City of Los Angeles
Health Management Metrics Quarterly Review
Periods Ending June 30, 2019

September 5, 2019
In this first quarterly City of Los Angeles LAwell health management update report, health management metrics on City employees or members enrolled in the Kaiser Permanente health plan, Delta Dental dental plan, EyeMed vision plan, and Optum employee and family assistance program for the period ending June 30, 2019 are presented, including statistics on:

Health Risks
Chronic Health Conditions
Chronic Condition Management
Preventive Care
Participation/Engagement

These metrics can be used for a) identifying the primary health issues and cost drivers among the City’s workforce, b) tracking employees’ use of the health management resources available to them, c) guiding the development of health management strategies for optimizing the health of City employees, and d) measuring the progress and success of the City’s LAwell health management initiatives.

Future quarterly LAwell health management update reports will be also include metrics for the City’s other benefits service providers, its third-party wellness program vendor, and its LIVEwell program.
Kaiser Permanente
**Health Risks**: The City workforce has high health risk prevalence rates for inadequate exercise (65.5%), obesity (47.4%), overweight (33.3%), prediabetes (32.9%), and low HDL cholesterol (31.4%).

Most of the City’s rates for the health risk metrics are similar to the industry benchmark, but are better than the benchmark for prevalence of high total cholesterol and worse for prediabetes.

Note: Percentages that are at least 10% better than the Industry Benchmark are indicated in green; those that are at least 10% worse are indicated in red.

<table>
<thead>
<tr>
<th>Health Risks</th>
<th>Prevalence Rate</th>
<th>Industry Benchmark</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overweight</td>
<td>33.3%</td>
<td>33.5%</td>
</tr>
<tr>
<td>Obesity</td>
<td>47.4%</td>
<td>44.5%</td>
</tr>
<tr>
<td>High Blood Pressure</td>
<td>10.3%</td>
<td>10.7%</td>
</tr>
<tr>
<td>Prediabetes</td>
<td>32.9%</td>
<td>28.8%</td>
</tr>
<tr>
<td>High Total Cholesterol</td>
<td>7.7%</td>
<td>9.0%</td>
</tr>
<tr>
<td>High LDL Cholesterol</td>
<td>7.5%</td>
<td>7.6%</td>
</tr>
<tr>
<td>Low HDL Cholesterol</td>
<td>31.4%</td>
<td>29.6%</td>
</tr>
<tr>
<td>High Triglycerides</td>
<td>11.4%</td>
<td>12.3%</td>
</tr>
<tr>
<td>Inadequate Exercise</td>
<td>65.5%</td>
<td>65.6%</td>
</tr>
<tr>
<td>Smoking</td>
<td>7.5%</td>
<td>7.4%</td>
</tr>
</tbody>
</table>
### Chronic Health Conditions

The City workforce has high chronic health condition prevalence rates for obesity (47.4%) and employees identified with a chronic health condition (28.4%). The City’s prevalence rates are better than the industry benchmark for employees with any chronic conditions, 2 or more major chronic conditions, coronary artery disease, depression, and asthma, and worse for diabetes and back pain.

The City has high percentages of total claims costs related to chronic health conditions for employees with any chronic conditions (67.2%), hypertension (29.9%), diabetes (23.7%), and 2 or more major chronic conditions (22.2%). The City’s percentages of total claims costs are better than the industry benchmark for asthma and worse for diabetes, back pain, coronary artery disease, and cancer.

Note: Percentages that are at least 10% better than the Industry Benchmark are indicated in green; those that are at least 10% worse are indicated in red.

