
MODA HEALTH AND EVICORE HEALTHCARE

ENSURING THE RIGHT CARE, WHEN AND WHERE IT'S NEEDED

The health of you and your loved ones is the most important thing in life. Unfortunately, too often patients receive tests, treatments, or procedures that research has shown are ineffective or even dangerous, not to mention costly. That's why Moda Health (Moda) is partnering with eviCore healthcare (eviCore) to ensure that you get the right care when and where it's needed.

UNNECESSARY CARE: A PROBLEM THAT'S LARGE AND GROWING, UNSAFE, AND EXPENSIVE

- **Overuse of tests can lead to dangerous downstream procedures¹.** This aggressive care can lead to additional treatments and procedures that can cause harm and lead to mistakes/injuries.
- This unnecessary care can also be unsafe, affecting your health in a number of ways, e.g., exposure to unnecessary radiation, missed diagnoses, and false positives.
- Doctors estimate that **21% of dispensed medical care is unnecessary²**, according to a survey published in the scientific journal PLOS ONE, and numerous studies have confirmed serious challenges with inappropriate care across all specialties.
- Your wallet is also impacted, as unnecessary care can be costly, particularly for people with high-deductible health plans, which typically have lower monthly insurance premiums but have deductibles of **at least \$1,350 for individuals and \$2,700 for families. More than 40% of Americans are enrolled in such plans³**, so it's critical to ensure that patients' hard-earned dollars aren't wasted on care that isn't going to improve their health.

Here are some real-world examples of the need to ensure that care is backed by the latest scientific evidence:

Lower Back Pain

Lower back pain is one of the most common complaints by patients. Imaging, such as an x-ray, CT scan, or MRI, is often ordered but usually doesn't help resolve the problem. Most people will get better in about a month, with or without an imaging test, and such tests can often lead to unneeded surgery. For example, one study found that patients who had an MRI were much more likely to have surgery than those who didn't, but the surgery didn't help them get better any faster. These tests can sometimes cost thousands of dollars, and x-rays and CT scans cause radiation exposure. Read more [here](#).

Breast Cancer Treatment

The good news for women diagnosed with breast cancer today is that it's less likely that major surgery will be needed than it was in the past. However, many aspects of the diagnosis and treatment process should still be examined to ensure they'll improve patient outcomes. Otherwise, patients may be subjected to costly tests and procedures that don't ultimately help them get better. For example, one survey found that nearly half of breast cancer patients who chose to have a double mastectomy after genetic testing didn't actually have the gene mutations known to raise the risk of additional cancers. Read more [here](#) and [here](#).

Cardiac Stress Tests

After a patient gets a stent to open a blockage in the heart, he or she will sometimes be directed to get yearly stress tests, but these usually aren't helpful unless there are current existing symptoms of heart disease. These tests can create false alarms that may lead to more tests, such as coronary angiography. They're also expensive. An imaging stress test costs \$500-\$2,000, depending on where it's done, and the average cost of a coronary angiography is \$8,460. Read more [here](#).

EVICORE HELPS YOU GET ALL THE CARE YOU NEED... AND NONE THAT YOU DON'T

- eviCore works with Moda and your healthcare provider to make sure you get the right care at the right time in the right setting, which helps you get the best results. This process is sometimes referred to as prior authorization.
- eviCore does this by applying the latest evidence-based medical guidelines to patient care. The guidelines are based on information from medical societies like the American College of Radiology and the American College of Cardiology, as well as scientific evidence from recently published medical literature, and they're used to help guide decision-making in how to diagnose, manage, and treat patients.
- eviCore also has a program called SmartChoice that makes patients aware of available facility options for imaging tests like MRI, CT, or PET scans. This is critical because there can be significant cost differences, even within the same geographic area. SmartChoice helps you locate a facility that is cost-effective and close to your home or office, while offering high-quality care. For example, eviCore found cost differences of as much as \$1,000 for the same MRI at different facilities.

A Team of 1,100 Doctors, Therapists, and Nurses is Looking Out for You

- eviCore's team has 300 physicians and therapists and nearly 800 nurses with experience in multiple specialties whose sole job is to protect your health and your wallet by making sure you get care that is backed by the latest science.
- The evidence-based medical guidelines these professionals use are completely transparent and available to anyone at the eviCore website, www.evicore.com. And if your healthcare provider needs the opportunity for further discussion around your care, they can speak with an eviCore clinician who shares his or her specialty expertise.
- eviCore's professionals will provide programs to support Moda members in:
 - Radiology – MRIs, CTs, and PET scans
 - Cardiology - Stress tests, cardiac CTs and MRIs, heart catherizations, and heart echocardiography
 - Musculoskeletal – Spine surgery, large joint surgery, interventional pain, and specialized therapy.

IF YOU WANT TO READ MORE ...

When Evidence Says No, but Doctors Say Yes

Long after research contradicts common medical practices, patients continue to demand their use and physicians continue to deliver. The result is an epidemic of unnecessary and unhelpful treatments. ([The Atlantic, Feb. 22, 2017](#))

So Much Care It Hurts

Unneeded scans, therapy, and surgery only add to patients' ills. ([Kaiser Health News, Oct. 23, 2017](#))

Unnecessary Medical Care: More Common Than You Might Imagine

Every year, patients get tests and procedures they really don't need, which adds up to significant waste in the healthcare system and rising costs for all of us. ([National Public Radio, Feb. 1, 2018](#))

1. <https://californiahealthline.org/news/putting-a-lid-on-waste-needless-medical-tests-not-only-cost-200b-they-can-do-harm/>
2. <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0181970>
3. <https://www.kff.org/report-section/2018-employer-health-benefits-survey-summary-of-findings/>