

**Lighthouse Health Plan**  
**Healthy Behaviors Annual Evaluation Report**  
**July 1, 2019 - June 30, 2020**

**Healthy Behavior Incentive Programs**

Lighthouse Health Plan “Lighthouse” Healthy Behavior Incentive programs are designed to promote the completion of medically appropriate health and wellness activities that decrease disease burden and promote healthy lifestyles. The successful completion of member activities will be tracked via medical and pharmacy claims data, care coordination notes, and provider documentation when needed. The member must enroll in the Health Behavior Program to be eligible for incentives. Upon completion of the program, the member may receive a gift card incentive. Members can only receive an aggregate maximum annual incentive of \$50.00. Lighthouse’s Healthy Behavior Programs are described in the below table.

<b>Program Name</b>	<b>Program Overview</b>	<b>Incentive Value</b>	<b>Program Duration</b>	<b>Member Qualification for Benefits</b>
<b>Smoking Cessation</b>	<p>Evidence-based Smoking Cessation programs recognized by medical professionals have been shown to be an effective method of treating tobacco and nicotine abuse.</p> <p>Lighthouse uses a smoking cessation program as a tool to help our members improve their overall health. Through our partnership with Teladoc, Lighthouse offers smoking cessation programs leveraging the use of telemedicine. Smoking cessation aids such as nicotine gums and patches will be covered as part of the program.</p>	\$25	90 Days	<p>The member must agree to enrollment in the program. The care coordination team will coordinate with the member’s PCP to assist the member with obtaining any PCP prescribed clinical testing or evaluation, prior to program enrollment. The care coordination team will update the PCP of the member’s progress during the enrollment period. In addition, the PCP will be notified if the member completes or fails to complete the program.</p> <p>The member will be assessed for goals and objectives. Upon enrollment into the program, the member will be referred to Teladoc for a series of tobacco cessation coach sessions to address barriers and challenges to smoking and tobacco cessation.</p> <p>Successful completion of the program will require the member to attend all coaching sessions and have goals, objectives, tools, and a plan to become nicotine and tobacco free.</p> <p>Successful Completion of the program qualifies the member to receive an incentive as above described.</p>
<b>Weight Loss Management</b>	<p>Medically approved interventions with milestones for weight loss with ongoing supervision by a provider have been shown to be an effective method to stimulate</p>	\$25	90 Days	<p>The member must agree to enrollment in the program. The care coordination team will coordinate with the member’s PCP to assist the member with obtaining any PCP prescribed clinical testing or evaluation. The care coordination team</p>

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	<p>making healthier decisions and decrease weight. Lighthouse targets members with a BMI of 30 or greater for program education and enrollment. Lighthouse uses this program as a tool to help members better their overall health and quality of life outcomes.</p>			<p>will update the PCP of the member's progress during the enrollment period. In addition, the PCP will be notified if the member completes or fails to complete the program.</p> <p>The member will be assessed for goals and objectives. Upon enrollment into the program, the member will complete a dietary consult and Health Coaching sessions to ensure the member understands dietary and nutrition requirements. The member will be encouraged to keep a journal that details dietary choices, barriers, successes, weight, and goals.</p> <p>The goals of the health coach sessions are for the member to teach back the information shared in each meeting and verbalize the effect of the information on the member's weight loss goals.</p> <p>Successful completion of the program requires the member to attend health coaching sessions, verbalize understanding of dietary and nutritional needs, keep an updated journal, and accomplish recommended weight loss goals as defined by the dietary consult and the member.</p> <p>Successful Completion of the program qualifies the member to receive an incentive as above described.</p>
<p><b>Alcohol and Substance Abuse Recovery</b></p>	<p>Evidence-based Alcohol and Substance Abuse interventions that are recognized by medical professionals have been shown to assist in the treatment of those with alcohol and substance addiction.</p> <p>Lighthouse endorses a recovery-oriented approach which leverages the entire continuum of care and incorporates community-based resources to support resilience and recovery for individuals with substance use needs. Through addressing medical, behavioral, social, and environmental components of an individual's experience, our Healthy Behaviors program aims to promote behavior change,</p>	<p>\$25</p>	<p>90 days</p>	<p>The member must agree to enrollment in the program. If the member consents to PCP involvement, the care coordination team will coordinate with the member's PCP to assist the member with obtaining any PCP prescribed clinical testing or evaluation. Should the member choose not to have the PCP involved in the program, the care team will not contact the member's PCP.</p> <p>Should the member consent to PCP involvement, the care coordination team will notify the PCP of the member's enrollment in the program and update the PCP of the member's progress during the enrollment period. In addition, the PCP will be notified if the member completes or fails to complete the program.</p> <p>The member will be assessed for goals and objectives of enrollment into the program. Upon enrollment into the program, the member will complete a series of coaching sessions and be provided with community-based resources with the goal of helping the member learn how to</p>

