



BI-MONTHLY HEALTH JOURNAL & GUIDE APRIL 2021



CHAIR & CEO MESSAGE DR. LERLA G. JOSEPH

CVHIP HAS KICKED OFF 2021 BUILDING ON ITS SUCCESS FROM PRIOR YEARS AND INTEGRATING NEW IDEAS AND THINKING THAT ALIGN WITH FACTORS AFFECTING ITS EXTERNAL AND INTERNAL LANDSCAPE.

UPFRONT AND CONTINUING TO SHAPE THE PLAN OF ACTION FOR CVCHIP IS COVID-19. HOWEVER, THE AVAILABILITY OF VACCINE AND ITS DISTRIBUTION TO AND USE BY MORE SEGMENTS OF THE POPULATION, FREES UP ADDITIONAL OPPORTUNITIES FOR CVCHIP TO PURSUE.

IT IS REMARKABLE THAT CVCHIP AND ITS MEMBERS HAVE CONTINUED TO PROVIDE VALUE-BASED CARE TO ITS MEDICARE BENEFICIARIES. CVCHIP ALSO CONTINUES TO GROW. FOR EXAMPLE, IT HAS ATTRACTED TWO ADDITIONAL MEMBERS, EFFECTIVE MAY 21.

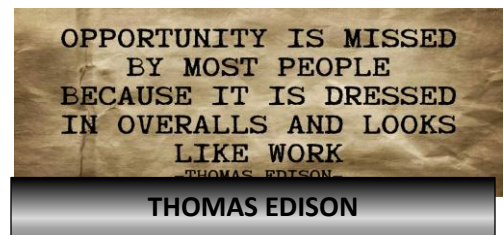
DIVERSE ORGANIZATIONS ARE TOO SEEKING ALIGNMENT WITH CVCHIP AND THE ADMINISTRATIVE LEADERSHIP IS SOUGHT AFTER AS WELL TO HELP CREATE A PATH FORWARD FOR HEALTHCARE ORGANIZATIONS ON A LOCAL, STATE AND NATIONAL BASIS.

CVCHIP IS OFFERING NEW PROGRAMS FOR ITS MEMBERS SUCH AS THE LUNCH AND LEARN SERIES IN COLLABORATION WITH QUEST DIAGNOSTICS DURING THE 2ND QUARTER OF 2021. MEMBEERS ARE INVITED AS WELL TO VOICE THEIR THOUGHTS ABOUT THE INAUGURAL STRATEGIC PLAN FOR CVCHIP, THE FIRST THREE PHASES OF THE SIX PHASE PROCESS HAVE BEEN COMPLETED.

A CARRY OVER PRIOTIY IS TO GAIN MORE INSIGHT TO THE RESOURCES THAT MEMBERS NEED AND STRIVE TO OBTAIN THEM ON THEIR BEHALF. IT IS ESSENTIAL AS WELL THAT CVVCHIP MEMBERS UNDERSTAND WHAT IT MEANS TO BE PART OF AN ACO AND THE BENEFITS. **BEST WISHES!!!**

TABLE OF CONTENTS	
TOPIC	PAGE
PRESIDENT'S MESSAGE	1
FORWARD THINKING	2
LUNCH AND LEARN ANNOUNCEMENT	3
WORDS OF INSPIRATION	4
STRATEGIC PLANNING	5
REMINDERS	6
SUCCESS STORY	7
MEMBER PRACTIES/BOARD MEMBERS	8
CONTACT INFORMATION	9

REMEMBER



MOVE AGGRESSIVELY ON FORWARD THINKING TO NURTURE, GROW AND INSURE VIBRANCY OF CVCHIP...