<table>
<thead>
<tr>
<th>Chronic Health Conditions</th>
<th>2018/19</th>
<th>Industry Benchmark</th>
<th>2018/19</th>
<th>Industry Benchmark</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chronic Condition(s)</td>
<td>28.4%</td>
<td>33.8%</td>
<td>67.2%</td>
<td>69.0%</td>
</tr>
<tr>
<td>2+ Major Chronic Conditions</td>
<td>4.4%</td>
<td>6.5%</td>
<td>22.2%</td>
<td>23.2%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>12.5%</td>
<td>10.1%</td>
<td>23.7%</td>
<td>19.5%</td>
</tr>
<tr>
<td>Hypertension</td>
<td>16.0%</td>
<td>NA</td>
<td>29.9%</td>
<td>28.5%</td>
</tr>
<tr>
<td>Obesity</td>
<td>47.4%</td>
<td>44.3%</td>
<td>NA</td>
<td>NA</td>
</tr>
<tr>
<td>Back Pain</td>
<td>9.6%</td>
<td>8.5%</td>
<td>7.0%</td>
<td>6.2%</td>
</tr>
<tr>
<td>Coronary Artery Disease</td>
<td>.8%</td>
<td>.9%</td>
<td>4.3%</td>
<td>2.7%</td>
</tr>
<tr>
<td>Depression</td>
<td>3.6%</td>
<td>6.4%</td>
<td>11.8%</td>
<td>12.6%</td>
</tr>
<tr>
<td>Cancer</td>
<td>1.6%</td>
<td>1.6%</td>
<td>3.6%</td>
<td>3.2%</td>
</tr>
<tr>
<td>Asthma</td>
<td>.9%</td>
<td>1.3%</td>
<td>1.0%</td>
<td>1.3%</td>
</tr>
</tbody>
</table>
Chronic Condition Management: The City workforce has high chronic condition management rates for asthma medication ratio (85.2%), coronary artery disease beta block use (80%), hypertension BP control (79.5%), depression effective acute phase treatment (78.7%), and hypertension medication adherence (73.9%).

Most of the City’s rates for the chronic condition management metrics are similar to the industry benchmark, but are worse for diabetes medication adherence and coronary artery disease – beta block use.

Note: Percentages that are at least 10% better than the Industry Benchmark are indicated in green; those that are at least 10% worse are indicated in red.
Preventive Care: The City workforce has high preventive care rates (70.1%-96%) for all of the metrics categories, except for flu immunization (46.2%).

All of the City’s rates are similar to the industry benchmarks for the preventive care metrics except for colorectal cancer screening, which is worse than the benchmark.

<table>
<thead>
<tr>
<th>Preventive Care</th>
<th>2018/19</th>
<th>Industry Benchmark</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clinical Visit</td>
<td>84.7%</td>
<td>86.6%</td>
</tr>
<tr>
<td>Flu Immunization</td>
<td>46.2%</td>
<td>45.2%</td>
</tr>
<tr>
<td>Blood Pressure: Checked at Clinical Visit</td>
<td>78.1%</td>
<td>78.2%</td>
</tr>
<tr>
<td>Blood Glucose: Checked at Clinical Visit</td>
<td>70.1%</td>
<td>68.2%</td>
</tr>
<tr>
<td>BMI Checked at Clinical Visit</td>
<td>75.8%</td>
<td>73.7%</td>
</tr>
<tr>
<td>Exercise Level Checked at Clinical Visit</td>
<td>73.5%</td>
<td>74.6%</td>
</tr>
<tr>
<td>Moms Receiving Timely Prenatal Care Visit</td>
<td>96.0%</td>
<td>97.5%</td>
</tr>
<tr>
<td>Moms Receiving Timely Postpartum Care Visit</td>
<td>92.0%</td>
<td>93.1%</td>
</tr>
<tr>
<td>Cholesterol Screening</td>
<td>76.3%</td>
<td>75.8%</td>
</tr>
<tr>
<td>Cervical Cancer Screening</td>
<td>87.4%</td>
<td>89.8%</td>
</tr>
<tr>
<td>Breast Cancer Screening</td>
<td>87.0%</td>
<td>86.2%</td>
</tr>
<tr>
<td>Colorectal Cancer Screening</td>
<td>80.0%</td>
<td>89.8%</td>
</tr>
</tbody>
</table>

Participation/Engagement: The City workforce has high participation/engagement rates for eligible members who are registered on kp.org (88.7%) and who are signing onto kp.org at least one time after registering for that plan information and health management website.

