



BI-MONTHLY HEALTH JOURNAL & GUIDE AUGUST 2020



PRESIDENT'S MESSAGE DR. LERLA G. JOSEPH

A few weeks ago our hearts were wrecked again through the passing of Congressman John R. Lewis. This remarkable person has impacted positively the actions of others who are bullish on bringing about social and racial justice worldwide. His efforts are unmatched and align with the unparalleled efforts of his mentor, Dr. Martin Luther King, Jr. and his inner circle.

The "good trouble" expression of Congressman Lewis captures his energy, excellence in thought and strategy, unquestionable passion and selflessness to tackle seemingly insurmountable issues that disrupted the lives of especially African-Americans and other minorities. CVCHIP and its members are too embracing the "good trouble" concept in my opinion as we continue to elevate primary care as the vehicle to provide accessible, high quality and affordable care for especially our Medicare patients and other patients as well.

While in its infancy relatively speaking, CVCHIP is positioning itself as a leading Accountable Care Organization in the nation. Our success is displayed in the progress we made with shared savings and quality scores for the past three years.(See page 6)

Through CVCHIP'S association with Emergent as a pod, we have the opportunity to exceed our past performance. I have shared with you on numerous occasions that I do not want anyone to be left behind.

It is essential that you stay engaged and meet the requirements of CVCHIP and Emergent. Thank you for your past and continuing support.

WE CAN..."Be hopeful. Be optimistic. Never lose that sense of hope."
Congressman John R. Lewis

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FEATURED CVCHIP ACO MEMBER PERSPECTIVE DR. LEI CHARLTON, MEDICAL DIRECTOR



Lei Charlton received her medical degree from Meharry Medical College in 1981. She completed her Internal Medicine residency in 1984 from Columbia University's Harlem Hospital Center. She spent 20+ years serving patients in the Public Health/National Health Service Corps serving Federally Qualified Health Center's in North Carolina. In 2006 she joined the practice of Dr. Frank S. Royal Sr in historic Church Hill. It has been her privilege to serve patients. She owns a small practice still in RVA.

Dr. Charlton believes that more than ever this current pandemic demonstrates how imperative effective, meaningful collaborative primary care is. Small independent practices are the hub from which our patients receive scientific-based guidelines to prevent the spread of COVID 19: One person at a time, one family at time and one community at a time.

We are the messengers...our patients trust. Our Accountable Care Organization the Central Virginia Coalition of Healthcare Providers (CVCHIP), a pod in Emergent ACO, has advocated for our patients and partners during and throughout the pandemic. We are sharing information for the safe delivery of medical care, economical viability of our practices as businesses and employment for our staff and ourselves.

We have shared information about telemedicine to provide patient accessibility to us as we care for their chronic illnesses and the preventive care for age - gender- appropriate screening in the midst of the pandemic. Our responsibility is to manage patients to reach their best outcomes as we care for the highest risks patients based on age and multiple chronic diseases.

I always refer to ACO's and the quadruple aims of population health as a revolution. The novel COVID -19 is a formidable enemy. We are relearning during this pandemic the impact that effective leadership and lack thereof have on driving mortality rates of COVID 19 higher and higher. This deadly novel virus spares no gender, race, economic status or age. Personal responsibility means a seriously unified public wearing masks, practicing optimal sanitation, receiving effective revved up testing and social isolation; staying educated Primary Care practitioners , I beseech you to participate more in collaborative care delivery models. To our current partners, please increase your own engagement personally and that of your staff. **WE CAN DO THIS!**

LEAN ON PICTURES WHEN EXPERIENCING A BRAIN FREEZE ON WORDS! VOLUME V, ISSUE 30

Packaging words to describe my thinking over the last months has been an extraordinary challenge. Some days there is scattered thinking while on other days, I am very focused. My research strongly suggests that this vacillation is more normal than not given the significant distractions of COVID-19, the George Floyd Jr. aftermath and more. So, I am therefore taking a pause from conveying my Monday Morning Message in words. Instead I am leaning on the following pictures to capture my thinking and optimism that tomorrow will be better and I have a role to play.

UNTAPPED CAPACITY

YOU CAN BEAT THE ODDS



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HOPE

INNOVATION

**LEADERS BRING SUNSHINE
EVEN IN THE STORMS**



BALANCING ACT



SUNSHINE



YOU CAN!