1. **Adopt** and Implement Inaugural CVCHIP Strategic Plan
2. **Expand** and Diversify Practices and Locations
3. **Improve** Performance Outcomes of Practices
4. **Showcase** Specialization of Practices such as the RED Bag Initiative of Five-Star Cardiac Connection Home Health
5. **Heighten** Shared Savings Level for Distribution
6. **Diversify** Communication Platforms to Educate Providers, Patients and the Public about value-based care
7. **Advocate** for Higher Reimbursement for Primary Care
8. **Reduce** the Incidence and Prevalence of Chronic Diseases through innovative strategies, programming and best practices
9. **Add** Subject Matter Experts to Provide Technical Assistance to Practices
10. **Revisit** and adjust as necessary the business model to sustain CVCHIP
11. **Identify** and expand partnerships to promote and sustain wellness with Medicare beneficiaries
12. **Sustain** leadership and competitive position as a premier, minority owned and managed ACO in the Commonwealth and the nation

COMING SOON



Tuesday/Thursday 12:30-2:00 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

Lerla.joseph@cvchip.net

804.337.7575





MARILYN'S MONDAY MORNING MESSAGE

VOLUME 6, ISSUE 12

Tuesday Edition

Stunned by the Unexpected

Many of you know or have heard that my husband and I have experienced brutal adverse effects of contracting COVID-19. While stunned by how rapidly, the disease zapped my energy and spared most functions but took aim at others as in the case of a tornado, I have never given up hope that I can recover, I am leaning on the Words of Wisdom that I develop and share with you and those of others as shown below:

"It does not matter how slowly you go as long as you do not stop." – **Confucius**

"A winner is just a loser who tried one more time." – **George M. Moore Jr.**

"Mountaintops inspire leaders but valleys mature them." – **Winston Churchill**

"Nearly all the best things that came to me in life have been unexpected, unplanned by me." - **Carl Sandburg**

(I would be remiss if I failed to acknowledge the vast support system of friends, family and colleagues that is nurturing me during this time.)

As I reflect on the many balls that leaders juggle even when one dropts and disrupts the rhythm of "acting", Leaders are resilient and they rebound and do so with incredible vision, energy, innovation and inspiration to lead the way and reach new heights.

Please let me know when I can assist you achieve more wins at what you do and recover from responding to the unexpected that you experience in your journey of life at mhwestcon@aol.com or 804.337.7575.

AN

UNEXPECTED HIT

**OFTENTIMES STIMULATES
INNOVATIVE THINKING**



MORE INFORMATION YOU CAN USE

CVCHIP STRATEGIC PLANNING INITIATIVE UPDATE

1. 2 Meetings of the SPC held on the 4th Thursday of February and March
2. Both meetings chaired by Dr. Joseph
3. Completion of PHASE 1-3 of the SPC process that focused on education and awareness about the value of the SCP, CVCHIP'S use of it as a Guidepost to ensure its growth and vibrancy and a resource to engage new members
4. Completed SWOT ANALYSIS
5. Revamp vision and mission statements to be presented at April 29 SPC meeting on

TAKE A CLOSE LOOK AT THE FOLLOWING **PRELIMINARY** VISION AND MISSION STATEMENTS, CORE VALUES, PRIORITIES AND FACTORS DRIVING THE FUTURE. LET US KNOW OF YOUR SUGGESTIONS OF ADJUSTMENTS BY Tuesday, April 27

MISSION STATEMENT

Serve as the architect for the roll out of a platform of diverse health services and programs through credential professionals

VISION STATEMENT

Ignite and sustain excellence in care to promote healthy living and vibrancy

PRIORITIES

- ❖ Pursue and obtain resources needed to sustain continued success of CVCHIP
- ❖ Align programs and activities with the strategic plan
- ❖ Adhere to principles that nurture members growth and their understanding of outcomes from ACOs to fill gaps in health care
- ❖ Fortify the organizational structure to promote cost effectiveness and efficiency
- ❖ Reach out to physicians and other providers to share opportunities to participate in the CVCHIP ACO model of care

FACTORS DRIVING THE FUTURE

- ❖ Patient Demographics
- ❖ Level of Engagement of Members
- ❖ Quality of Programs and Activities
- ❖ Adequacy of Financial Resources
- ❖ Leadership
- ❖ Collaboration with Other Organizations
- ❖ Measurable results
- ❖ Commitment



