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Compliance Line:
(702) 751-0834

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SilverStateACO.com

Alexandra, Ashley, Carissa,
Estela, Jackie, Jamie, Jessica
G., Jessica S., Larry, Rena,
Rhonda, Sara, Sharon,
Tommy

Silver State ACO – FRIGHTENINGLY Successful and Helpful



Jessica Shepard (Quality Supervisor), Larry Preston (CEO), and Rhonda Hamilton (COO), ready to “take on” CMS. More Halloween pictures on last page of newsletter.

Mark your Calendar – Practice Meetings for 2019

If you’ve joined us at our practice meetings, you know that they are informative and can be fun, as well. If you’ve never been, please join us in 2019. In order to be successful we must work together, and meeting others involved in Silver State ACO is a good way to start.

Please mark your calendars. Note that we have scheduled the meetings on a Tuesday as well as the usual Wednesdays. In addition, there are two locations. We're trying to make it easier for all of our practices to attend at least some of the meetings!

Wednesday, January 30, 2019 – Desert Springs Hospital

Wednesday, May 1, 2019 – Summerlin Hospital

Wednesday, September 11, 2019 – Desert Springs Hospital

Tuesday, November 12, 2019 – Summerlin Hospital

There will be two options on each of these dates – Breakfast (meeting begins at 7:30) or Lunch (beginning at 11:30).

It's That Time of Year.... To Prepare for Quality Reporting

November and December bring time challenges. Everyone is busy in their personal lives, preparing for the holidays. But many are also very busy at work, trying to accomplish things before year end. This is particularly true for medical practices who must close gaps in care before December 31st. Silver State ACO participants should be especially focused on this in order to maximize quality scores for CMS. This will result in higher payments to the practice in 2020, as well as higher overall scores for SSACO, thereby increasing our probability to earn shared savings again. We were successful three years in a row – let's aim for four in a row!

Please take advantage of the assistance available to you as a Participant in SSACO. Talk to your quality coordinator about how to implement programs to close gaps in care. The clock is ticking. Don't procrastinate.

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Jessica Shepard (Quality Supervisor) and Estela Holloway (QC) deciding whose groups have higher quality scores!

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Downloadable Security Risk Assessment Tool. Required for Promoting Interoperability

The Office of the National Coordinator for Health Information Technology (ONC) has released a revised version of its downloadable [Security Risk Assessment Tool](#). HIPAA mandates that practices perform a security risk assessment, and conducting this assessment is a required element of the Promoting Interoperability (formally Advancing Care Information, and before that, Meaningful Use) component of the Merit-based Incentive Payment System (MIPS). The tool helps practices in conducting a risk assessment by identifying the HIPAA Security Rule requirements and permitting users to determine if and how their organization implements safeguards to mitigate, or plans to mitigate, identified risks. The results of the assessment can be displayed in a report the practice can use to document its security risks in policies, processes, and systems as well as approaches to mitigate risk. Click [here](#) for additional MGMA HIPAA Security resources.

News from CMS – Improved Medicare Website; 2019 Medicare Parts A & B Premiums and Deductibles

In early October, the Centers for Medicare & Medicaid Services (CMS) announced the 2019 premiums, deductibles, and coinsurance amounts for Medicare Parts A and B.

“CMS is committed to empowering beneficiaries with the information they need to make informed decisions about their healthcare,” said CMS Administrator Seema Verma. “In addition to the information we recently released for Medicare Advantage, the program through which private plans provide Medicare benefits, today we are releasing information for fee-for-service Medicare, so enrollees understand their options for receiving Medicare benefits.”

Earlier this month, CMS launched the eMedicare Initiative that aims to modernize the way beneficiaries get information about Medicare and create new ways to help them make the best decisions for themselves and their families. Ahead of Medicare Open Enrollment – which began on October 15, 2018 and ends December 7, 2018 – CMS made improvements to the Medicare.gov website to help beneficiaries compare options and decide if Original Medicare or Medicare Advantage is right for them. Among the tools released as part of the eMedicare Initiative is a stand-alone, mobile optimized out of pocket cost calculator that will

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provide information on both overall costs and prescription drug costs.

The standard monthly premium for Medicare Part B enrollees will be \$135.50 for 2019, a slight increase from \$134 in 2018. An estimated 2 million Medicare beneficiaries (about 3.5 percent) will pay less than the full Part B standard monthly premium amount in 2019 due to the statutory hold harmless provision, which limits certain beneficiaries' increase in their Part B premium to be no greater than the increase in their Social Security benefits.