The City’s rates are similar to the industry benchmarks for the participation/engagement metrics.

<table>
<thead>
<tr>
<th>Participation/Engagement</th>
<th>2018/19</th>
<th>Industry Benchmark</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elig Members Registered on KP.org</td>
<td>88.7%</td>
<td>96.1%</td>
</tr>
<tr>
<td>Elig Members Signing onto KP.org 1+ Times</td>
<td>74.9%</td>
<td>70.3%</td>
</tr>
</tbody>
</table>

Note: Percentages that are at least 10% better than the Industry Benchmark are indicated in green; those that are at least 10% worse are indicated in red.
LAwell Health Management Metrics
Kaiser Permanente: Employees – 2015/16-2018/19
Health Risks

**Overweight**
- About 33% of employees are overweight, increasing their chances of obesity and the risks associated with that condition
- Benchmark: Current rate similar to benchmark
- Trend: Rates relatively unchanged

**Obesity**
- About 47% of the workers are obese, increasing their risks for musculoskeletal problems and many chronic conditions
- Benchmark: Current rate similar to benchmark
- Trend: Rates relatively unchanged

**High Blood Pressure**
- About 10% have high blood pressure, elevating their risks for hypertension and other cardiovascular conditions
- Benchmark: Current rate similar to benchmark
- Trend: Rates relatively unchanged

**Prediabetes**
- About 33% have been identified with prediabetes, increasing their risks for diabetes and other chronic conditions
- Benchmark: Current rate worse than benchmark
- Trend: Reporting available for current period only
**LAwell Health Management Metrics**

**Kaiser Permanente: Employees – 2015/16-2018/19**

**Health Risks**

**High Total Cholesterol**
- Nearly 8% of employees have high total cholesterol, increasing their risks for cardiovascular conditions
- Benchmark: Current rate better than benchmark
- Trend: Rates relatively unchanged

**High LDL Cholesterol**
- Nearly 8% have high LDL cholesterol, increasing their risks for cardiovascular conditions
- Benchmark: Current rate is similar to benchmark
- Trend: Rates relatively unchanged

**Low HDL Cholesterol**
- About 31% have low HDL cholesterol, increasing their risks for cardiovascular conditions
- Benchmark: Current rate similar to benchmark
- Trend: Rates relatively unchanged

**High Triglycerides**
- About 11% have high triglyceride levels, increasing their risks for cardiovascular conditions
- Benchmark: Current rate similar to benchmark
- Trend: Rates relatively unchanged
Inadequate Exercise
- About 66% of the employees exercise less than the recommended 150 minutes or more per week, increasing their risks for overweight/obesity, cardiovascular disease, and many other chronic conditions
- Benchmark: Current rate similar to benchmark
- Trend: Rates relatively unchanged

Smoking
- Nearly 8% have been identified as smokers, increasing their risks for cancer, respiratory diseases, and cardiovascular conditions
- Benchmark: Current rate similar to benchmark
- Trend: Rates slowly decreasing

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LAwell Health Management Metrics
Kaiser Permanente: Employees – 2015/16-2018/19
Health Risks
Chronic Condition(s) – Prevalence Rate
- About 28% of the employees have been diagnosed with one or more chronic health conditions
- Benchmark: Current rate better than benchmark
- Trend: Rates slowly decreasing

Chronic Condition(s) – % Total Claims Cost
- Those with one or more chronic health conditions account for about 67% of the total claims cost
- Benchmark: Current rate similar to benchmark
- Trend: Proportion of costs relatively unchanged

2+ Major Chronic Conditions – Prevalence Rate
- About 4% of the employees have been diagnosed with 2 or more major chronic health conditions
- Benchmark: Current rate better than benchmark
- Trend: Rates slowly decreasing