APRIL 2021

REMINDERS



CELEBRATIONS

Monthly Holidays

Alcohol Awareness
Defeat Diabetes
National Cancer Control
National Humor Month
National Minority Health
National Parkinson's
Awareness
Stress Awareness
Workplace Conflict
Awareness

Weekly Holidays

National Volunteer: 18-24
World Immunization: 24-30

Daily Holidays

Easter: 4
National Secretary's: 21

**JOIN THE CVCHIP
BI-WEEKLY CHAT
VIA ZOOM**

**WEDNESDAY, 7:30 AM
4/14 and 4/28
(Visit cvchip.org for details)**



RETURNING



2021

**PROGRESS IS BEING MADE TO
CONTAIN COVID-19 BUT CONTINUE TO
PRACTICE THE 3 Ws: Wash Your Hands;
Watch Your Distance; Wear Your Masks**

**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 WEBSITE**
- **SCHEDULE
Lunch and Learn Session**

CELEBRATE OFTEN



WORTH REPEATING...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 2020-2021...

2020

Aligned CVCHIP with Emergent ACO as a POD

Created the CVCHIP BI-WEEKLY CHAT to promote collaboration and information exchange for members

Revamped CVCHIP website (cvchip.org)

Distributed 4th Year of Shared Savings

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 12 Issues of the CVCHIP JOURNAL AND GUIDE

Medical Specialists, Business Leaders and Public Officials discussed 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

2021

TWO ADDITIONAL PHYSICIANS TO DATE WILL BE JOINING CVCHIP IN 2022

SEVERAL ACO MEMBERS DESIGNATED AS COVID-19 VACCINATION SITES

CVCHIP CHAIR & CEO RECOGNIZED AS A STRONG MAN/WOMAN OF DOMINION'S HISTORIC PROGRAM

CVCHIP INITIATES PROCESS FOR STRATEGIC PLAN



PRACTICES AND BOARD MEMBERS

Practice Name	Contact Name
Adult And Pediatric Medical Associates, PC	Vernis Beverly, MD
Cardiac Connections Home Health Care	Zanaib Dumbya, RN
Central Virginia Family Medicine, P.C.	Mitzi j. Sampson, MD
Charles City Medical Group Inc	Lerla G. Joseph, MD
Divine Health Care LLC	Lind W. Chinnery, MD
Dr Al Family and Urgent Care	Liqaa S Al-Khozaie, MD
East Coast Physicians PC	Hasan Farkhani, MD
Family Medical Center PC	James Cook, MD
Family Medicine Health Care PLLC	Samir Abdelshaheed, MD
Fort Norfolk Plaza Medical Associates, LLC	Keith Newby, M.D.
Horace Jackson, M.D.	Horace Jackson, MD
Jerome Smith, M.D.	Jerome Smith, MD
House Calls MD	John Gehman, MD
Lei S. Charlton MD PC	Lei S. Charlton, MD
Leon J. Brown, Jr., M.D., P.C.	Leon J. Brown, Jr, MD
Lifestyle And Wellness Center LLC	Tanis Akers-White, MD
Lindley Smith	Lindley T. Smith. MD
MD Wellness And Health Center	Makini Ainsworth, MD
Old Hampton Family Medical Associates PC	Leo C. Bowers, MD
Peoples Pharmacy LLC	Anna Peoples, Pharm D
Primary Care Specialists, Inc.	James Newby, II, MD
Professional Health Care, Inc.	John K. Min, MD
* Jerome Smith , MD is practicing with Professional Health Care	

BOARD MEMBERS

Graisse 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
 Thelma B. Watson, Ph.D.
 Edward G. West, MBA
 Tania Akers-White, MD

**JOIN US NEXT MONTH
FOR OUR MAY
2021 ISSUE TO LEARN
MORE ABOUT
CVCHIP!**