CMS also announced that the annual deductible for Medicare Part B beneficiaries is \$185 in 2019, an increase from \$183 in 2018.

Medicare Part A - About 99 percent of Medicare beneficiaries do not have a Part A premium since they have at least 40 quarters of Medicare-covered employment. The Medicare Part A inpatient deductible that beneficiaries will pay when admitted to the hospital is \$1,364 in 2019, an increase of \$24 from \$1,340 in 2018.

Last month, CMS released the benefit, premium, and cost sharing information for Medicare Advantage plans in 2019. In general, Medicare Advantage premiums will decline while plan choices and new benefits increase. On average, Medicare Advantage premiums in 2019 are estimated to decrease by six percent to \$28, from an average of \$29.81 in 2018.

For a fact sheet on the 2019 Medicare Parts A & B premiums and deductibles, please visit: <https://www.cms.gov/newsroom/fact-sheets/2019-medicare-parts-b-premiums-and-deductibles>. For more information on the 2019 Medicare Parts A and B premiums and deductibles (CMS-8068-N, CMS-8069-N, CMS-8070-N), please visit <https://www.federalregister.gov/public-inspection>.

From the National Institute on Aging

Some people only walk or run for exercise. Others only lift weights. But did you know there are 4 types of exercise and that you get different benefits from each one?

Endurance

Endurance, or aerobic, activities increase your breathing and heart rate. They keep your heart, lungs, and circulatory system healthy and improve your overall fitness. Building your endurance makes it easier to carry out many of your everyday activities. Endurance exercises include:

- Brisk walking or jogging
- Yard work (mowing, raking, digging)
- Dancing

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HAPPY
THANKSGIVING



Strength

Strength exercises make your muscles stronger. They may help you stay independent and carry out everyday activities, such as climbing stairs and carrying groceries. These exercises also are called "strength training" or "resistance training." Strength exercises include:

- Lifting weights
- Using a resistance band
- Using your own body weight

Balance

Balance exercises can help prevent falls, a common problem in older adults. Many lower-body strength exercises will also improve your balance. Balance exercises include:

- Standing on one foot
- Heel-to-toe walk
- Tai Chi

Flexibility

Flexibility exercises stretch your muscles and can help your body stay limber. Being flexible gives you more freedom of movement for other exercises as well as for your everyday activities, including driving and getting dressed. Flexibility exercises include:

- Shoulder and upper arm stretch
- Calf stretch
- Yoga

Visit the **Go4Life** website for [exercises to try](#) and [sample workout videos](#) that include all of these exercises. Follow #Go4LifeMonth in September to get new exercise ideas, motivational tips, and ways to track your progress over time.

Reminder

A new phone system has been installed at the Silver State ACO offices. We've said it before and we'll say it again - please be sure to update your contacts because the old numbers will be phased out. The new, general number for Silver State ACO is [702-800-7084](tel:702-800-7084) and the new compliance number is [702-751-0834](tel:702-751-0834). In addition, each staff member has a unique, dedicated line. Ask your quality coordinator for her direct number.

Silver State ACO Staff Celebrates Halloween

CEO Rules with an Iron Hand (and knife?)



From left: Larry Preston (CEO), Sharon Watson (Executive Assistant), Jessica Goins ("QC" - Quality Coordinator), Jackie Perez (QC), Rhonda Hamilton (COO), Jessica Shepard (Quality Supervisor), Bruce Wiggins (Co-Chair of the Board of Directors), Estela Holloway (QC), Ashley Childers (QC), Carissa Cabazas (QC), Alexandra Wells (QC). Don't believe them if they say that we don't have fun.....

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Quote of the Month:

"Thanksgiving is one of my favorite days of the year because it reminds us to give thanks and to count our blessings. Suddenly, so many things become so little when we realize how blessed and lucky we are". Joyce Giraud, a Puerto Rican actress, model, philanthropist and film and television producer. Her credits include a role in "Girl with the Dragon Tattoo". She created (and continues to, annually, produce and direct) an international beauty pageant, "Queen of the Universe", which benefits programs of UNESCO's Foundation for Children in Need.

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Bruce Wiggins, ready for the next Board of Directors meeting. (Perhaps lose the earring?)



Nevada Heart and Vascular Celebrates



Quality Coordinators Jessica Goins, Jackie Perez, Estella Holloway