



## Understanding the full picture of Total Cost of Care.

**THIS IS HOW™**

With health care costs projected to rise to an average of just over \$13,000 per employee in 2022,<sup>1</sup> employers across the country continue to look for ways to control costs and improve quality of care for their employees. By taking a Total Cost of Care approach, you can gain a clearer picture of the solutions that can make a meaningful impact on the health of your organization's bottom line and your workforce.

### What is a Total Cost of Care approach?

Total Cost of Care (TCOC) encompasses your organization's total spending on health care and health benefits for your employees and their dependents. The concept is straightforward and relatively simple, but understanding and managing all of the variables that impact the cost of your organization's health plan can be considerably more complex. So let's take a look at the key components, how they work together and why this approach can benefit both you and your employees.

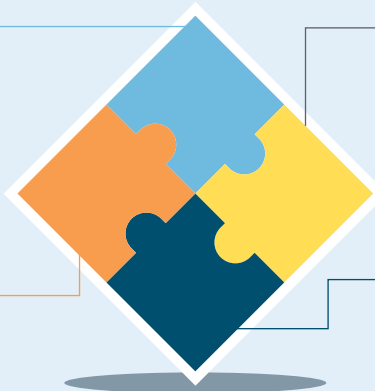
## THE FOUR KEY COMPONENTS OF TOTAL COST OF CARE

### NETWORK AND BENEFIT DESIGN

- Network discounts
- Value-based payment arrangements
- High-performance networks, narrow networks and centers of excellence
- Benefit design based on your population's health

### MEMBER ENGAGEMENT

- Advocacy and navigation
- Health and wellness programs



### CLINICAL PROGRAMS

- Population health management
- Care management of at-risk members
- Integrated medical and pharmacy benefits
- Integrated physical and behavioral health care

### COST PROTECTION

- Data and analytics
- Pre- and post-payment reviews
- Fraud prevention

#### ◆ NETWORK AND BENEFIT DESIGN

### Build a strong foundation with your network and benefit design

A strong network with competitive discounts is at the foundation of TCOC. However, as networks continue to shift from volume to value, and solutions evolve and emerge – such as centers of excellence as well as high-performance and narrow networks – it's important to consider all of these factors when modeling the impact of network and benefit design to maximize savings opportunities.

#### ◆ MEMBER ENGAGEMENT

### Encourage employee engagement

Working with your health plan partner to make sure your employees understand and get the most out of their benefits is another important consideration for TCOC. Whether you're offering advocacy programs designed to help employees better navigate their benefits, or health and wellness programs that aid in prevention and building healthy habits, employee engagement is key to lowering health care costs.

#### ◆ CLINICAL PROGRAMS

### Make sure you have the right clinical programs

Effective clinical programs ensure that employees, especially those with chronic or high-cost conditions, are getting the right care, from the right provider, in the right place and at the right time. When you consider that 90% of annual health care costs are for people with chronic and mental health conditions,<sup>2</sup> employers can achieve significant savings by taking a data-driven approach—integrating physical and behavioral care as well as medical and pharmacy benefits. This approach supports more informed care management that can lead to TCOC savings through fewer ER visits, lower hospitalization rates, preventive screenings and more.

#### ◆ COST PROTECTION

### Increase savings with cost protection

One of the most fundamental ways to keep costs in check is to ensure that your health plan includes a solution that verifies your medical claims are paid accurately and are free of wasteful or abusive billing, often referred to as payment integrity. It's estimated that up to 80% of medical claims contain errors.<sup>3</sup> And whether those mistakes are the result of human error or deliberate fraud, inaccurate billing can be a costly problem when combined with the increasing cost of health care.



At Blue Cross and Blue Shield of North Carolina (Blue Cross NC), we continue to look for ways to contain the rising cost of health care. We know the key to ensuring your employees and their families receive affordable, quality health care is to focus on Total Cost of Care.

From utilization management initiatives to new and innovative programs, Blue Cross NC is dedicated to helping your employees maintain healthy lifestyles and manage chronic conditions.

## TOTAL COST OF CARE IN ACTION

Maternal health care is among the highest consistent claim costs for employers. Here's an example of how the four TCOC components can work together to deliver cost savings for your organization and better health outcomes for your employees.



**Amy has diabetes. She wants to start a family but is having trouble conceiving.**

#### ◆ NETWORK AND BENEFIT DESIGN

Amy's employer guides her to a center of excellence (COE) for fertility care, where she receives higher-quality, more affordable care. Once pregnant, she plans to deliver at a COE for maternity care.

#### ◆ CLINICAL PROGRAMS

Her employer also has integrated medical and Rx benefits, resulting in stronger care collaboration and data insights to enable better management of her diabetes.

#### ◆ MEMBER ENGAGEMENT

Amy has access to app-based pregnancy management tools and maternal health programs to help her through her journey.

#### ◆ COST PROTECTION

Behind the scenes, utilization management experts analyze Amy's claims to ensure they are billed accurately.

Visit [BlueCrossNC.com/TCOC](https://www.bluecrossnc.com/TCOC) for more information and insights to help you make the right decisions for your organization's needs.

<sup>1</sup> "Health Plan Cost Increases for 2022 Return to Pre-Pandemic Levels," Society for Human Resource Management. Online: [www.shrm.org/resourcesandtools/hr-topics/benefits/pages/health-plan-cost-increases-return-to-pre-pandemic-levels.aspx](https://www.shrm.org/resourcesandtools/hr-topics/benefits/pages/health-plan-cost-increases-return-to-pre-pandemic-levels.aspx) (Accessed March 2022).

<sup>2</sup> Centers for Disease Control and Prevention, Health and Economic Costs of Chronic Care.

<sup>3</sup> Becker's Hospital Review, "Medical billing errors growing," says Medical Billing Advocates of America.

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