

MILLION HEARTS

■ TRI-CITY CARDIOLOGY

Mesa, AZ (January 3, 2017)-Tri-City Cardiology Consultants, P.C. (TCC), has been selected by the Centers for Medicare & Medicaid Services (CMS) as one of 516 awardees in 47 states, Puerto Rico, and the District of Columbia to help reduce the risk of heart attacks and strokes among millions of Medicare fee-for-service beneficiaries. Health care practitioners, such as TCC, participating in the Million Hearts® Cardiovascular Disease Risk Reduction Model will work to decrease cardiovascular disease risk by assessing an individual patient's risk for heart attack or stroke and applying prevention interventions.

According to the Centers for Disease Control and Prevention (CDC), heart disease is the leading cause of death and a major contributor to disability in the United States. One in three deaths are caused by heart attacks and strokes, resulting in over \$300 billion of health care costs each year. Currently, health care practitioners are paid to screen for blood pressure, cholesterol, or other risk factors individually. In testing a

new approach, practitioners participating in the Million Hearts® Cardiovascular Disease Risk Reduction Model's intervention group will use a data-driven, widely accepted predictive modeling approach to generate personalized risk scores and develop specific plans in partnership with patients to reduce the risk of having a heart attack or stroke. Accepted applicants were randomly assigned to either the intervention or control group in accordance with the model's randomized control design.

Overall, nearly 20,000 health care practitioners and over 3.3 million Medicare fee-for-service beneficiaries will participate in the five-year-model. TCC is participating in the intervention group and will work with Medicare fee-for-service beneficiaries to determine their ten-year individual risk for a heart attack or stroke. TCC will then work with beneficiaries individually to identify the best approach or approaches to reducing their risk of having a heart attack or stroke—for example, smoking cessation interventions, blood pressure management, or cholesterol-lowering drugs or aspirin-and

will explain the benefits of each approach. Each beneficiary will receive a personalized risk modification plan that will target their specific risk factors. TCC will be paid for reducing the absolute risk for heart disease or stroke among their high-risk beneficiaries.

“Our health care system historically often emphasized acute care over preventive care,” said Dr. Patrick Conway, CMS Acting Principal Deputy Administrator and Chief Medical Officer. “This initiative will enhance patient-centered care and give practitioners the resources to invest the time and staff to address and manage patients who are at high risk for heart attacks and strokes.”

The Affordable Care Act, through the creation of the CMS Innovative Center, allows for the testing of innovative payment and service delivery models, such as the Million Hearts® Cardiovascular Disease Risk Reduction Model, to move our health care system toward one that spends dollars more wisely, delivers better care and makes individual communities healthier.