

2013 Healthcare Benchmarks

Health Risk Assessments



Note: This is an authorized excerpt from *2013 Healthcare Benchmarks: Health Risk Assessments*.
To download the entire report, go to <http://store.hin.com/product.asp?itemid=4739> or call 888-446-3530.

2013 Healthcare Benchmarks: Health Risk Assessments

123 healthcare organizations describe how they use HRAs to improve population health, including areas covered by the HRA, incentives eligibility for HRA completion, HRA administration formats, and more.

"[The lesson that we learned from our HRA] is that there are too many other factors that can contribute to decreased healthcare cost, utilization, and improved health outcomes that it cannot be directly attributed to the completion of the HRA."

> **Health plan**

"Populations with chronic disease is our [target population for our planned HRA]."

> **Disease management**

"[From our HRA, we learned that] Medicare patients are readily able to adapt to an electronic form of the HRA from paper documents."

> **Hospital/health system**

"Behavioral health is an [area that our HRA covers]."

> **Health management services company**



2013 Healthcare Benchmarks: Accountable Care Organizations

This special report is based on results from the Healthcare Intelligence Network's third comprehensive industry survey on HRAs conducted in October 2013.

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Table of Contents

| | |
|---|----|
| About the Healthcare Intelligence Network | 6 |
| Executive Summary | 6 |
| Survey Highlights | 6 |
| Key Findings | 7 |
| Program Components | 7 |
| Results and ROI..... | 8 |
| Greatest Lessons Learned from HRA Programs | 8 |
| Methodology | 9 |
| Respondent Demographics | 9 |
| Using This Report | 10 |
| Responses by Sector | 11 |
| The Hospital/Health System Perspective..... | 12 |
| The Health Plan Perspective | 13 |
| Year-Over-Year Survey Data | 14 |
| Respondents in Their Own Words | 14 |
| Lessons Learned from Existing HRAs | 15 |
| Format and Target Population of Planned HRA | 15 |
| Conclusion | 17 |
| Responses to Questions | 18 |
| Figure 1: All - Use HRAs | 19 |
| Figure 2: All - HRA Eligibility | 19 |
| Figure 3: All - Target Population | 20 |
| Figure 4: All - Use HRA Data | 20 |
| Figure 5: All - Areas Covered by HRA..... | 21 |
| Figure 6: All - HRA Format | 21 |
| Figure 7: All - HRA Data Inputs | 22 |
| Figure 8: All - HRA Outputs..... | 23 |
| Figure 9: All - Annual HRA Completion Rate..... | 23 |
| Figure 10: All - HRA Connected to Health Management Program | 24 |
| Figure 11: All - Mandatory HRA Completion | 25 |
| Figure 12: All - Penalty for Non-Completion..... | 26 |
| Figure 13: All - Incentives for HRA Completion | 27 |
| Figure 14: All - HRA Incentives Eligibility | 27 |
| Figure 15: All - Incentives Offered | 28 |
| Figure 16: All - Recipients of HRA Results..... | 29 |
| Figure 17: All - HRA Impacts | 30 |
| Figure 18: All - Program ROI | 30 |
| Figure 19: All - Planning Future HRA | 31 |
| Figure 20: All - Biggest Barrier to Launching HRA | 31 |
| Figure 21: All - Organization Type..... | 32 |
| Figure 22: Hospital - Use HRAs | 32 |
| Figure 23: Hospital - HRA Eligibility | 33 |
| Figure 24: Hospital - Target Population | 33 |

| | |
|--|-----------|
| Figure 25: Hospital - Use HRA Data | 34 |
| Figure 26: Hospital - Areas Covered by HRA..... | 34 |
| Figure 27: Hospital - HRA Format | 35 |
| Figure 28: Hospital - HRA Data Inputs | 35 |
| Figure 29: Hospital - HRA Outputs..... | 36 |
| Figure 30: Hospital - Annual HRA Completion Rate | 37 |
| Figure 31: Hospital - HRA Connected to Health Management Program | 37 |
| Figure 32: Hospital - Mandatory HRA Completion | 38 |
| Figure 33: Hospital - Penalty for Non-Completion..... | 39 |
| Figure 34: Hospital - Incentives for HRA Completion | 39 |
| Figure 35: Hospital - HRA Incentives Eligibility | 40 |
| Figure 36: Hospital - Incentives Offered | 41 |
| Figure 37: Hospital - Recipients of HRA Results..... | 41 |
| Figure 38: Hospital - HRA Impacts | 42 |
| Figure 39: Hospital - Program ROI | 43 |
| Figure 40: Hospital - Planning Future HRA | 43 |
| Figure 41: Hospital - Biggest Barrier to Launching HRA | 44 |
| Figure 42: Health Plan - Use HRAs..... | 45 |
| Figure 43: Health Plan - HRA Eligibility..... | 45 |
| Figure 44: Health Plan - Target Population..... | 46 |
| Figure 45: Health Plan - Use HRA Data | 46 |
| Figure 46: Health Plan - Areas Covered by HRA | 47 |
| Figure 47: Health Plan - HRA Format..... | 48 |
| Figure 48: Health Plan - HRA Data Inputs..... | 48 |
| Figure 49: Health Plan - HRA Outputs | 49 |
| Figure 50: Health Plan - Annual HRA Completion Rate | 50 |
| Figure 51: Health Plan - HRA Connected to Health Management Program..... | 50 |
| Figure 52: Health Plan - Mandatory HRA Completion..... | 51 |
| Figure 53: Health Plan - Penalty for Non-Completion | 52 |
| Figure 54: Health Plan - Incentives for HRA Completion..... | 52 |
| Figure 55: Health Plan - HRA Incentives Eligibility..... | 53 |
| Figure 56: Health Plan - Incentives Offered..... | 53 |
| Figure 57: Health Plan - Recipients of HRA Results | 54 |
| Figure 58: Health Plan - HRA Impacts..... | 54 |
| Figure 59: Health Plan - Program ROI..... | 55 |
| Figure 60: Health Plan - Planning Future HRA..... | 55 |
| Figure 61: Health Plan - Biggest Barrier to Launching HRA | 56 |
| Appendix A: Health Risk Assessments in 2013 Survey Tool | 57 |
| About the Contributor..... | 60 |

