

ACHRM's Nine Healthcare Cost Containment and Health Risk Management Strategies

ACHRM's educational and solution development efforts generated over seven years, 200 events, 1,000 employers, and numerous white papers, pilots and case studies and other strategic initiatives are grouped into the following NINE categories:

- 1. Auditing and assessing health insurance claims to identify errors and omissions and negotiate reclamation and credits. This process may identify inefficiencies of claims processor, and open opportunities for improvements in adjudication and reporting processes.**
- 2. Evaluating and selecting most effective method of self-insuring, including choosing a major insurance carrier (Blue Cross-Blue Shield, United, AETNA, or CIGNA), an independent non-insurance carrier based Third Party Administrator, or join a Captive/Consortium/Collaboration.**
- 3. Implementing an effective Data Analytics Solution (one or more tools) to provide and functionality to support executive decisions.**
- 4. Evaluating and implementing Pharmacy Benefit Management solution (carving off your PBM) to improve quality and reduce costs.**
- 5. Entering a direct contract with physicians, hospitals, or medical providers, which defines price, payment terms, service, and other critical factors.**
- 6. Assessing Referenced Based Pricing (RBP) vendors and methodologies to offer greater price transparency and reduce medical costs.**
- 7. Comparing and contrasting Onsite Clinic, Nearsite (Shared) Clinic, Mobile Clinic, and Direct Primary Care (DPC) solutions to boost employee care and more effectively manage costs.**
- 8. Implementing Telemedicine / Virtual Care to improve employee care, reduce emergency room visits, inconvenience, absenteeism and presenteeism.**
- 9. Improving Employee Wellbeing Programs including prevention, wellness, mental health, behavioral health, safety, workers compensation, etc.**