PERSISTENCE

**ADDITIONAL GO TO RESOURCES
THAT CAN BRING VALUE DURING AND
POST COVID-19 ARE AT THE CVCHIP
WEBSITE ...**

cvchip.org & cvchip.org/RESOURCES

**SPECIAL RECOGNITION
CVCHIP FEATURED IN ACORN
PUBLICATION:**



**A FEW BEST PRACTICES TO
CONSIDER AS WE CREATE
THE BLUEPRINT TO SUSTAIN
THE SUCCESS OF CVCHIP**

- **Boost Performance of Providers**
- **Engage beneficiaries.**
- **Manage high-need patients.**
- **Reduce avoidable hospitalizations and improving hospital care.**
- **Work with skilled nursing facilities and home health agencies.**
- **Address behavioral health needs and social determinants of health.**
- **Utilize technology**
- **Design an Effective Governance Structure**
- **Establish Criteria for a Strong Provider Network and Other Strategic Partnerships**

BEST PRACTICES CONT'D

- **Focus on the Culture Shift: from Volume to Value**
- **Establish an Effective Funds-Flow Model**
- **Engage with External and Community Stakeholders**

CVCHIP APPRECIATION



GUEST SPEAKERS

RECENT

BI-WEEKLY CVCHIP CHAT

Munica Green, ACO-PA, CPC

Charles City Medical Group, Inc.

HCC Coding, Part 1

HCC Coding, Part 2 (July 15)

CVCHIP BOARD MEETING

July 11

Rebecca Etz, Ph.D.

Associate Professor & Co-Director

The Larry A. Green Center

VCU Department of Family Medicine & Population Health

BI-WEEKLY CVCHIP CHAT

July 29

Lerla G. Joseph, M.D.

Chair & CEO

What It Means to Be A Member of CVCHIP

AUGUST 2020

REMINDERS



CELEBRATIONS

MONTHLY

Black Business

National Immunization Awareness

National Minority Donor Awareness

National Spinal Muscular Atrophy
Awareness

National Wellness Month

Neurosurgery Outreach

What Will Be Your Legacy

Weekly

National Minority Donor Awareness

Week: 1-7

Simplify Your Life Week: 1-7

National Health Center

Week: 2-8

National Psychic Week: 3-7

Minority Enterprise Development

Week: 18-24

Minimally Invasive Surgery

Week: 26-29

JOIN THE BI-WEEKLY CHAT

VIA ZOOM

8/11 & 8/25

AT 7:30 AM

CHECK THE WEBSITE

FOR DETAILS

cvchip.org



SAVE THE DATE

AUGUST 20, 2020 - 6:00 PM—VIA ZOOM

INAUGURAL TEAM NETWORK MEETING

Designed for CVCHIP PRACTITIONERS,
ADMINISTRATORS AND BILLING STAFF

FEATURED SPEAKERS

Dr. Lerla Joseph Dr. James Newby, II
Dr. Lei Charlton Shakara Elam

REGISTER WITH MARILYN WEST By 8/17
mhwestcon@aol.com 804.3377575

- (1) SIGN Your BA and Non-Disclosure Agreements and Return ASAP to Lerla by Text, Email, Fax or Print Mail
- (2) POST Your Emergent Posters and Share Information with Your Patients
- (3) RECOMMEND Providers for CVCHIP by September 1
- (4) VISIT frequently the website for CVCHIP Happenings and Resources
- (5) COMPLETE planning survey to help insure vibrancy of CVCHIP

**Make It A Habit Of Expressing
Appreciation To Your Staff
And Patients!**



KEY STATS

PERFORMANCE YEAR	DISTRIBUTION YEAR	TOTAL RECEIVED BY CVCHIP ACO FROM CMS	TOTAL DISTRIBUTIONS TO CVCHIP ACO PARTICIPANTS	% OF FUNDS DISTRIBUTED TO CVCHIP ACO PARTICIPANTS
2016	2017	\$1,734,251.00	\$239,648.00	13.8 %
2017	2018	\$1,456,808.00	\$386,896.74	26.5 %
2018	2019	\$2,477,240.97	\$749,632.45	30.0 %

QUALITY SCORE PER PERFORMANCE YEAR

2016	100.00 %
2017	83.44 %
2018	92.60 %

MORE NEWS YOU CAN USE

TELEHEALTH...

