

Winter Provider NEWSLETTER

Winter Newsletter
2018

Chronic Pain and Opioid Use Disorder

Employers want to know if their workforce has a prescription opioid problem

A [new study](#) shows that in 2015, the prescription opioid crisis caused almost one million people to be absent from their jobs. Employers are increasingly aware of this crisis and seek to identify if their workforce has problems with prescription opioid addiction and abuse.

Employers are encouraged to work with providers, provider networks, and employee assistance programs (EAPs) who use guidelines based on evidence-based practices, like the Dr. Robert Bree Collaborative, to address opioid issues in an effort to help their employees stay in the workforce.

In 2016, the [Bree Collaborative](#) in Washington State convened a workgroup that developed opioid prescribing metrics to help implement opioid guidelines and standardize comparisons between populations. The metrics were designed to have a strategic focus and to be used for quality improvement.

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New President and CEO Jaja Okigwe has big plans for growth at First Choice Health.

First Choice Health CEO Jaja Okigwe was recently interviewed by the Puget Sound Business Journal about his plans to simplify healthcare. Learn more about his vision for growth and the changes happening in the healthcare industry.

[Click here](#) to read the complete interview.

*Jaja Okigwe
President and CEO, FCH*

HOLIDAY Schedule

We're Closed for:
Thanksgiving
Thursday and Friday
Nov. 22nd and 23rd

We're Closed for:
Christmas
Monday and Tuesday
Dec. 24th and 25th

We're Closed for:
New Year's Day
Tuesday
January 1st

We're Closed for:
Presidents Day
Monday
February 18th

First Choice Health™

Healthy Employees. Healthy Companies.™

If you have any questions, please email Provider Relations at ProviderRelations@fchn.com.



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First Choice Health has implemented those metrics to provide a population health report for our clients. This report is made possible by running the client's pharmacy claims from their PBM through analytics using the following nine Bree Collaborative Opioid Prescribing Metrics:

- Metric 1: Patients prescribed any opioid by age group
- Metric 2: Patients prescribed chronic opioids (60 days of opioids in 1 quarter)
- Metric 3: Patients prescribed high-dose chronic opioids among patients prescribed chronic opioids
- Metric 4: Patients prescribed chronic opioids and sedatives
- Metric 5: New member's day supply of first opioid prescription
- Metric 6: New opioid patients subsequently prescribed chronic opioids
- Metric 7: Opioid overdose deaths
- Metric 8: Non-fatal overdose involving prescription opioids
- Metric 9: Patients prescribed chronic opioids who have an Opioid Use Disorder diagnosis

Providers can impact patient opioid use behaviors

An important part of the solution to the opioid crisis is collaborating with providers to decrease opioid use and to manage employees with chronic pain and opioid use disorder (OUD).

CDC's [Guideline for Prescribing Opioids for Chronic Pain](#) is intended to improve communication between providers and patients about the risks and benefits of opioid therapy for chronic pain, improve the safety and effectiveness of pain treatment, and reduce the risks associated with long-term opioid therapy, including opioid use disorder and overdose.



A free CME on opioid prescribing is also available from the CDC: [Click Here.](#)

John Robinson, MD
Chief Medical Officer, FCH

Did You Know?**We provide a Physician Assistance Program (PAP) to many local hospitals.**

- First Choice Health PAP was started in 2002
- Serving more than 8,000 lives through the program
- Tools and resources for Work, Family, Health, Life
- We offer confidential services with 24/7 access
- Counseling, crisis support and referral services
- Our providers include licensed mental health professionals, psychologists, clinical social workers, and marriage and family therapists

FCH Charitable Giving Committee

First Choice Health distributes charitable giving dollars every year to organizations that provide support throughout our communities. For the second half of 2018, here are some of the organizations that will benefit from our contributions:

- **Mary's Place**
- **Bailey-Boushay House**
- **Senior Services of Snohomish County**
- **The Greater Seattle Bureau of Fearless Ideas**
- **United Way**
- **Pathways for Women**



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Check out our [Online Provider Resources!](#)



Share Your Thoughts!

First Choice Health's **Utilization Management Team** provides pre-authorization services, intake coordination, discharge planning, coordination of services, and much more. We want to hear from you about your experience with our team. Please provide feedback regarding our service by completing this survey by **November 30**: <https://www.surveymonkey.com/r/2018FCHPreAut>

OneHealthPort

OneHealthPort AdminSimp Update

Pre-Service Directory is now live! With the Pre-Service Directory, Provider organizations now have access to an online directory of Payer website links and instructions for pre-authorizations and admission notifications. Find out more information and how it works at: <https://www.onehealthport.com/pre-service-directory-now-live>

State of the Network

In an ongoing effort to maximize value to our network, FCHN is always working to recruit new providers, target expansion areas, and fill any gaps that may exist within our network service area.

We are pleased to announce that as of November 2018, our network includes 99,077 practitioners, 363 hospitals, and 2,409 ancillary facilities.