2+ Major Chronic Conditions – % Total Claims Cost
- Those with 2 or more major chronic health conditions are associated with about 22% of the total claims cost
- Benchmark: Current rate similar to benchmark
- Trend: Proportion of costs relatively unchanged
LAWell Health Management Metrics
Kaiser Permanente: Employees – 2015/16-2018/19
Chronic Health Conditions

### Diabetes – Prevalence Rate
- About 13% of the employees have been diagnosed with diabetes
- Benchmark: Current rate worse than benchmark
- Trend: Rates slowly decreasing

### Diabetes – % Total Claims Cost
- Those with diabetes account for about 24% of the total claims cost
- Benchmark: Current rate worse than benchmark
- Trend: Proportion of costs slowly decreasing

### Hypertension – Prevalence Rate*
- About 16% of the employees have been diagnosed with hypertension
- Benchmark: Not currently available*
- Trend: Rates relatively unchanged

### Hypertension – % Total Claims Cost
- Those with hypertension account for about 30% of the total claims cost
- Benchmark: Current rate similar to benchmark
- Trend: Proportion of costs relatively unchanged

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*See notes in Appendix
LAwell Health Management Metrics
Kaiser Permanente: Employees – 2015/16-2018/19
Chronic Health Conditions

Obesity – Prevalence Rate
- About 47% of the employees have a diagnosis of obesity
- Benchmark: Current rate *similar* to benchmark
- Trend: Rates *slowly decreasing*

Obesity – % Total Claims Cost
- Reporting on the percentage of total claims costs associated with those diagnosed with obesity is not currently available

Back Pain – Prevalence Rate
- About 10% have claims associated with back pain
- Benchmark: Current rate *worse* than benchmark
- Trend: Rates *relatively unchanged*

Back Pain – % Total Claims Cost
- Those with back pain account for about 7% of the total claims cost
- Benchmark: Current rate *worse* than benchmark
- Trend: Proportion of costs *relatively unchanged*
LAwell Health Management Metrics
Kaiser Permanente: Employees – 2015/16-2018/19
Chronic Health Conditions

**Coronary Artery Disease – Prevalence Rate**
- About 1% of the employees have been diagnosed with coronary artery disease
- Benchmark: Current rate *better* than benchmark
- Trend: Rates *decreasing*

**Depression – Prevalence Rate**
- About 4% have been diagnosed with chronic depression
- Benchmark: Current rate *better* than benchmark
- Trend: Rates *decreasing*

**Coronary Artery Disease – % Total Claims Cost**
- Those with coronary artery disease account for about 4% of the total claims cost
- Benchmark: Current rate *worse* than benchmark
- Trend: Proportion of costs *decreasing*

**Depression – % Total Claims Cost**
- Those with chronic depression account for about 12% of the total claims cost
- Benchmark: Current rate *similar* to benchmark
- Trend: Proportion of costs *relatively unchanged*
LAwell Health Management Metrics
Kaiser Permanente: Employees – 2015/16-2018/19
Chronic Health Conditions

Cancer – Prevalence Rate
- About 2% of the employees have been diagnosed with some kind of cancer
- Benchmark: Current rate similar to benchmark
- Trend: Rates relatively unchanged

Cancer – % Total Claims Cost
- Those with cancer are associated with about 4% of the total claims cost
- Benchmark: Current rate similar to benchmark
- Trend: Proportion of costs increasing

Asthma – Prevalence Rate
- About 16% have been diagnosed with asthma
- Benchmark: Current rate better than benchmark
- Trend: Rates relatively unchanged

Asthma – % Total Claims Cost
- Those with asthma are associated with about 1% of the total claims cost
- Benchmark: Current rate better than benchmark
- Trend: Proportion of costs slightly decreasing
**Chronic Condition Management**

**Diabetes: Blood Sugar Control**
- About 64% of employees diagnosed with diabetes have good control of their blood sugar levels (HbA1d <8%)
- Benchmark: Current rate *similar* to benchmark
- Trend: Rates *increasing*

