



MONTHLY

HEALTH JOURNAL & GUIDE

NOVEMBER 2021



Dr. Lerla G. Joseph
Chair & CEO

In a relatively short time, we will step into 2022. My expectation is that CVCHIP'S impact as an Accountable Care Organization working on behalf of the Medicare Beneficiaries served will grow. Reaching this goal just doesn't happen. It requires hard and smart work by CVCHIP, the member practices and governance.

We now have a Strategic Plan that should prove invaluable in directing our focus and positioning CVCHIP to respond to opportunities and threats. I am very energized by the plan's goals on sustainability, performance, outcomes, culture and sustainability and the associated objectives and strategies as the conduit to reach our vision and mission.

Simply stated, the **CVCHIP VISION** is to promote and sustain healthy living and vibrancy for Medicare Beneficiaries and the **CVCHIP MISSION** is to Serve as the architect for diverse physical and mind healthy services and programs through credentialed professionals.

I am excited that we have broken through the glass ceiling on our thinking and in many respects align with Albert Einstein quote that **"We cannot solve our problems with the same thinking we used when we created them."**

CVCHIP is letting the walls down in 2022 to flood our thinking about leaning on traditional methods of treating patients and exploring and then using innovative approaches to improve health status of our patients.

Value-based care will continue as a key driver of our business model to help insure exceptional outcomes. Leadership at every level of CVCHIP is essential and I embrace transformational leadership.

Transformational Leaders are the ones that lead by example. stand on values, are creative, coach and mentor others to become leaders, skilled at developing partnerships and coalitions, communicate exceptionally well, are very knowledgeable and strategic thinkers, capable of balancing vision and goals and more. **WE CAN DO THIS.**

November is **National Gratitude Month** and I certainly am so appreciative of your support in this month and throughout the year.

Finally, **Happy Thanksgiving** to you, your family and loved ones. Please also save the date of **December 11, 2021** for Wrap-Up CVCHIP 21.

Lerla

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Thursday 12:00-2:00 PM

Purpose

1. Establish a forum for CVCHIP to showcase its Vendors/Suppliers
2. Boost dialogue between CVCHIP Administrative staff and Participant Practices
3. Extend an opportunity for Participant Practices to share its unique characteristics

Agenda

- 12:30-1:00 PM—Vendor Showcase
1:00- 1:30 PM— CVCHIP/ACO Dynamics
1:30—2:00 PM—Practice Updates

ACO OVERVIEW & MEMBERSHIP ESSENTIALS

1. Document Requirements - BAA; Personal Information (all providers in practice), ACO Champion for Practice, Compliance Agreement, Beneficiary Poster
2. Measuring Population Health- Quality Metrics, Benchmark, HCC Scoring, CVCHIP Calendar
3. Benefit ROI for - AWW, Transitional Care, Advance Directives
4. GPRO Reporting - New for 2022-
5. Growing Your ACO

***A CVCHIP/QUEST DIAGNOSTICS INITIATIVE**

CALL US TODAY

VT

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804.337.7575



ON POINT: MONTHLY PERSPECTIVES ON HEALTH CARE

SELECTED ARTICLES IN SUPPORT OF NATIONAL DIABETES MONTH

The Role of Real-Time Health Data and Health Information Technology in Reducing Diabetes Risk and Advancing Population Health

Social needs and place-based social determinants of health (SDOH) greatly outrank medical care in terms of impact on a person's length and quality of life. Challenges associated with social needs and SDOH disproportionately affect racial and ethnic minority populations, such as Black individuals, and are critical factors in explaining many health-related disparities, ultimately leading to higher mortality rates among racial and ethnic minority populations and those with low income and poor overall population health. Thus, advancing population health goes beyond merely documenting clinical diseases and medical interventions.