A GOLDEN OPPORTUNITY CONTINUES FOR CVCHIP ACO PRACTICES

See the May and June Newsletters and the PPT on the CVCHIP website at cvchip.org

PRIMARY CARE NEWS & ECONOMICS

https://www.aafp.org/journals/fpm/blogs/inpractice/entry/reopening_first_steps.html

<https://www.healthaffairs.org/dol/10.1377/hlthaff.2020.00794>

<https://www.ama-assn.org/delivering-care/public-health/tips-keeping-your-practice-business-during-covid-19-pandemic>

https://m.youtube.com/watch?feature=emb_title&v=j5ASmVnATc0

VIRGINIA DEPARTMENT OF HEALTH

SUMMER WEATHER TOOLKIT

<https://www.vdh.virginia.gov/news/toolkits/2017-summer-weather-toolkit/>

(See the above links on the CVCHIP website at cvchip.org)

CVCHIP ACO PARTICIPANTS AND BOARD MEMBERS



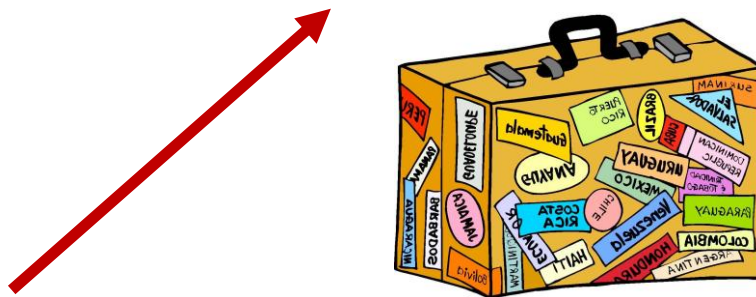
John Gehman, HouseCalls, MD
Leo Bowers, MD, Old Hampton
Family Medical Associates, PC
Jerome Smith, MD
Lind Chinnery, MD Divine Healthcare, LLC
Horace J. Jackson, MD
Graisse Abdelshaheed, MD,
Family Medicine Healthcare LLC

Lei S. Charlton, MD, Lei S. Charlton, MD, PC
Vernis Beverly, MD, Adult and Pediatric Medical Associates
Makini Ainsworth, MD, Wellness and Health Center
Leon Brown, Jr. MD
Lindley Smith, MD
James Cook, MD, Family Medical Center, PC
Zainab Dumbuya, PM, Cardiac Connections Home Health
Melissia Hill, RN, Professional Health Care, Inc
Lerla Joseph, MD, Charles City Medical Group, Inc.
Stacy Riedt, ANP, Virginia Family Practice, PC
James Newby, MD, Primary Care Specialist
Mitzi Sampson, MD, Central VA Family Medicine, PC

Keith Newby, MD, Fort Norfolk Plaza Medical Associates
Edward G. West, Board Member, CVCHIP LLC
Dr. Thelma B. Watson, Board Member. CVCHIP LLC
Michael Perriccio, Board Member, CVCHIP LLC
Earl R. King, Jr., Compliance Officer, CVCHIP LLC
Munica Green, Practice Administrator, CVCHIP LLC
Marva Fretheim, Patient Consultant, CVCHIP LLC
Shakara Elam, Quality Assurance Officer, CVCHIP LLC
Dr. Tania Akers-White, Lifestyle and Wellness LLC
Anna Peoples, PharmD, Peoples Pharmacy

**WE ARE CONTINUING TO TRAVEL TO THE NEXT LEVEL...
VISIT FREQUENTLY OUR WEBSITE AT cvchip.org**

STAY ON TRACK WITH US!



SEND NEWSLETTER TOPIC SUGGESTIONS TO

Dr. Lerla Joseph
Lerla.joseph@cvchip.com

**THANK YOU EVERYONE FOR
YOUR CONTINUING SUPPORT
&**

**2020 PROMISES TO BE
A GREAT YEAR EVEN WITH THE DEVASTATION FROM COVID-19,
THE AFTERMATH OF THE TRAGIC DEATH OF GEORGE FLOYD, JR.,
THE RECENT ISIAS HURRICANE & MORE**

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