About the Healthcare Intelligence Network

The Healthcare Intelligence Network (HIN) is an electronic publishing company providing high-quality information on the business of healthcare. In one place, healthcare executives can receive exclusive, customized up-to-the-minute information in five key areas: the healthcare and managed care industry, hospital and health system management, health law and regulation, behavioral healthcare and long-term care.

Executive Summary

Seeking an integrated picture of population health, today's HRAs ask about lifestyle risk factors like depression and divorce almost as often as they inquire about medical conditions — at least 88 percent of the time, according to respondents to HIN's 2013 Health Risk Assessments survey. Many extend the tool's reach beyond employees and health plan members: a third of respondents to HIN's HRA survey offer the risk stratification tool to significant others (31 percent) and dependents over 18 (34 percent).

Sophisticated analytics behind today's HRAs provide employers, payors and providers an aggregate view of population health and a baseline for development of prevention and lifestyle change programs.

The increasingly popular health coach appeared for the first time as a care prevention measure (71 percent), with links to wellness information (66 percent) and physician coordination (65 percent) rounding out the list. Overall, HRAs remain a voluntary tool, but incentives to complete them, including reduced premiums or deductibles, are offered by half of those surveyed.

Survey Highlights

- ✓ Nearly one third of respondents do not use HRAs to assess health risk factors in their population.
- ✓ Identifying health risks and identifying programs aimed at high-risk indicators continue to be the top uses for HRA data.
- ✓ While more than half of those surveyed target all populations for their HRAs, the commercial sector is the second largest target at 25 percent.
- ✓ Medical conditions and lifestyle risk factors are two top areas covered by HRAs.

70% of survey respondents use an HRA to assess health risk factors in their populations.

“With our HRA, we learned to let the participants know from day one how the information will be used, and to give them assurance.”

Using This Report

This benchmarking report is intended as a resource for healthcare organizations searching for comparable data and means to measure implementation and progress. It is also a helpful planning tool for organizations readying initiatives in this area.

The initial charts and graphs presented represent results from all respondents; images in subsequent sections depict data from high-responding sectors. (Figure titles begin with the segment they represent; for example, All, Health Plans, Hospitals, etc.)

Often, one of the largest responding sectors is composed of respondents identifying their organization type as “Other.” In general, we do not depict results from this segment because it represents a wide range of organization types, including consultants and product vendors. However, you will always find a graph indicating the demographics of respondents.

Here are some additional tips for using this report:

- ✓ See how you measure up: Scan this report for your sector, and see how your program compares to others. Note where you are leading and where you are behind.
- ✓ Evaluate your efforts: Think about where you have been focusing your efforts in this area. Look for trends in the data in this report. Look for benchmarks set by your sector and others.
- ✓ Set new goals: Use the data in this report to set new goals for your organization, or to raise the bar on existing efforts.
- ✓ Use it as a reference book: Keep this report accessible so you can refer to it in your work. Use these data to support your efforts in this area.

