



VBIDHEALTH

Season's Greetings and a Happy New Year!

We wish you all the best this holiday season and look forward to working with you in the New Year! We believe 2018 was an exciting year for low-value care initiatives and 2019 is gearing up to be even better -- the momentum and enthusiasm around our efforts are unprecedented.

Below is a list of year-end news and policy updates from December regarding low-value care. Please let me know if there are any updates you'd like me to forward to the group, now or in the future!

Upcoming Events

- Save the Date: the March 2019 Task Force meeting will be held on March 13 and 15 at the Detroit Westin Airport Hotel. Official invitations and more information will be released in mid-January.
- **January 11:** [**Altarum Webinar Highlights Beth Bortz and Virginia Center for Health Innovation**](#) -- Beth Bortz, the President and CEO of the Virginia Center for Health Innovation will describe the Center's unique public/private partnership gives them the ability to leverage state-wide data to inform evidence-based, value-driven policy. Bortz will describe the Center's new dashboard tool which uses data to reduce low-value care, increase high-value care and improve the state's infrastructure for value based care.

Recent News and Noteworthy Reads on Low-Value Care

- **Senator Lamar Alexander, Chairman of the Senate HELP Committee, [released a letter](#)** in December asking health care leaders to submit ideas to reduce health care costs, reduce waste, and increase the efficiency of health care markets. Task Force members should consider responding. Alexander remarked further at an [Axios event](#) in DC that "the debate should move from health insurance to health care costs". The possibilities for legislative action on low- or no-value care in 2019 are growing.

- [**Is It Possible to Over-monitor Your Blood Sugar? \(Reports Healthcare\)**](#) - overuse research from the University of Michigan shows that people with type 2 diabetes often self-test more than necessary. Fendrick, senior author, was quoted: "The savings that result from reducing the use of unnecessary care — such as needless home blood sugar testing — can create 'headroom' to spend more on those clinical services that we need to buy more often."
- [**From the fall: Fendrick presented on the use of V-BID in reducing low-value care at the Smarter Health Care Coalition Fall 2018 Summit in October.**](#) The Smarter Health Care Coalition and the V-BID Center hosted a briefing: "[Achieving Value in Care Delivery: Policy, Politics and Progress to Support Value-Based Insurance Design](#)" in Washington, DC.

Research on LVC

- [**Analysis of Physician Variation in Provision of Low-Value Services**](#) (JAMA) - From the article: "Physician practices may substantially contribute to low-value service use, which is prevalent among even the least wasteful physicians...[but] it is difficult to predict which physicians are more wasteful without measuring their behavior"
- [**Invited commentary on the above: Medical Overuse as a Physician Cognitive Errors, Looking Under the Hood**](#) (JAMA) -- "these findings suggest that overuse drivers go beyond incentives and culture and that reducing overuse will require deeper understanding of physician behavior."
- [**2018 Update on Medical Overuse**](#) (JAMA)
- [**Long-term study shows most prostate cancer patients don't need aggressive treatment**](#) (STAT)
- [**Patient Attitudes Toward Individualized Recommendations to Stop Low-Value Colorectal Cancer Screening**](#) (JAMA)

And as a final treat: [check out this fun video from our Choosing Wisely colleagues....](#)