

STATE INNOVATION MODEL

For Consumers

WHAT IS SIM?

Maine's State Innovation Model (SIM) award is a \$33 million grant from the US Centers for Medicare and Medicaid Innovation that seeks to bolster work currently underway in our state to **reduce healthcare costs, strengthen healthcare quality, and improve patient experience.**



Organizations around the state like the Maine Health Management Coalition, Maine Quality Counts, HealthInfoNet and the Maine Centers for Disease Control and Prevention are working together to make sure that healthcare works for Maine patients.

SIM IS STRONG PRIMARY CARE

DID YOU KNOW?

EACH YEAR
WE WASTE AN ESTIMATED
\$55 BILLION
ON MISSED PREVENTION
OPPORTUNITIES¹

Primary care is the backbone of a strong healthcare system. When primary care services are safe, effective and coordinated with hospital and specialty care they have the greatest potential to cut costs and keep patients healthy. That's why the SIM award is dedicating resources to the following projects aimed at strengthening primary care.

PATIENT & PROVIDER PORTALS Part of the problem with our healthcare system is that the people trying to improve often don't have the information they need to get better. Doctors have trouble telling which patients need extra support and resources, patients have trouble remembering their care plans, and both struggle to keep track of what doctors outside the primary care system have recommended.

To help make this kind of information easier to get, the SIM award is helping to create online portals, or websites, where patients and providers can log on to see important information about their care. Patients will see their medical history, prescription information, and recommended care plans. Doctors will see which patients need extra attention, and they will be able to devote their time and resources more strategically.

INTEGRATING MENTAL AND PHYSICAL HEALTH Primary care doctors around the state do a great job at providing healthcare for the body, but all too often the patient's mental health is left out of the equation. Mental health disorders can have a serious impact on physical health and are associated with higher rates of chronic disease and unhealthy behaviors, so in an effort to provide truly high quality care, the SIM award is helping practices to integrate mental health services into Maine primary care practices.

One way that the SIM award is working to integrate mental health is through the MaineCare Behavioral Health Homes Initiative. Nearly 80 practices have already signed up to participate, and they will receive additional funds to help bring mental health providers into the primary care practice. The initiative also helps to pay for practices to connect their electronic medical records with mental health practices so that your doctor and mental health provider can better coordinate your care.



SIM IS COMMUNITY HEALTH

A key goal of the SIM initiative is to create healthy communities across Maine. The State Innovation Model seeks to accomplish this by allocating important resources to a variety of projects that help to prevent chronic illnesses, link individuals and communities with local health resources, and engage the public in health system reforms aimed at lowering the cost of healthcare. The following are just a few of the projects that the SIM award is supporting.

COMMUNITY HEALTH WORKERS The Maine Community Health Workers Initiative is a program being run by the Maine CDC that is working to set up a network of community health workers to help under-served populations get access to needed healthcare services. They will be stationed across the state to help provide culturally appropriate health education and outreach; to link individuals, communities and healthcare providers with social services; and to assure people can access the services they need.

DIABETES PREVENTION The National Diabetes Prevention Program (NDPP) is a proven program that helps to prevent Type 2 diabetes by encouraging individuals to make modest lifestyle changes. Maine CDC and SIM grant partners are working with insurers to test how this program can improve health outcomes and reduce healthcare costs in a number of different contexts around the state.

PUBLIC EDUCATION Engaging patients in payment and delivery system reform is crucial. As the people who use our healthcare system, patients will be the ones that ultimately accept or deny the changes taking place. Because some of the reforms might be construed negatively by patients, like the use of narrow networks in Value-Based Insurance Design, the SIM Award is dedicating resources to educating the public about the benefits of the work going on in our State.

DID YOU KNOW?

THE CDC ESTIMATES
1 IN 9 PEOPLE
ARE LIVING
WITH DIABETES
IN MAINE²

SIM IS COLLABORATION

Improving the quality and value of healthcare in Maine is going to take everyone - patients, providers, insurers, businesses and government - working together to create meaningful, lasting change. If the SIM award is about one thing, it is about working together to create connections and common solutions to some of the biggest problems facing our communities today. Changing the way we think about and provide healthcare is not going to be easy, but with everyone working together towards the common goals of better health, better patient experience and lower costs, we can create a healthcare system that works for all Maine people.

FOR MORE INFORMATION, VISIT MAINE.GOV/DHHS/SIM

1. Institute of Medicine. *Best Care at Lower Cost: The Path to Continuously Learning Health Care in America*. Institute of Medicine. Published September 6, 2012. p 30-31. Retrieved (April 2014) at <http://www.propublica.org/documents/item/422075-iom-report-on-cost.html#document/p32/a70964>

2. Maine Diabetes Prevention and Control Program. *Health Fact Sheet: Diabetes in Maine*. Published August 2011. Retrieved (June 2014) at <http://www.maine.gov/dhhs/mecdc/population-health/dcp/documents/factsheet.pdf>