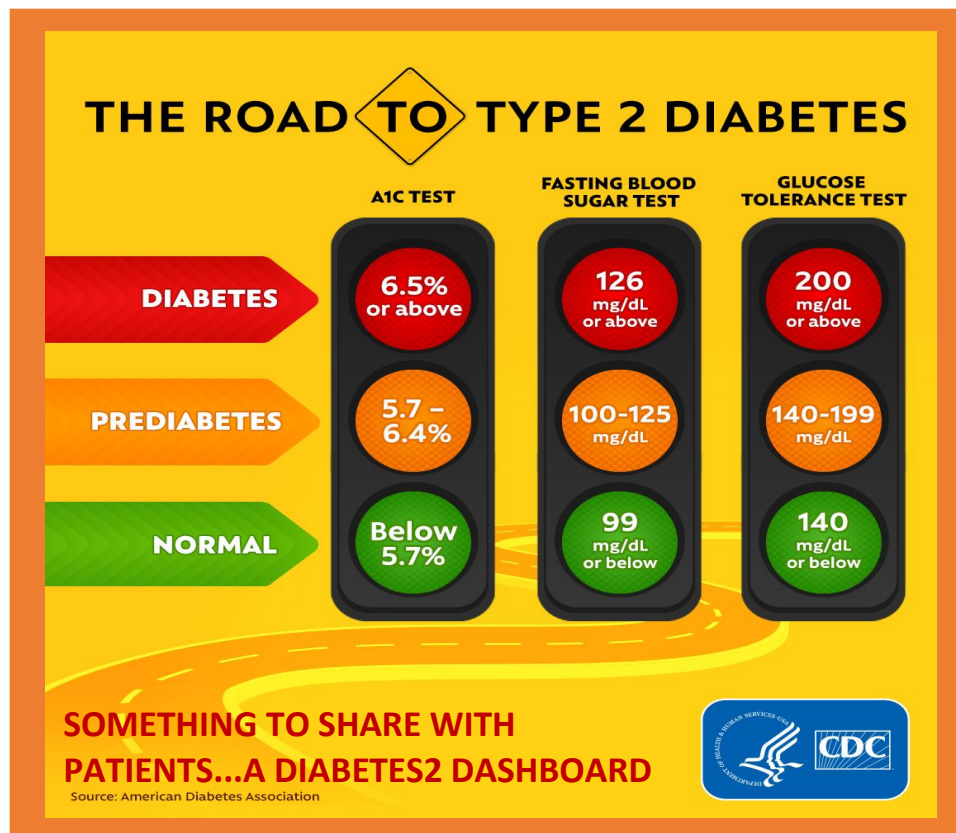
Read more... <https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2785605>

5 Innovative Advances in Diabetes Treatments in 2021

Diabetes represents one of the most common diseases among people in the whole world, and one of the main reasons for that is poor nutrition, too much sugar, and processed food. However, with the advancements in technology and medicine, we can see some improvements in treating and preventing this condition. With advancements in medicine, there are many innovative ways for the treatment of this sickness. Read More... <https://pmcaonline.org/advances-diabetes-treatments/>

The Clinicians' Guide to Diabetes Telemedicine

Until very recently, telemedicine looked like the distant future, an emerging modality of care with great promise, but limited access. Telehealth integrates well into [diabetes](#) care because it relies heavily on diagnostics and patient management. Read More... <https://www.endocrineweb.com/professional/diabetes-telemedicine-clinicians-guide/chapter-1-introduction?ap=808&kw=diabetes%20facts>



**PHYSICIANS ARE LEADERS AND LIKE OTHER LEADERS, MOST ARE THE
OVERDRIVE TYPE WHILE OTHERS ARE DRIVE OVER ONES...
WHICH TYPE ARE YOU?? SEE BELOW FOR SOME CLUES**

M⁴ MARILYN'S MONDAY MORNING MESSAGE
VOLUME 6, ISSUE 37

ARE YOU AN OVERDRIVE OR DRIVE OVER LEADER?

Many leaders are in overdrive. They are consistently "makin moves" and build on their achievements. They allow their actions to validate their success as opposed to dominating conversations and discussions about their success. They mentor and coach others to expand the pool of leaders that also can make a difference in the workplace, the community and more. Their messages are laced with carefully selected words that engage, empower and excite their targeted audiences or beneficiaries consisting of staff, partners, colleagues, customers and other stakeholders. They use imagery at times to enhance understanding of complex matters. These leaders are consistently prepared and generally manage well the expected and unexpected and are expert at spotting talent, problem solving and leaning on innovation whenever possible. Overdrive leaders express and demonstrate appreciation to others and use the word "we" often. The energy of the leader in overdrive appears unlimited and fueled with battery packs of self-confidence. They also are able to place mistakes in perspective and move on, using humor in some instances to capture the transitioning from where they were and how they reached the next level.