**Diabetes: Medication Adherence**
- About 67% are adhering to their medication regimen
- Benchmark: Current rate *worse* than benchmark
- Trend: Rates *relatively unchanged*

**Hypertension: Adequate BP Control**
- About 80% of those diagnosed with hypertension have their blood pressure under adequate control (BP<140/90)
- Benchmark: Current rate *similar* to benchmark
- Trend: Rates *relatively unchanged*

**Hypertension: Medication Adherence**
- About 74% are adhering to their medication regimen
- Benchmark: Current rate *similar* to benchmark
- Trend: Rates *relatively unchanged*
LAwell Health Management Metrics
Kaiser Permanente: Employees – 2015/16-2018/19
Chronic Condition Management

High Cholesterol: Medication Adherence
• About 70% of employees diagnosed with high cholesterol are adhering to their medication regimen
• Benchmark: Current rate similar to benchmark
• Trend: Rates relatively unchanged

Coronary Artery Disease: Beta Block Use
• About 80% of those diagnosed with coronary artery disease are using beta blockers to control their condition
• Benchmark: Current rate worse than benchmark
• Trend: Rates slightly decreasing over past 2 yrs

Depression: Effective Acute Phase Treatment
• About 79% of those diagnosed with depression are receiving effective acute phase treatment
• Benchmark: Current rate similar to benchmark
• Trend: Rates increasing over past 2 yrs

Depression: Effective Continuation Phase Treatment
• About 54% of those diagnosed with depression are receiving effective acute phase treatment
• Benchmark: Current rate similar to benchmark
• Trend: Rates increasing over past 2 yrs
Asthma: Asthma Medication Ratio

- About 85% of employees diagnosed with persistent asthma had a ratio of controller medications to total asthma medications of 0.50 or greater during the measurement year, resulting in lower use of rescue medications.
- Benchmark: Current rate similar to benchmark.
- Trend: Rates increasing.

![Asthma Medication Ratio Chart]

% With AMR

- 81.5% in 2015/16
- 88.4% in 2016/17
- 91.0% in 2017/18
- 85.2% in 2018/19

KP Industry Average:

- 90.0% in 2018/19

LAwell Health Management Metrics
Kaiser Permanente: Employees – 2015/16-2018/19
Chronic Condition Management
LAwell Health Management Metrics
Kaiser Permanente: Employees – 2015/16-2018/19
Preventive Care

Clinical Visit
• About 85% of employees visited a clinician within the past yr
• Benchmark: Current rate similar to benchmark
• Trend: Rates relatively unchanged

Flu Immunization
• About 46% received an influenza immunization within the past yr
• Benchmark: Current rate similar to benchmark
• Trend: Rates increasing

Blood Pressure: Checked at Clinical Visit
• About 78% had their blood pressure checked during a clinical visit within the past yr
• Benchmark: Current rate similar to benchmark
• Trend: Rates increasing over past 2 yrs

Blood Glucose: Checked at Clinical Visit
• About 70% had their blood glucose checked during a clinical visit within the past yr
• Benchmark: Current rate similar to benchmark
• Trend: No reporting prior to 2018
LAwell Health Management Metrics
Kaiser Permanente: Employees – 2015/16-2018/19
Preventive Care

BMI Checked at Clinical Visit
- About 76% of employees had their body mass index (BMI) checked during a clinical visit within the past yr
- Benchmark: Current rate similar to benchmark
- Trend: Rates relatively unchanged

Exercise Level Checked at Clinical Visit
- About 74% had their exercise level checked during a clinical visit within the past yr
- Benchmark: Current rate similar to benchmark
- Trend: Rates slightly decreasing

Moms Receiving Timely Prenatal Care
- About 96% of moms received a timely prenatal care visit
- Benchmark: Current rate similar to benchmark
- Trend: Rates slightly decreasing

Moms Receiving Timely Postpartum Care
- About 92% of moms received timely postpartum care visit
- Benchmark: Current rate similar to benchmark
- Trend: Rates slightly decreasing
LAwell Health Management Metrics
Kaiser Permanente: Employees – 2015/16-2018/19
Preventive Care

