



Study Validates Use of Technology-Based Remote Monitoring Platform to Reduce Healthcare Utilization and Cost

Results from the Iowa Medicaid Congestive Heart Failure Population Disease Management Demonstration confirm that a population and technology based remote monitoring platform can greatly reduce the need for costly acute care services by involving patients in their care, improving care efficiencies and promoting healthy behaviors.

The demonstration included 266 Iowa Medicaid members and was conducted by Iowa Medicaid Enterprises (IME); the Iowa Chronic Care Consortium (ICCC), an Iowa based voluntary collaboration of public, private, academic and government organizations; and Pharos Innovations, a partner in the next generation of healthcare financial performance improvement through a device-free remote monitoring platform. It was launched to provide Iowa Medicaid with a cost-efficient, high quality, self-management support and care coordination program for its members with heart failure.

Results

Third-party validated results, compared to baseline, include:

- **66% enrollment after one year** for the extremely difficult to reach and retain Medicaid population
- **72% of Medicaid participants reported the program helpful** to being in better communication with their physician
- **24% reduction in hospital admissions** – Compared to 22% increase for the matched cohort
- **22% total bed days decrease** – Compared to 33% increase for the matched cohort
- **Nearly \$3 million savings** from reduced healthcare service utilization – Compared to \$2 million increase for the matched cohort

Implications

Due to the demonstration's success, Iowa Medicaid has committed to expanding the length and reach of the program. This heart failure program met Iowa Medicaid's objectives of improving the medical stability of chronically ill members, increasing the number of members with medical homes, reducing avoidable health care costs to the Iowa Medicaid program, and providing a program that was well received by participants.