The drive over leaders are the authoritarians. They are not interested in the views of others. Followers are seldom at the table when decisions are made as the only decisions that count are theirs. Communication of the drive over leader is typically one-way and at times disrespectful and hollow. This leader often also looks stressed and seldom participates in an event where they believe the attendees are not their equal. They too claim credit for that working well and finger point others when something fails. Drive over leaders' survival in any organization, initiative etc. is generally short-lived and if they continue, others depart.

The **Bottom Line:** The world turns 24/7 on challenges and opportunities and an overdrive leader with capabilities such as that above described is positioned to respond effectively.

Have a great week and thank you for continuing to share your thoughts about my messages. I can be reached at mhwestcon@aol.com or 804.337.7575.

A FEW CREDENTIALS

Marilyn H. West, Chair & CEO
M. H. West & Co., Inc.
MANAGEMENT & EDUCATION CONSULTANTS

- 2017 Inductee to the Greater Richmond Business Hall of Fame
- 2016 Female Executive of the Year, Style Weekly
- Board of Directors, Executive Committee, Venture Richmond
- Board of Trustees, Ferrum College
- Board of Trustees (Former Chair), Waynesburg University
- Board Member, Go Virginia
- YWCA Outstanding Women's Award
- Member, Richmond Metropolitan Transportation Authority (Chair)





HELPS DRIVE DOWN
MEDICARE COSTS THROUGH
VALUE-BASED CARE



SHARE YOUR BEST PRACTICES USED
TO ACHIEVE THIS OUTCOME

JOIN
CVCHIP TODAY...
SEE HIGHLIGHTS ON THE NEXT PAGE



Are You Ready To Join?

Central Virginia Coalition of Healthcare Providers, LLC



A PATHWAY TO SECURE
THE ROI FROM

VALUE
BASED
CARE



MESSAGE FROM
CVCHIP CHAIR & CEO
LERLA G. JOSEPH, MD

Medicare Beneficiaries First is Top of Mind for **CVCHIP**. Through value-based care we have achieved favorable outcomes in care, quality and costs. **CVCHIP** has proven that independent practices and providers can collaborate to establish a culture of excellence through our performance, programs, services and advocacy. The success story of **CVCHIP** is captured in its growth in membership, MIPS Scores, Shared Savings and Impact. **CVCHIP** participation as a member is not tied to the location of the practice inside or outside of Virginia, **CVCHIP'S** home base. We are actively recruiting new members.

My Contact Information
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KEY ELEMENTS

- CMS APPROVED ACO
- PRIMARY CARE CENTRIC
- VALUE-BASED
- SUSTAINED OPERATION
- SHARED SAVINGS
- NO JOINING FEE
- LEADERS IN HEALTH
- COLLABORATION
- DATA DRIVEN
- PRACTICES REMAIN INDEPENDENT



LONGEVITY **8 YEARS**
MEDICARE BENEFICIARIES **5000+**
4 YEARS OF MSS* **\$7.5 MILLION**
MSS* RANGE PER
PHYSICIAN **\$1,000 TO \$60,000**
GROWTH IN MEMBERS **21%**
MIPS SCORE '19 AND '20 **100% +**
*MEDICARE SHARED SAVINGS

Request More Details Thru

www.cvchip.org
800.609.6810 (FAX)
PRINT
1600 Hull Street
Richmond, VA 23224

NOVEMBER 2021

REMINDERS



CELEBRATIONS

Monthly Holidays

American Diabetes
Diabetic Eye Disease
Lung Cancer Awareness
National Alzheimer's Disease
National COPD
National Entrepreneurship
Home Care & Hospice

Daily Holidays

National Family Caregiver: 1
National Medical Cannabis: 5
Daylight Saving Time Ends: 6
Armistice: 11
Chicken Soup For The Soul: 12
National Rural Health Day: 17
Thanksgiving: 24



JOIN THE CVCHIP

BI-WEEKLY CHAT VIA
ZOOM

WEDNESDAY, 7:30 AM

11/10 AND 11/22

(Visit cvchip.org and Page 10
for more details)



