



CHAIR & CEO MESSAGE DR. LERLA G. JOSEPH

Our nation is experiencing its most significant dose of trauma, devastation, clutter and malaise in its history. Wrecking havoc has been the ravishing and deadly COVID-19 phenomena, heightened racial and social injustice matters, severe inclement weather, poor economy, soaring political partisanship and elevated stress.

While none of us is immune from disruption of these factors on our life's journey, there are signs that we will rise up and will become stronger because of the current sputtering in our forward progress. One example is the arrival of the COVID-19 vaccine. This generation of the vaccine holds promises to contain the spread of the virus and is expected to be a key factor in the recovery of the nation.

Practitioners and providers that have elected to enter or have entered the primary care marketplace have sustained their position as a driving force to promote wellness and/or treat and rehab the population that encounters illness.

BI-MONTHLY HEALTH JOURNAL & GUIDE DECEMBER 2020

CVCHIP has emerged as a leading and reliable resource that has increasing capacity to respond effectively to Medicare recipients in the Richmond, Hampton Roads and Fredericksburg areas.

This issue of the Journal and Guide captures the channels of success of our Accountable Care Organization (ACO). CVCHIP has exceeded my expectations as its founder and current Chair and CEO. I am excited, energized and enthused about the path forward that we can create together in the upcoming year. You continue to make my day through your support. **In closing, please accept my best wishes for a memorable holiday season for you, your family and other loved ones.**



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RECOGNIZING A CVCHIP RELIABLE RESOURCE...



MUNICA GREEN
PA-CPC, CCMG, INC.

Munica is a leading subject matter expert who has substantial experience working in the healthcare industry as reflected in the summary of her skills and experience shown below. She too owns her own consulting firm and very relevant for this publication is her technical assistance role with CVCHIP for HCC Coding, HIE on-boarding for CVCHIP Practices and more. She is sought after by many for her strategic thinking, innovative approaches to respond to challenges and opportunities associated with the delivery of health care. Munica is respected for her leadership within and outside of the health care industry. She is very committed and inspirational, helping others first. Munica is a classic example of making lemonade from lemons.

SUMMARY SKILLS

- Vast knowledge of methodologies used in health care environment
- Able to work in team environment with an outstanding ability to manipulate data.
- Proven successes in various performance reporting requirements including MACRA/MIPS/GPRO/QCDR, ACI/CIA, HEDIS, HCC/RAF, and TCPI/PTN as well as PCMH certification, CDC diabetes certification, and GPRO reporting.
- Knowledgeable in Allscripts/Payerpath, Centricity, Tiger, Meditech, Athena, and Touchworks.
- Very proficient in Microsoft Office, Query, Macros, Publisher, ADL System, and EMR documentation/implementation.
- Ability to create effective and persuasive speeches and presentations to top management, public groups and boards of directors.
- Extensive ability to apply concepts such as fractions, percentages, ratios and proportions to practical situations.
- Proficient personal computer skills to include electronic mail, record keeping, routine database activity, word processing, spreadsheet applications, graphics, etc.
- Able to handle multiple projects simultaneously under tight deadlines.

PROFESSIONAL EXPERIENCE

- Charles City Medical Group **Jan. 2016 – Present Practice Administrator**
- The Laurels of Willow Creek **May 2014 – July 2015 Business Office Manager**
- Southside Family Practice **Sep. 2013 – Feb. 2014 Practice Administrator**
- Insight Physicians **Feb. 2013 Billing Office Manager**
- West End Orthopaedics April **2008 Financial Supervisor**

VOLUNTEER EXPERIENCE

Life Support (www.lifesupportorg.com) **1995 – Present Director**

EDUCATION

J Sergeant Reynolds Community College **1990 – 1992**

WORDS OF INSPIRATION: THE POWER OF PERSISTENCE...LEADERS STAY THE COURSE!

SOURCE: Marilyn's Monday Morning Message...November 30, 2020

How many times as a leader have you felt the best option was to surrender! I have toyed with this notion on more than one occasion as challenges to move forward seemed insurmountable. This thinking dissipates in a short time as I clear the clutter that blinds me and use the outcome from employing root cause analysis. I also am steeped with the wisdom of greats such as those shown below:

1. "Don't jump ship. Stay the course, the wind will change blowing you to calmer seas." (Message from Cruise Bruise);
2. "When you feel like giving up, remember why you held on for so long in the first place." (Author Unknown); and
3. Keep in mind that "tough times don't last, but tough people do. Never give up!" (Robert Schuller).

Another motivator that has helped me to stay the course is captured in a thought shared by Dr. Mirta Martin, President of Fairmont State University(WVA)in a LinkedIn

"If you see someone falling behind, walk beside them. If you see someone being ignored, find a way to include them. Always remind people of their worth. One small act could mean the world to them."



**CVCHIP WILL BEGIN A PROCESS TO CREATE ITS STRATEGIC PLAN TO INSURE
CONTINUED GROWTH AND VIBRANCY
MEMBERS WILL REVISIT A SWOT ANALYSIS TO SUBSTANTIATE**



**A Recommended Resource to Review Prior to the
January 2021 CVCHIP Quarterly Board Meeting**

<https://www.accountablecarelc.org/leadershipteam>

DECEMBER 2020

REMINDERS



CELEBRATIONS

Monthly Holidays

Aids Awareness

Car Donation

National Drunk & Drugged Driving

(3D) Prevention

Universal Human Rights

Weekly Holidays

National Hand Washing Awareness
6-12

Holidays Recipe Greetings 6-12

Daily Holidays

Bill of Rights Day: 15

National Ugly XMAS Sweater 18

Winter Solstice: 21

Chanukah: 22-30

Christmas Eve: 24

Christmas: 25

Kwanzaa: 26

New Years Eve: 31

JOIN THE BI-WEEKLY CHAT

VIA ZOOM

12/9

AT 7:30 AM

CHECK THE WEBSITE

FOR DETAILS

cvchip.org



And

PRACTICE THE 3 - Ws

Wash Your Hands

Watch Your Distance

Wear Your Masks

TAKE THE TIME TO ACT ON THE FOLLOWING:

