

Connecting the Consumer with Health & Health Care Information

Want more Information?

Full State Health Plan and related materials
www.maine.gov/gohpf

Consumer web-sites that provide information on the cost and quality of health care in Maine

Maine Quality Forum
www.mainequalityforum.gov

Maine Health Data Organization
maine.gov/mhdo

Maine Bureau of Insurance
www.maine.gov/pfr/insurance

Maine Health Management Coalition
www.mhmc.info

Additional health and health care resources

Maine Center for Disease Control and Prevention (Maine CDC/DHHS)
www.mainepublichealth.gov

Maine Center for Public Health
www.mcph.org

Maine Medical Association
www.mainemed.com

Maine Hospital Association
www.themha.org

Consumers for Affordable Health Care
www.maine cahc.org

Maine Public Health Association
www.mainepublichealth.org

For assistance, call 207.624.7442



Maine's State Health Plan: Lowering Health Care Costs for All & Making Maine the Healthiest State

FACT: 85% of healthcare premiums pay for medical services. That means lowering what we spend on medical services will lower premiums.

FACT: The US spends twice what other developed countries spend on health care per person, yet we don't have better quality, don't have better health, and – unlike other developed countries – we don't cover everyone. In other words, we pay more and get less.

FACT: Maine per person spending on medical services is 2nd highest in the US.

FACT: experts agree that two big cost drivers are:

- (1) **Preventable and chronic health conditions** – such as heart disease, lung disease, cancer, and diabetes – which account for 75% of all spending; and
- (2) **Inefficiency** - Much of our medical spending doesn't make us any healthier. For example 30-40% of high cost imaging (such as MRIs) has been found to be inappropriate. If we fix this, we can spend less with no reduction in quality or outcomes.

The State Health Plan (a cornerstone of Dirigo Health Reform) is a roadmap to make Maine the healthiest state with an efficient and effective high-performing health system, resulting in **lower costs for all**.

HOW THE STATE HEALTH PLAN ADDRESSES COST DRIVERS

For more information, contact 207.624.7442
www.maine.gov/gohpf
And you can find a copy of the State Health Plan
at your local library

ASSURE BEST PRACTICE

- ◆ Promote a system in which health professionals work together to coordinate care (patient-centered care)
- ◆ Find out why Maine's use of costly emergency departments is so high and help people get the right, less costly care instead
- ◆ The Maine Quality Forum will help ensure that information on the best approaches to care is used consistently to reduce variation in cost and quality

IMPROVE HEALTH

- ◆ Build a system to help local public health efforts be as effective they can be at keeping communities healthy
- ◆ Help employers design programs to keep employees healthy
- ◆ Connect each patient to a provider who will coordinate care, with a focus on staying healthy
- ◆ Set a goal that at least 90% of all Maine children and adults receive recommended immunizations

LOWERING
COSTS FOR
ALL

BUILD AN EFFICIENT, EFFECTIVE SYSTEM

- ◆ Make care safer by reducing avoidable errors
- ◆ Work to convince the Federal Government to pay hospitals better rates so that other payers don't have to make up the difference
- ◆ Create a system that can electronically exchange patient health information so that records stay complete and up to date
- ◆ The Dirigo Health Agency will continue to work to offer discounted programs to more Maine businesses and families
- ◆ Continue to review high cost improvements and expansions – for instance, new buildings and technology – to ensure we have the health care system we need and can afford, but not more

COST DRIVERS

- ◆ Depending on where a patient lives he or she may be treated very differently.
- ◆ The cost for treating the same patient for the same illness can vary by as much as 60% from one community to another, and more cost *doesn't* mean better care.
- ◆ Emergency-department use in Maine is much higher than most states.
- ◆ Preventable and chronic health conditions – such as heart disease, lung disease, cancer, and diabetes – account for 75% of all spending
- ◆ Maine's immunization rates, a basic cornerstone of preventive health services, have fallen dramatically in recent years
- ◆ Care is often fragmented, with poor communication among different health care providers leading to duplicative testing, lower quality care, and other inefficiencies.
- ◆ Medical errors cause more deaths than breast cancer or AIDS and also result in billions in unnecessary spending nationally.
- ◆ Supply drives demand. Studies show that “if you build it, they will come” even if it doesn't make people healthier, and more care doesn't necessarily mean better care.