American Health Data Institute

Financial Savings & Return On Investment

with the Health Care Nurse Navigator Chronic Disease Management Program

AHDI has five different statistically validated ROI studies performed in 2006, 2008, 2010, 2014 and 2021. All studies support a consistent and increasing reduction of medical spending between 11-17%.

2021 CDM Analysis Once Again Validates the Value of AHDI's CDM Program

Summary:
This study used claims on 100,000 plus CDM members with continuous enrollment over a two-year period.

Discussion:
A fixed effects least squares regression model was used in this analysis. The use of a fixed effects model controls for price variation between healthcare markets.

Findings:
Participation in the AHDI Chronic Disease Management program was associated with a continued average reduction in claims cost of 11% to 17%, at the 90% confidence interval. This results in an average Return on Investment of 14 to 1. These results are consistent with those of the prior four studies conducted on the CDM program.

2014 CDM Program Produces Real & Sustained 15% Savings in Healthcare Costs

Summary:
This analysis utilized medical claims data for 126,245 members with continuous medical benefits enrollment during a two-year period 1/1/13 - 12/31/14.

Discussion:
A "fixed and random effects" econometric statistical model was constructed to adjust for risk, age, sex, participation in the CDM program, diagnosis with CDM condition and difference among hospital markets.

Findings:
A 15% average savings in health care costs were identified and was statistically significant at the 95% confidence interval. This yields a ROI of 16 to 1. These data also suggested an improvement in savings with longer program participation (but did not reach statistical significance at the 95% confidence level). These results were highly concordant and consistent with the prior analyses (2006, 2008, and 2010).

2010 CDM Savings Across Multiple Years: 11-17% Medical Cost Reduction

Summary:
In order to continue to evaluate the success of the CDM program an alternative approach to assessing the effectiveness of the program was used in a study released January of 2010. This approach assessed the allowed claims among groups of lives according to the length of time they have been engaged in CDM (2004 - 2009).

Discussion:
In order to adjust for the difference in risk of medical claims expense among groups of individuals with differing lengths of tenure in the CDM program, AHDI used a method of adjusting risk called Episode Risk Groups (ERGs by Symmetry/Ingenix).

Findings:
The results show the CDM program reduces medical expenses after the second year. **After five years of tenure with the program, costs are between 11% and 17% lower than would be expected otherwise.**

2006 and 2008 ROI of 7:1 for the CDM Program

Summary:
The American Health Data Institute (AHDI) completed two studies demonstrating the Health Care Nurse Navigator Chronic Disease Management (CDM)Program demonstrated a Return on Investment of 7 to 1.

Discussion:
These studies represent data from two large regional TPA's in two different parts of the country. The subgroups consisted of lives with qualifying chronic diseases covered and not covered by the CDM program.

Findings:
In Study 1, the lives with chronic illness in the CDM program had an average cost of $1,777 per Retrospective Healthcare Index point rather than the $1,899 per point of the lives with chronic illness not covered by CDM. **This represents a savings of 6.4% for the CDM group.** In Study 2, the lives with chronic illness in the CDM Program had an average cost of $2,703 per retrospective Healthcare Index point rather than the $2,915 per point of the lives with chronic illness not covered by CDM. **This represents a savings of 7.3% for the CDM group.**

Please contact us for a full description of the study methodology.

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