



Telehealth: Industry Trends and Predictions for 2020

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Objectives

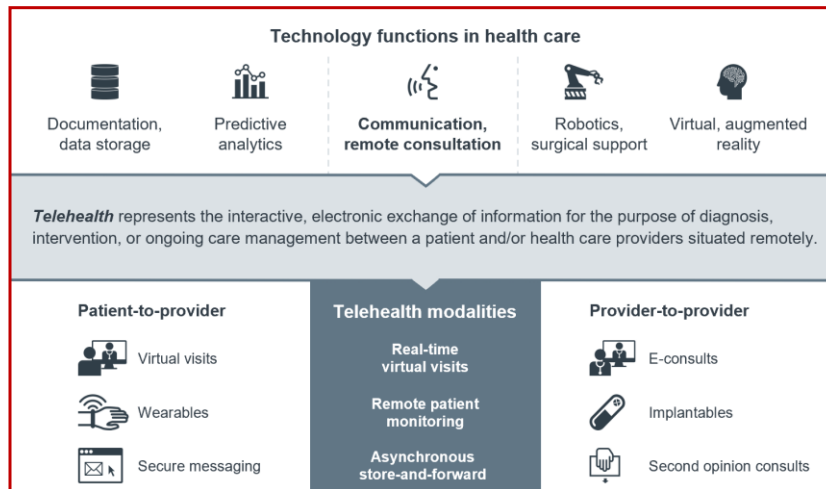


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Defining Telehealth

What is "Telehealth"?



Adapted from <https://www.advisory.com/researchmarket-innovation-center/resources/2018/telehealth-industry-trends>

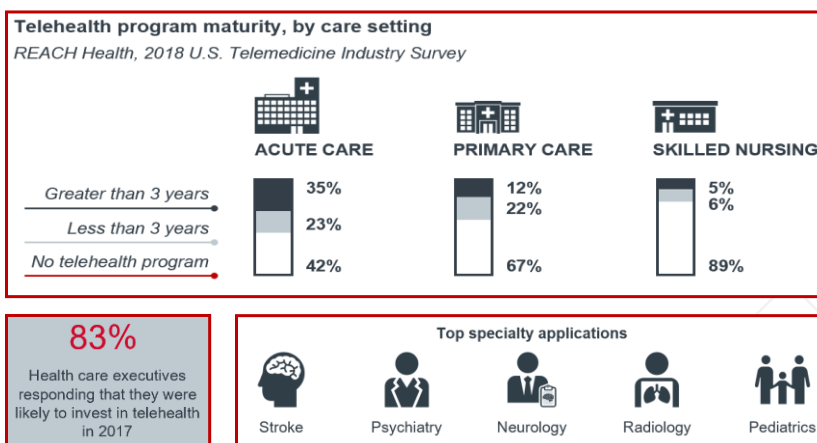
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Defining Telehealth

Provider Use of Telehealth

- Stroke, mental health, and primary care remain top uses of telehealth



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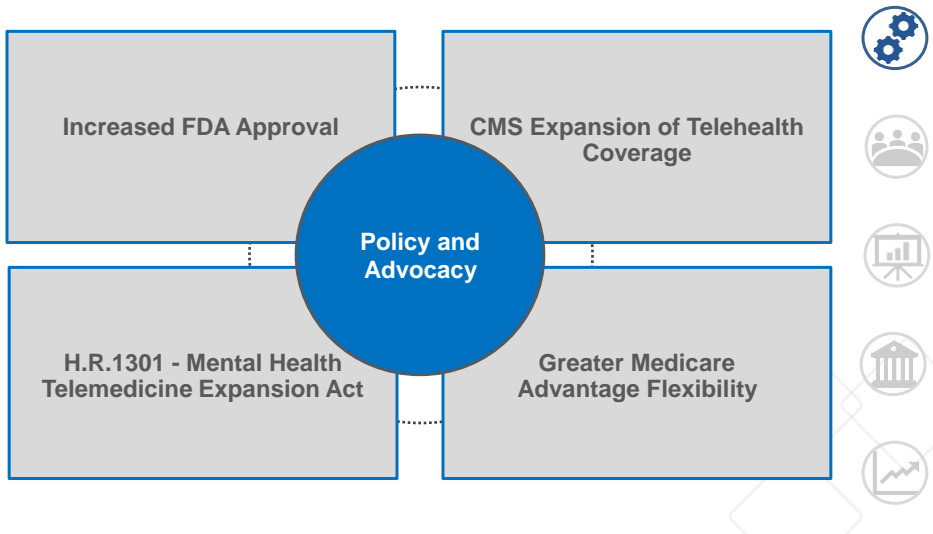
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Drivers of Telehealth Use