- **COMPLETE**
HIE ON-BOARDING with One Partner and PECOS
- **CLOSE**
The Care Caps
- **POST**
Emergent Posters and Share Information with Patients
- **RECOMMEND**
Board Members, Partners and Practices for CVCHIP
- **VISIT**
CVCHIP'S WEBSITE

CELEBRATE OFTEN



THE SUCCESS STORY



A POD OF EMERGENT ACO
cvchip.org

AT A GLANCE

AN ACO WITH PRACTICES
THAT JOIN WITHOUT ANY
FEES AND MAINTAIN THEIR
AUTONOMY

8 YEAR HISTORY
UNDER THE LEADERSHIP
OF THE FOUNDER, DR.
LERLA JOSEPH

3 VIRGINIA REGIONS
COVERED BY ACO PRACTICES:
RICHMOND, HAMPTON ROADS
AND FREDERICKSBURG

2020: 21% Increase
PRACTICES WITH
MEMBERSHIP IN ACO

5000 PLUS
COVERED
MEDICARE LIVES

PERFORMANCE
BASED ON ATTRIBUTIONS,
QUALITY CARE,
ENGAGEMENT AND COSTS

\$7.5 MILLION
MEDICARE SHARED
SAVINGS FOR THE
PAST FOUR YEARS

\$2 MILLION
SHARED SAVINGS
DISTRIBUTED TO PRACTICES
FROM 2017-2020

\$1,000 to \$ 60,000
SHARED SAVINGS RANGE
AWARDED TO QUALIFYING
PRACTICES IN 2020

Source

ACCOMPLISHMENT HIGHLIGHTS IN 2020...

Aligned CVCHIP with Emergent ACO as a POD

Created the CVCHIP BI-WEEKLY CHAT as a vehicle to promote collaboration and information exchange to support members

Revamped CVCHIP website (cvchip.org)

Used Subject Matter Experts as resources to promote practice performance, outcomes and cost savings

Reinforced Importance of Primary Care and the role of the members in providing high quality, accessible and affordable care to the Medicare Population

Engaged frequently CVCHIP Governance through meetings

Published the CVCHIP BI-MONTHLY JOURNAL AND GUIDE

Invited Medical Specialists, Business Leaders and Public Officials to discuss Trends in Health Care and Impact of COVID-19 on health status, workers, the economy etc. Among the invited guests are Dr. Elizabeth Etz, Dr. Danny Avula, Congressman Robert C. Scott, Dr. Diego Martinez, Dr. Les Edinboro, Keisha Smith, MPA, Justin Mason, Dr. Stephen Richard. Dr. Thelma Watson

ACCOMPLISHMENTS cont'd

MEDICARE SHARED SAVINGS HISTORY

PERFORMANCE YEAR	DISTRIBUTION YEAR	TOTAL RECEIVED BY CVCHIP ACO FROM CMS	TOTAL DISTRIBUTIONS TO CVCHIP ACO PARTICIPANTS	PERCENTAGE OF FUNDS DISTRIBUTED TO 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 %
2019*	2020	\$1,843.196.00	\$624,367.78	33.9 %

QUALITY SCORE PER PERFORMANCE YEAR

2016	100.00 %
2017	83.44 %
2018	92.60 %
2019	92.17 %

*FOR SIX MONTHS ONLY

SHARED SAVINGS DISTRIBUTED

MISSION ACCOMPLISHED

CVCHIP WISH LIST FOR 2021

1. Adopt a CVCHIP Strategic Plan
2. Expand and Diversify Practices and Locations
3. Improve Performance Outcomes of Practices
4. Heighten Shared Savings Level for Distribution
5. Increase Use of Communication Platforms to Educate Providers, Patients and the Public about Value-based care
6. Advocate for Higher Reimbursement for Primary Care
7. Help Reduce the Incidence and Prevalence of Chronic Diseases and Treat the Long Term Adverse Effects of COVID-19
8. Add Subject Matter Experts to Provide Technical Assistance to Practices
9. Sustain Practice Memberships without Fees
10. Become the Premier ACO in the CVCHIP Service Region



HELPS MAKE THE IMPOSSIBLE POSSIBLE

INTERESTED IN KICKING THE **DECEMBER HOLIDAY BLUES** TO
THE CURB...YOU MAY WANT TO LEAN ON THE POSITIVE
THINKING CAPTURED IN THE FOLLOWING POEM

Garden of Your Mind

What are you growing
in the garden of your mind –
what do you water
nourish, feed?
Do you plant seeds of forgiveness,
of love,
or do you fertilize weeds of anger
resentment, fear?
What are you growing
in the garden of your heart?
Do you allow sunshine to reach dark pain
in the corners of your heart –
Do you allow tears to wash it clean
and nourish it –
Or do you put up fences
to keep out the feelings?
Get on your knees
grow your own food
decide what it is you want in your soil.
Know what you are cultivating
what you are growing –
a lot can grow in the garden of your body
if you let it seed
nourish it
allow it
watch it grow.

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
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Zainab Dumbuya, PM, Cardiac Connections Home Health
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Earl R. King, Jr., Compliance Officer, CVCHIP LLC
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Shakara Elam, Quality Assurance Officer, CVCHIP LLC
Dr. Tania Akers-White, Lifestyle and Wellness LLC
Anna Peoples, PharmD, Peoples Pharmacy
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*Board Members

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