**Cholesterol Screening**
- About 76% of employees meeting the recommended criteria* are up-to-date on their cholesterol screening
- Benchmark: Current rate similar to benchmark
- Trend: Rates slightly decreasing

**Cervical Cancer Screening**
- About 87% of women meeting the recommended criteria* are up-to-date on their cervical cancer screening
- Benchmark: Current rate similar to benchmark
- Trend: Rates relatively unchanged

**Breast Cancer Screening**
- About 87% of women meeting the recommended criteria* are up-to-date on their breast cancer mammogram screening
- Benchmark: Current rate similar to benchmark
- Trend: Rates relatively unchanged

**Colorectal Cancer Screening**
- About 80% of men and women meeting the recommended criteria* are up-to-date on their colorectal cancer screening
- Benchmark: Current rate worse than benchmark
- Trend: Rates relatively unchanged

*See notes in Appendix
Eligible Members Registered on KP.org
- About 89% of employees who are eligible members are registered for KP.org
- Benchmark: Current rate similar to benchmark
- Trend: Rates increasing

Eligible Members Signing onto KP.org 1+ Times
- About 75% who are eligible members signed on to KP.org one or more times
- Benchmark: Current rate similar to benchmark
- Trend: Rates relatively unchanged
## LAwell Health Management Metrics

### Kaiser Permanente: Employees – 2015/16-2018/19

### Appendix

<table>
<thead>
<tr>
<th>Metric</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asthma - Asthma medication ratio</td>
<td>Beginning with measurement period Q4 2015, the HEDIS asthma control medication measure “Use of Appropriate Medications” was retired and replaced with “Asthma Medication Ratio”.</td>
</tr>
<tr>
<td>Blood Glucose</td>
<td>Adults ages 18+ with a recorded result for glucose. KP is using a new advanced lab process for HbA1C testing (a measure of average blood glucose) which provides improved accuracy and reliability. Results from the prior process used different standards and are not directly comparable to KP’s current testing. Due to this change, KP is only reporting results from the current measurement period.</td>
</tr>
<tr>
<td>Blood Pressure</td>
<td>Of those with a recorded result during the measurement period (12-months time period for BMI and Blood Pressure results); ages 18-75, based on HEDIS standards for age on similar measures.</td>
</tr>
<tr>
<td>BMI</td>
<td>Adults ages 21-74 with a recorded result for BMI. BMI categorizations are based on CDC guidelines; excludes members who utilized maternity services.</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Of those with a recorded result during the measurement period (5-year time period for Cholesterol results); ages 18-75, based on HEDIS standards for age on similar measures.</td>
</tr>
<tr>
<td>Coronary Artery Disease - Beta blocker use</td>
<td>The percentage of members based on the eligible population who were prescribed a beta blocker 6 months after discharge.</td>
</tr>
<tr>
<td>Coronary Artery Disease - Prevalence</td>
<td>The HEDIS definition for coronary artery disease prevalence changed beginning with Q1 2018 data release, which may result in a minor reduction in CAD result.</td>
</tr>
<tr>
<td>Depression - Antidepressant use</td>
<td>The percentage of members with a new episode of depression who received any antidepressant within 30 days of diagnosis. New episodes are defined as depression diagnoses with no depression diagnosis in the previous year and no antidepressant use in the previous four months.</td>
</tr>
<tr>
<td>Depression - Effective acute phase treatment</td>
<td>The percentage of members who continued antidepressant use for at least 12 weeks among those who started use for a new episode of depression. New episodes are defined as depression diagnoses with no depression diagnosis in the previous year and no antidepressant use in the previous 4 months.</td>
</tr>
<tr>
<td>Depression - Effective continuation phase treatment</td>
<td>The percentage of members who continued antidepressant use for at least 6 months among those who started use for a new episode of depression. New episodes are defined as depression diagnoses with no depression diagnosis in the previous year and no antidepressant use in the previous 4 months.</td>
</tr>
<tr>
<td>Depression - Prevalence</td>
<td>Starting with Q4 2016 data, KP is using an industry-standard disease cohort definition for depression prevalence that more accurately reflects the latest coding.</td>
</tr>
<tr>
<td>Exercise Level</td>
<td>Adults ages 18+ with a recorded result for exercise; excludes members who utilized maternity services.</td>
</tr>
<tr>
<td>Flu immunization</td>
<td>Of those with a recorded result during the measurement period.</td>
</tr>
<tr>
<td>Hypertension</td>
<td>Effective with Q4 2018 data, the HEDIS definition for Hypertension inclusion criteria has changed, which may make it difficult to compare prior periods. Additionally, due to those changes, the NCQA HEDIS benchmark will not be available until Q4 2019; therefore, KP has removed the current benchmark until the new benchmark has been publicly released. Details: The specifications for the Hypertension metric have been further defined. The denominator population was previously identified as members with one outpatient visit with a hypertension diagnosis in the first 6 months of the year, with confirmation of hypertension in the medical record before June 30 of the measurement year. Effective with Q4 2018 data release, the denominator is now identified as members with at least two visits with a hypertension diagnosis on different dates of service any time in the measurement year or the year prior to the measurement year. Additionally, the numerator was previously members ages 60-85 who are not diabetic with a BP &lt;= 150/90. Effective with Q4 2018 data release, members must have a BP &lt;= 140/90.</td>
</tr>
<tr>
<td>Kp.org - Registered on kp.org</td>
<td>The percentage of eligible members registered on kp.org; includes kp.org activity for members regardless of whether or not they were enrolled at the end of the measurement period.</td>
</tr>
</tbody>
</table>
LAwell Health Management Metrics
Kaiser Permanente: Employees – 2015/16-2018/19
Appendix

