

Wellness and Prevention QI Fund Project

The purpose of the project is to promote the health and wellness of HMO members. The project was based on submission of data for at least 90% of the IPA sample. Indicators included:

- documenting Body Mass Index (BMI)
- assessment of and/or recommendation regarding physical activity
- smoking status for members age 18 years or older with advice to quit smoking for members who were identified as smokers.

The 2008 results are displayed in the table below.

2008	Number of IPAs Meeting Threshold
Submission of a Data Request Form and supporting documentation for $\geq 90\%$ of the IPA sample	99% (78/79)

Barriers identified in the project include the following.

Members:

- May not understand the benefits of living a healthy lifestyle including maintaining a healthy weight, regular physical activity and not smoking
- May not seek routine care
- May not understand the importance of routine care
- May not understand their routine care benefits

IPAs:

- Members may not select and establish with a PCP
- The member may have only received acute and/or specialty care
- Physicians may not have systems in place to track preventive services
- Data collection was labor intensive because the project required 100% medical record review and the sample sizes were large.
- Some IPAs may not have understood the project instructions as some information included a BMI although only height and weight were documented in the medical record.

Physicians:

- May not educate patients about the benefits of living a healthy lifestyle including maintaining a healthy weight, regular physical activity and not smoking
- May not routinely assess health and wellness indicators
- May not have a system in place to track routine services for otherwise healthy patients

Interventions Implemented to Address Identified Barriers:

- A payment was available to IPAs for submission of data.
- IPAs were encouraged to educate physicians about documentation requirements.
- The QI Staff provided education programs including QI Forums to inform IPAs about the project.
- IPAs were informed that the 2009 project will include pay for performance.

The 2008 Wellness and Prevention QI Fund Project will continue in 2009 with the addition of pay for performance for some of the indicators.