Policy and Advocacy



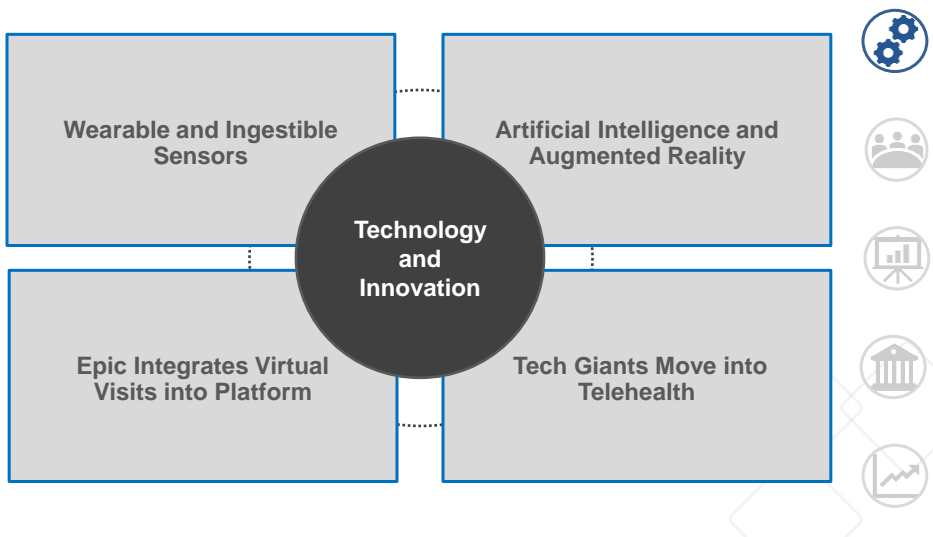
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Drivers of Telehealth Use



Technology and Innovation



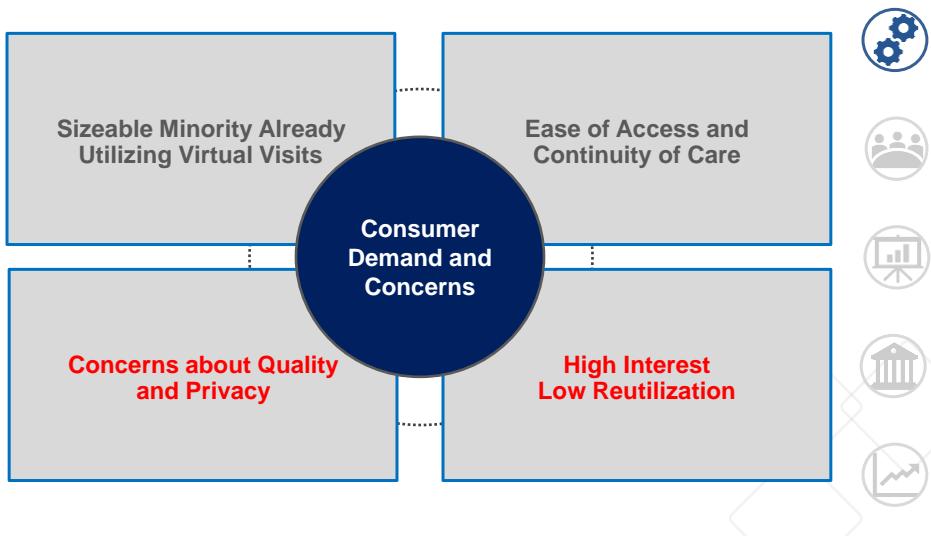
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Drivers of Telehealth Use



Consumer Demand and Concerns



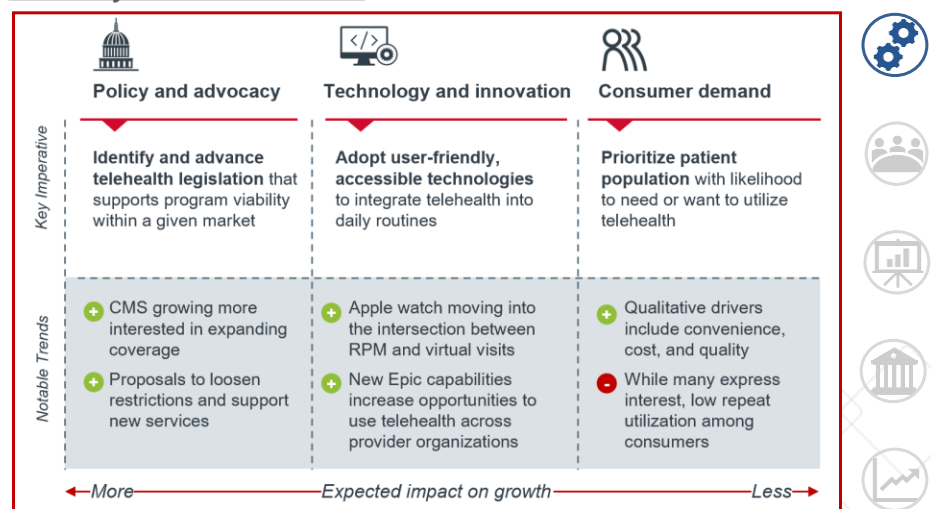
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Drivers of Telehealth Use



Summary of Demand Drivers



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Major Players and Priorities



