



Report of the CMS Expert Panel on Physician Wellness
To The CMS Board of Directors
May, 2013

Recommendation 1: That CMS strongly support and actively participate in Governor John Hickenlooper’s vision to make Colorado the healthiest state.

Recommendation 2: To support making Colorado the healthiest state, CMS should deploy the following tactics:

- a. Educate CMS members about the Governor’s vision to make Colorado the healthiest state.
- b. Encourage all elements of organized medicine to support the Governor’s vision to make Colorado the healthiest state.
- c. Encourage on an on-going basis individual physicians to promote prevention and wellness by setting an example for their patients and the public by living a healthy lifestyle.
- d. Prominently display on the new CMS web site a wellness physician toolkit that includes helpful resources and access to information and links for living a healthy lifestyle and ways physicians can participate in public and patient education
- e. Partner with other stakeholders to make Colorado the healthiest state.

Recommendation 3: That the board of directors approve utilization of the recent \$25,000 wellness gift to CMS to the construction and maintenance of a section on the new CMS homepage dedicated to helping physicians achieve complete wellness.

Recommendation 4: That the Wellness panel continue to advise the board of directors and serve as a resource on the content of the physician wellness section of the CMS web site.

Background:

“Physician Well Being and Success” was established as one of five CMS goals in January 2011. An all-member morale survey was completed in April 2011 and fully one-half of the Spring Conference was dedicated to this subject. The survey and the Spring Conference were designed to provide the board of directors with more insights so that additional strategies and tactics for addressing wellness could be developed after consideration of additional information.

The top areas of concern for CMS members expressed in the survey are uncertainty about health reform, financial security, reimbursement and liability. For each of these, at least 40 percent say they worry “all the time” or “a lot” about that issue, and three-quarters or more say they worry at least “some” about it. A majority are concerned about achieving the level of success they expect for themselves, the way the public views

physicians and the practice of medicine, and issues around staffing and patient involvement in care. Only one-half are satisfied they are able to live a healthy lifestyle (exercise, diet); fewer are satisfied they are able to find time to relax (yoga, reading). Immediate past CMS president Brent Keeler, MD, appointed the expert panel on physician wellness to advise the board of directors. The panel met several times in 2012 and most recently in February 2013 to finalize their recommendations.

The State of Health: Colorado's Commitment to become the Healthiest State

Here are key messages from Governor John Hickenlooper's health care plan: Making Colorado the healthiest state.

- This needs to mean something more than a catchy phrase for a bumper sticker. Healthy people, a strong economy, and a superb education system are all connected.
- Better health is not just good for individuals; it has positive outcomes for Colorado's workforce, reducing the costs of government and improving the quality of life in our communities. These are shared valued across our state.
- Health – and healthcare costs – are challenges for individuals and communities to solve together. Investments in the health of Colorado children are critical to Colorado's long-term success.
- Colorado has unique strengths: our reputation for collaboration and innovation, our superior recreational opportunities, and compared to other states, a healthier lifestyle.

Healthiest State focus areas:

1. Promoting prevention and wellness
 2. Expanding coverage, access, and capacity
 3. Improving system integration and quality
 4. Strengthening cost containment and sustainability
- The report includes a profile of each focus area, including fourteen measurable targets that will allow progress to be tracked over time.
 - Stakeholder invitation from the Governor: Join us because this is not a goal government can, or should, do alone. We need your voice, your participation, and your commitment to make Colorado the healthiest state.
 - The Governor is doing his part --- "I am trying hard to stay away from sweets. Eating better and keeping a weekly work-out time has been easier," John Hickenlooper

The fourteen measurable targets

1. By 2016, By 2016, prevent over 135,000 Coloradans from becoming obese.

2. By 2016, reduce number of Coloradans who report being depressed or having poor mental health by 65,000.
3. By 2016, reduce the prevalence of nonmedical use of prescription pain medications in Colorado by 93,000 Coloradans.
4. By 2016, ensure 4,000 more Colorado children visit a dentist before age one.
5. By 2016, ensure at least 637 of Colorado's 881 community water systems have optimal fluoridation, either through naturally-occurring fluoride or by adjusting fluoride levels.
6. By 2018, provide access to public and private insurance coverage to at least 470,000 more Coloradans.
7. By 2015, recruit and retain 148 primary care providers in order to decrease the number of Health Professional Shortage Areas in Colorado.
8. By 2015, provide network access to more than 400 hospitals, behavioral health providers, clinics, and other providers throughout rural and urban Colorado.
9. By 2018, connect an additional 584,000 Coloradans with a patient-centered medical home.
10. By 2014, all Executive Branch agencies within the State of Colorado across the Executive Branch, the Colorado Department of Education, and four related nongovernmental partners will have data-sharing governance agreements in place.
11. Each year through 2017, transition 100 individuals from long-term care institutions to community settings of their choice.
12. Reduce Medicaid costs by \$280 million over the next ten years.
13. By 2015, at least 4 million Colorado residents (85 percent) will receive care from providers who have achieved Meaningful Use in the Medicare and Medicaid Electronic Health Record Incentive Programs.
14. By 2015, at least 3.8 million Colorado residents (75 percent) will be served by health care providers that are connected to an integrated health information exchange infrastructure that supports appropriate, bi-directional sharing of health information and includes exchange with public health and across state borders.

Respectfully Submitted

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