Progress Is Being Made To Contain Covid-19 But It Continues To Thrive...
Accordingly, Practice The 3 Ws: Wash Your Hands; Watch Your Distance; Wear Your Masks and Encourage all to Vaccinate

TAKE THE TIME TO ACT ON
THE FOLLOWING:

- **CONNECT REGULARLY WITH** CVCHIP QUALITY ASSURANCE OFFICER – Shakara Elam
- **SHARE** Success Stories and Best Practices
- **RECOMMEND** Board Members, Partners and Practices for CVCHIP
- **VISIT FREQUENTLY** (cvchip.org)
- **SCHEDULE** Lunch and Learn Session

CELEBRATE REGULARLY, SUCCESSFUL



PRACTICES AND BOARD MEMBERS

PRACTICES

Adult And Pediatric Medical Associates, PC
 Cardiac Connections Home Health Care
 Central Virginia Family Medicine, P.C.
 Charles City Medical Group Inc
 Commonwealth Vein Center
 Divine Health Care LLC
 Al Family and Urgent Care
 East Coast Physicians PC
 Family Medical Center PC
 Family Medicine Health Care PLLC
 Fort Norfolk Plaza Medical Associates, LLC
 Horace Jackson, M.D.
 Jerome Smith, M.D.
 House Calls MD
 Lei S. Charlton MD PC
 Leon J. Brown, Jr., M.D., P.C.
 Lifestyle And Wellness Center LLC
 Lindley Smith
 MD Wellness And Health Center
 Old Hampton Family Medical Associates PC
 Peoples Pharmacy LLC
 Primary Care Specialists, Inc.
 Professional Health Care, Inc.
 Sodality Respite Incorporated
 * Jerome Smith, MD is practicing with Professional Health Care

Vernis Beverly, MD
 Zanaib Dumbya, RN
 Mitzi j. Sampson, MD
 Lerla G. Joseph, MD
 Saquib Samee, MD
 Dr. Debra F. Chinnery
 Liqaa S Al-Khozaie, MD
 Hasan Farkhani, MD
 James Cook, MD
 Samir Abdelshaheed, MD
 Keith Newby, M.D.
 Horace Jackson, MD
 Jerome Smith, MD
 John Gehman, MD
 Lei S. Charlton, MD
 Leon J. Brown, Jr, MD
 Tanis Akers-White, MD
 Lindley T. Smith. MD
 Makini Ainsworth, MD
 Leo C. Bowers, MD
 Anna Peoples, Pharm D
 James Newby, II, MD
 John K. Min, MD
 Narita C. Snead, MPH

2021-2022

NEW PRACTICES

Narita C. Snead	MPH
Saquib Samee	MD
Ravinder S. Kohli	MD
Ine-Saka	FNP

BOARD MEMBERS

Graissee Abdelshaheed, RN	Leon J. Brown, Jr, MD
Lei S. Charlton, MD	Melessia Hill, PM
Lerla G. Joseph, MD	James Newby, II, MD
Michael Perriccio, BS	Mitzi J. Sampson, MD
Jerome Smith, MD	Lindley Smith, MD
Edward G. West, MBA	Tania Akers-White, MD



**COMING SOON
WRAP-UP CVCHIP 21
DECEMBER 11, 2021**

UPCOMING TOPICS FOR CVCHIP BI-WEEKLY CHAT

November 10

ALL HANDS ON DECK TO INSURE YOUR 2021 SHARED SAVINGS

November 22

CVCHIP STEPS UP ITS GAME ON DIABETES

MORE CHAT TOPICS

**ANTICIPATED VIRGINIA LEGISLATIVE AGENDA ON HEALTH
RESPIRE AND HOSPICE SERVICES**

MISCELANEOUS

READ

Scientists Pinpoint Personality Traits That Increase Risk Of Alzheimers

<https://nypost.com/2021/10/28/scientists-pinpoint-personality-traits-that-increase-risk-of-alzheimers/>

RECOMMENDED SITES

www.heart.org/en/affiliates/virginia/norfolk

www.mastercenter.com

www.communitytransformersllc.com

<https://www.vhwda.org/>