Overview of Major Players and Priorities

Lines between partners, competitors often blurred

Employers



Promotion of workplace health; decreased absenteeism

Payers



Reduced cost and utilization; promotion of preventive services

Provider organizations



Enhanced competitive market position; new patient capture; transfer avoidance

Clinically integrated networks



Reduced total cost of care; improved quality and operational efficiencies

Vendors and developers



Profit-enhancing partnerships; market share

Retailers



Deepening presence in the healthcare delivery market



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Major Players and Priorities



Employers

Telehealth interest grows with desire to curb costs, absenteeism

Employee absence, demonstrable loss



\$226B

Cost of absenteeism to U.S. employers¹

The case for savings



\$6B

Estimated savings among US employers with at least 1,000 employees with virtual consults versus escalated care options²

Embracing telehealth to contain costs³



51%

Large employers that identify virtual health solutions as their top health care initiative in 2019



26%

Large employers that financially incentivize telehealth utilization



Adapted from <https://www.advisory.com/research/market-innovation-center/resources/2018/telehealth-industry-trends>

Source: Greenwell, C. Worker illness and injury costs US employers \$225.8 billion annually, CDC Foundation (2015); Emmerman, E. Large U.S. Employers Project Health Benefit Cost Increases to Hold Steady at 6% in 2017, National Business Group on Health (2016); Current Telemedicine Technology Could Mean Big Savings, Towers Watson (2014); Service Line Strategy Advisor research and analysis.

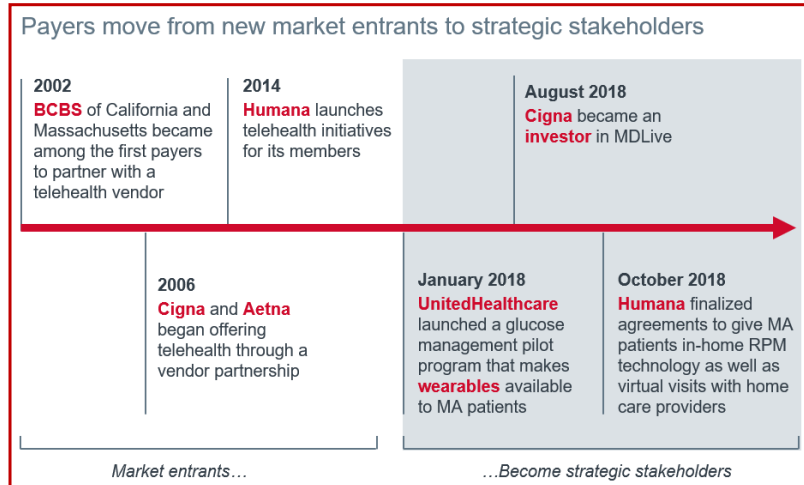
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Major Players and Priorities



Payers



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Major Players and Priorities



Large systems grow across state lines



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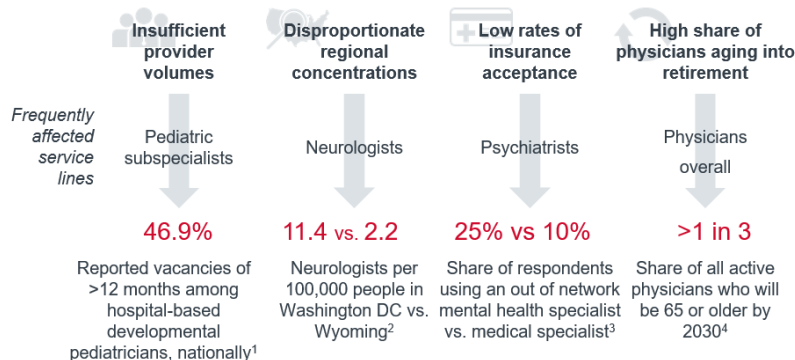
Major Players and Priorities



Provider Organizations – Small Systems

Smaller systems aim to beat provider shortages through telehealth

Drivers of provider shortages across service lines



Adapted from <https://www.advisory.com/research/market-innovation-center/resources/2018/telehealth-industry-trends>

Source: [Workforce Shortage Fact Sheet](#), Children's Hospital Association; American Academy of Neurology [Insights Report](#) (2018); [Out-of-Network, Out-of-Pocket, Out-of-Options](#), National Alliance on Mental Illness (2016); Mann, S. [Research Shows Shortage of More than 100,000 Doctors by 2030](#), Association of Medical Colleges (2017); Service Line Strategy Advisor research and analysis.

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Major Players and Priorities



Clinically Integrated Networks (CINs)

Telehealth combats issues of particular relevance to CINs

CIN challenge



Variability in patient care



Telehealth's matching value proposition

Coordination among primary and specialty care providers; enhanced access



Outcomes analytics



Continual generation of mineable data; remote monitoring capabilities across care settings



High-quality, manageable cost



Timely, reliable, and efficient treatment and ongoing care management



"One-third of the time when the patient is in the primary care physician's office, we're actually able to connect the specialist with the primary care physician and the patient...that's better quality, that's greater convenience, and certainly it's better outcomes with care immediately."

*Dr. Robert Pearl,
Executive Director and CEO, