Leading the way in creating a new model of integrated care that makes a positive difference in people’s lives and builds healthier communities.
At MVP Health Care®, we are committed to providing our members with the highest quality care, and in order to achieve this, we believe all health care should be integrated.

We’re creating a new model of Integrated Health that treats medical and behavioral health as equal components of a person’s overall well-being. Our Integrated Health initiative is designed to enable primary care and behavioral health professionals to succeed at integrating patient care, enabling them to support an individual’s journey to better health and optimal living. Our members will benefit from a broad and engaged behavioral health network, and personalized service and support. Our providers will benefit from a new structure that lets them treat their patients holistically, and that streamlines their reimbursements.
MVP Health Care Integrated Health guiding principles:

- Commit to a member-centric vision of holistic care that treats mind and body as one
- Destigmatize behavioral health conditions
- Collaborate with providers and the community, optimizing service delivery
- Endorse evidence-based treatment approaches
- Advocate for policy and regulations that support integrated health
- Embrace the contributions of social determinants of health
- Enhance clinical and technological capabilities
Examples of national and regional integrated health care models include:

**The Collaborative Care Model in Primary Care**
- Clinical processes focused on behavioral health conditions
- Dedicated billing codes
- Systematic stepped care and condition-based registries
- Psychiatric consultation
- Trained care managers in, or available to, the primary care office

**The Primary Care Behavioral Health Model**
- Embedded licensed mental health professionals supporting integrative culture and practice in the primary care office, and who bring expertise in brief problem-focused interventions
- Broad condition coverage: mental health, Substance Use Disorder (SUD), and behavioral challenges (i.e., pain management and obesity)
- Measurements of success that include total medical expense for chronic medical illnesses

**Reverse Integration Models**
- Support for patients with severe mental health and substance use conditions
- Medical care delivered by doctors and nurse practitioners in behavioral health clinics
- Developing Patient Centered Medical Homes in mental health/SUD clinics for members who receive much of their behavioral and SUD care in those treatment centers

Our commitments to the future of Integrated Health:
- Enhanced and well-coordinated personalized service
- A comprehensive MVP Health Care behavioral health network
- Innovative reimbursement models
- Integrated case management
Why Integrated Health Matters

A fragmented care delivery system has kept behavioral health and medical care apart, and in so doing, has lost sight of the fact that behavior drives much of the morbidity of medical conditions. Fragmentation contributes to poor accessibility, less robust clinical outcomes, and higher medical costs.

- **$221 billion** was spent on mental health care in 2014, making it the costliest medical condition in the U.S.¹
- **43.8 million** adults experience a mental illness in any given year²
- **68%** of adults with a behavioral health condition also have a medical condition³
- **15-24%** of MVP members have a diagnosed behavioral health condition
  - **1 out of 4** MVP Medicaid members and **1 out of 7** MVP Commercial members have a diagnosed behavioral health condition
- MVP members with behavioral health conditions can incur costs up to **6 times more**, on average
- Integrating behavioral and medical health care significantly improves outcomes and lowers costs
- For example, Intermountain Health, through developing integrated team-based practices, reported **23% fewer** ER visits and **11% fewer** hospital admissions over a three-year period for patients with comorbid mental health and other medical conditions⁴

---

How You Can Help

As a provider partner, we need your support to enable your success with integrated care. This feedback could entail payment/incentive ideas, access, reporting, and/or other process innovations.

As a policy stakeholder who supports this Integrated Health initiative, your ability to favorably influence the regulatory environment will be pivotal to the success of improving health for all.

We look forward to collaborative discussions that will lead the way in creating a new model of integrated, holistic care that makes a positive difference in people’s lives and builds healthier communities.

The integration of health care for patients with both behavioral health diagnoses and comorbid medical illnesses, especially chronic conditions, delivers improved medical outcomes and lower health care costs.