<table>
<thead>
<tr>
<th>Metric</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kp.org - Signed on to kp.org at least 1 time</td>
<td>The percentage of eligible members who signed on to kp.org at least once; includes kp.org activity for members regardless of whether or not they were enrolled at the end of the measurement period.</td>
</tr>
<tr>
<td>Major Chronic Conditions</td>
<td>Major chronic conditions are defined as diabetes, asthma, coronary heart disease, chronic heart failure, COPD, CKD, and depression.</td>
</tr>
<tr>
<td>Maternity - Moms that received a timely prenatal care</td>
<td>The percentage of moms that received a timely prenatal care visit. HEDIS data is reflective of the prior fiscal calendar period (i.e., 2013 is the performance period January–December 2012). Prenatal visit is defined as the first trimester or within 42 days of enrollment.</td>
</tr>
<tr>
<td>Maternity - Moms that received a timely postpartum care</td>
<td>The percentage of moms that received a timely postpartum care visit. HEDIS data is reflective of the prior fiscal calendar period (i.e., 2013 is performance period January–December 2012). Postpartum visit is defined as on or between 21 and 56 days after delivery.</td>
</tr>
<tr>
<td>Medication Adherence - Diabetes</td>
<td>Percentage of subscribers with a proportion of days covered (PDC) greater than or equal to 80% on the overall diabetes medication variable. PDC is the proportion of days in the measurement period “covered” by prescription claims for the same medication or another in its therapeutic category. The PDC threshold of 80% is the level above which the medication has a reasonable likelihood of achieving most of the potential clinical benefit.</td>
</tr>
<tr>
<td>Medication Adherence - High Cholesterol</td>
<td>Percentage of subscribers with a proportion of days covered (PDC) greater than or equal to 80% on the statin medication variable. PDC is the proportion of days in the measurement period “covered” by prescription claims for the same medication or another in its therapeutic category. The PDC threshold of 80% is the level above which the medication has a reasonable likelihood of achieving most of the potential clinical benefit.</td>
</tr>
<tr>
<td>Medication Adherence - Hypertension</td>
<td>Percentage of subscribers with a proportion of days covered (PDC) greater than or equal to 80% on the RAS Antagonist medication variable. PDC is the proportion of days in the measurement period “covered” by prescription claims for the same medication or another in its therapeutic category. The PDC threshold of 80% is the level above which the medication has a reasonable likelihood of achieving most of the potential clinical benefit.</td>
</tr>
<tr>
<td>Obesity Prevalence</td>
<td>Based on BMI for all members (adults and children) with a measurement recorded within the last 12 months.</td>
</tr>
<tr>
<td>Prevalence/Cost</td>
<td>Members must have been continuously enrolled during the measurement period. Note: The HEDIS definition for coronary artery disease prevalence changed beginning with Q1 2018 data release, which may result in a minor reduction in CAD result.</td>
</tr>
<tr>
<td>Screening - Breast Cancer</td>
<td>The percentage of women ages 52-74 who had a mammogram during the measurement period or one year prior to the measurement period. Members must have been continuously enrolled during the measurement period. Note: As of the Q1 2018 measurement period, the metric age range was corrected to the appropriate HEDIS age range of 52-74 (previously 52-69).</td>
</tr>
<tr>
<td>Screening - Cervical Cancer</td>
<td>The percentage of women ages 21–64 years who were screened for cervical cancer using either of the following criteria:  · Women age 21–64 who had cervical cytology performed every 3 years (the original definition prior to Q4 2013) · Women age 30–64 who had cervical cytology/human papillomavirus (HPV) co-testing performed every 5 years (added to the original definition starting Q4 2013) Note: Due to significant specification changes, NCQA will not publicly report this measure for HEDIS 2014.</td>
</tr>
<tr>
<td>Screening - Colorectal Cancer</td>
<td>The percentage of men and women ages 51–75 who had an appropriate screening for colorectal cancer. Appropriate screening is: Cologuard Test (FIT-DNA Test) during the measurement year or the 2 years prior to the measurement year, a flexible sigmoidoscopy during the measurement year or up to four years prior to the measurement year, or a colonoscopy during the measurement year or up to nine years prior to the measurement year.</td>
</tr>
<tr>
<td>Smoking</td>
<td>Of those with a recorded result during the measurement period (lifetime for smoking status); ages 18+</td>
</tr>
</tbody>
</table>
Delta Dental
**Dental Cleaning**
- About 60% of employees have had a dental cleaning within the past year
- Current rate is slightly *below* the 2018/19 goal
- Trend: Rates relatively unchanged

