down and patients experience better outcomes.

The report, "[Accelerating Adoption of Evidence Based Care: Payer-Provider Partnerships](#)," illustrates how collaboration among health plans, physicians and communities speeds medical evidence from the lab room to the exam room. The report also finds that community health plans like UCare have a unique ability to influence clinician behavior, aiding in adoption of evidence-based health interventions and delivering higher quality care.

"Caring for patients means ensuring that we deliver on the latest, life-saving, medical breakthroughs," said Ceci Connolly, president and CEO, ACHP. "We know that scientists around the world are making new medical discoveries, but it can take decades for the related treatments and protocols to reach patients. Nonprofit, community health plans know how to accelerate the adoption of evidence in patient care."

With researchers estimating that the [universe of medical knowledge doubles every three months](#), and that it takes an [average of 17 years](#) for that knowledge to make its way to the point of care, ACHP recognized the need for new strategies to help clinicians. "[Accelerating Adoption of Evidence Based Care: Payer-Provider Partnerships](#)" is a culmination of an 18-month study of nonprofit, provider-aligned community health plans across the country, including UCare.

"We found that deploying a multidisciplinary team positively impacts the health of the communities we serve," said Mark Traynor, president and CEO, UCare. "Our recent initiative with a local children's hospital addresses socio-economic challenges faced by patients and connects them to community resources to provide an ecosystem of support – especially around food insecurity – for healthier outcomes."

The report identifies five best practices that other health plans and health systems of all sizes and models can employ to accelerate the adoption of evidence-based care. It provides detailed case studies from health organizations across the country – including UCare's partnership with a local children's hospital on a multidisciplinary care model – that illustrate the best practices in action:

- 1) Build consensus and commitment to change
- 2) Create a team that includes the necessary skill sets, perspectives and staff roles



- 3) Customize education, tools and access to specialized knowledge for physicians and for patients
- 4) Share timely and accurate data and feedback in a culture of transparency, accountability and healthy competition
- 5) Align financial investments with clinical and patient experience goals

The new report, case studies and related materials can be found at transforming-care.org.

“Accelerating Adoption of Evidence-Based Care: Payer-Provider Partnerships” is the result of an 18-month-long study, funded partially through a Patient-Centered Outcomes Research Institute® (PCORI®) Eugene Washington PCORI Engagement Award.

About UCare

[UCare](#) is an independent, nonprofit health plan providing health care and administrative services to more than 400,000 members throughout Minnesota. UCare partners with health care providers, counties, and community organizations to create and deliver:

- [Medicare plans](#) with an “Excellent” NCQA rating, and partnerships with Fairview and North Memorial in the metro, and with Essentia Health in northern Minnesota and western Wisconsin.
- [Individual and Family Plans and partnership with Fairview](#) available on [MNSure](#)
- [Coverage for adults with disabilities, MinnesotaCare](#) and [Prepaid Medical Assistance](#) programs
- Programs for [older Minnesotans with Medical Assistance](#), or with both [Medical Assistance and Medicare](#).

UCare addresses health care disparities and care access issues through its [UCare Foundation](#) grants and a broad array of community initiatives. UCare has received Top Workplaces honors from the Star Tribune for nine consecutive years since the rankings began in 2010.

About ACHP

The Alliance of Community Health Plans (ACHP) is a national leadership organization bringing together innovative health plans and provider groups that are among America’s best at delivering affordable, high-quality coverage and care. ACHP’s member health plans provide coverage and care for more than 21 million Americans across 32 states and the District of Columbia. These organizations focus on improving the health of the communities they serve and are on the leading edge of innovations in affordability and quality of care, including primary care redesign, payment reform, accountable health care delivery and use of information technology. To learn more, go to www.achp.org and follow ACHP on Twitter @_ACHP.

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