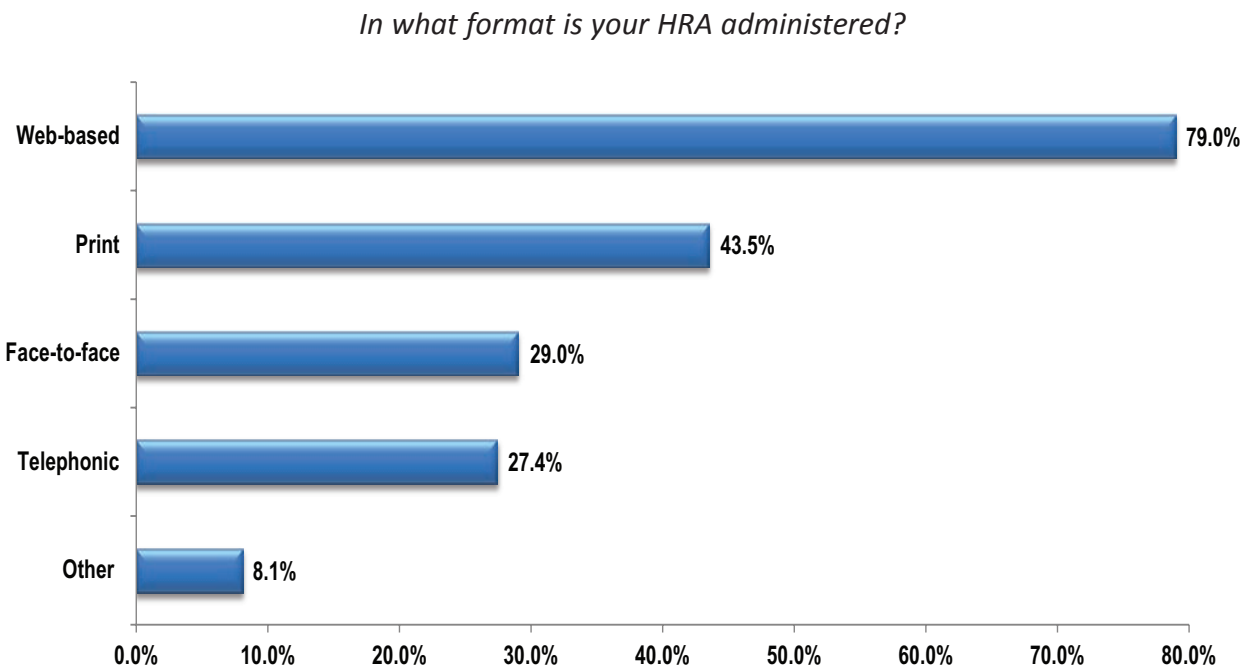
If you have questions about the data in this report, or have feedback for our team, don't hesitate to contact us at info@hin.com or 732-449-4468.



**88% of
respondents
use HRA data
to identify
health risks.**

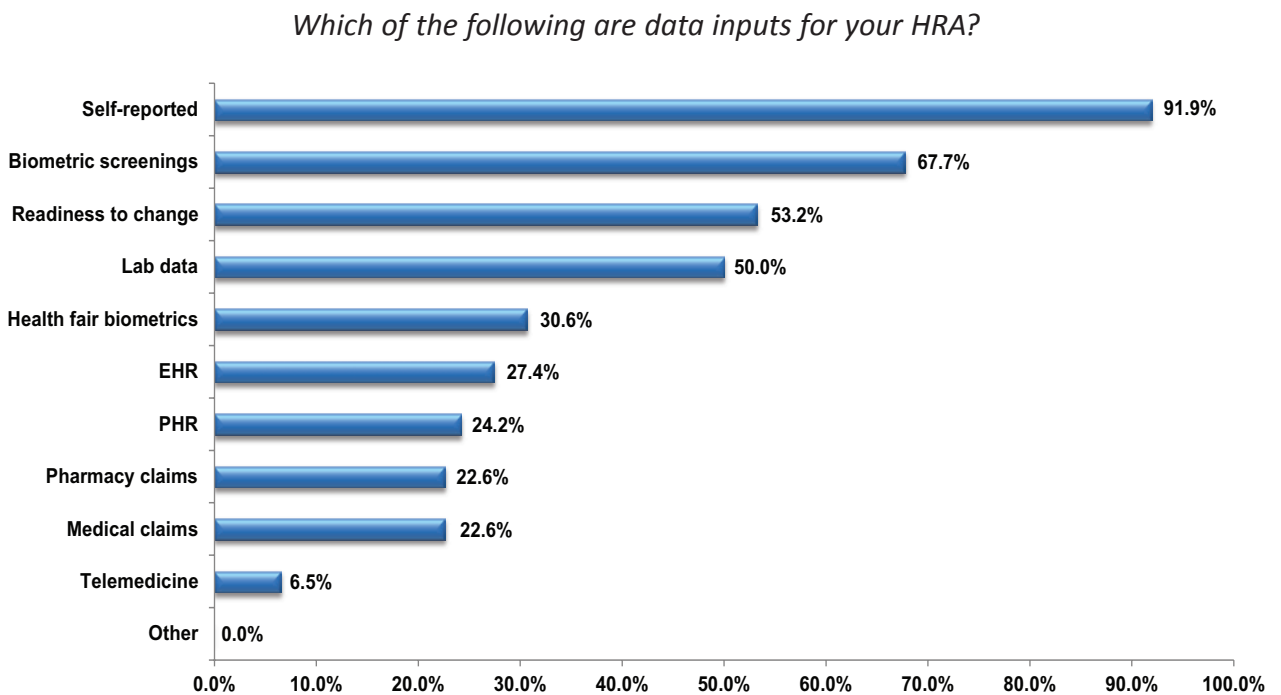
***“Our planned
HRA will be in
an electronic
survey format
and will target all
employees.”***

Figure 5: All - HRA Format



*HIN Health Risk Assessments Survey
October, 2013*

Figure 6: All - HRA Data Inputs



*HIN Health Risk Assessments Survey
October, 2013*