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	<p>awareness of resources, and access to appropriate care.</p> <p>Lighthouse provides members with direct and easy access to a wide range of evidence-based treatment modalities, community resources, support groups, and dedicated Care Coordinators, with the goal of increasing the likelihood of better health outcomes for the member.</p>			<p>independently access and utilize community resources and supports to meet medical, behavioral, social, and environmental needs. In addition, the member is encouraged to engage in activities that improve health and reduce the risk of potentially preventable events.</p> <p>Successful completion of the program requires the member to attend coaching sessions; demonstrate knowledge of condition; verbalize plan for ongoing self-management; identify healthcare team and understanding of how to engage them for support; name at least one natural support available within the community; and demonstrate awareness of how to access local recovery groups.</p> <p>Successful Completion of the program qualifies the member to receive an incentive as above described.</p>

**Member Identification and Enrollment**

Lighthouse Health Plan (Lighthouse) proactively notifies members of the availability of the Healthy Behaviors Programs using the following:

- Provider and Member Handbooks
- Provider and Member web portals
- Member outreach during HRA completion
- Case Management Outreach
- Provider education during outreach visits

Lighthouse identifies members for enrollment into the Healthy Behaviors Programs using:

- Health Risk Assessments (HRAs)
- Self-Referrals
- Referrals from providers, family, responsible parties
- Case Management stratification and identification
- Utilization Management Referrals
- Behavioral Health Referrals
- Referrals from community-based Organizations

## Evaluation Methodology

Lighthouse reviews each member’s progress while enrolled in a Healthy Behavior Program to ensure the program meets the goals and objectives established by both Lighthouse and the member. We encourage the member to provide feedback regarding the timing and duration of the coaching sessions and the members ability to access the community-based organizations to whom they have been referred. We also share the member’s experience with the PCP and other healthcare professionals, to identify opportunities for program improvement. All input is reviewed, and proposed program changes are evaluated using Lighthouse’s formal quality improvement process.

## Program Outcomes

Lighthouse enrolled 34 members in Healthy Behavior Programs during this evaluation period. Eight members successfully graduated the Healthy Behaviors Programs during this time. We recognize the benefits of having members enrolled in healthy behaviors programs to provide the member with education related to healthy lifestyles and facilitate better overall health outcomes. As part of our population health management, Lighthouse actively enrolls members in condition care programs to manage chronic conditions such as asthma, heart failure, diabetes, COPD, SMI, and hypertension.

During the course of the members’ enrollment in these plans, the care manager assesses the members needs and willingness to enroll in a Healthy Behavior Program for weight loss, smoking cessation, or substance abuse recovery, as part of their condition care enrollment program. The care manager describes each pertinent Healthy Behavior Program to the member, to include the guidelines and benefits for participation, program duration, program incentives, and incentive restrictions. Should the member choose not to enroll in a Healthy Behaviors Program, the member is provided with education and resource tools to manage their condition and promote healthier outcomes.

At the completion of the program, the care management team will collaborate with the primary care providers (PCP) and member to identify the effectiveness of the program based on the members’ health benefits gained from the program. The care management team will also collaborate with the members to determine what aspects of the program worked best and solicit any suggested changes to improve the member experience and program outcomes.

Healthy Behavior Program	Number of Members Enrolled	Number of members completed program	Number of Enrollees currently enrolled in programs but have not completed the Program Requirements	Program Length	Health Benefit Outcomes/Effectiveness
Smoking Cessation	2	0	0	90 Days	NA
Weight Loss	32	8	0	90 days	NA
Substance Abuse Recovery Program	0	0	0	90 days	NA

## Improvement Plan

Lighthouse will continue to educate members and providers and encourage members to enroll into Healthy Behaviors Programs using the following:

- Continue to ensure members and providers are aware of the programs and understand the associated benefits
- Educate members who qualify for the programs
- Encourage internal teams to refer members
- Proactively identify members for outreach and enrollment
- Continue to educate and encourage community-based organization to refer members for enrollment
- Collaborate with members to determine what aspects of the program worked best and solicit any suggested changes to improve the member's experience and program outcomes

Recognizing the benefits of healthy behavior programs, Lighthouse will continue to engage members and providers to solicit feedback regarding the programs and identify opportunities for program improvements to ensure members meet their goals and objectives while promoting optimal health outcomes.