**No Dental Visit**
- About 39% of employees have not had a dental visit within the past year
- Current rate is slightly *above* the 2018/19 goal
- Trend: Rates relatively unchanged
EyeMed
Vision Exam
- About 32% of employees have had a vision exam within the past year
- Current rate is slightly above the 2018/19 goal
- Benchmark: Current rate better than benchmark (peer group)
- Trend: Rates relatively unchanged
Optum
Employee and Family Assistance Program (EFAP)

Total Engagement
- Employees were engaged in 1,670 touch points through the EFAP core services in Q3 of 2018/19, 1,659 in Q4, and 3,329 total for the two quarters
- Trend: Rates relatively unchanged

LWW Website Sessions
- Employees participated in 986 LiveandWorkWell website sessions in Q3 of 2018/19, 750 in Q4, and 1,736 year to date
- Trend: Rate was lower in Q4

EFAP Cases
- Employees were involved in 517 EAP cases in Q3 of 2018/19, 419 in Q4, and 936 total for the two quarters
- Trend: Rate was lower in Q4

Training Participants
- 147 employees participated in EFAP training in Q3 of 2018/19, 471 in Q4, and 618 total for the two quarters
- Trend: Rate was higher in Q4

CIRS Participants
- 20 employees participated in Critical Incidence Response Training in Q3 of 2018/19, 19 in Q4, and 39 total for the two quarters
- Trend: Rates relatively unchanged

Note: Optum became the EFAP services provider on 1/1/19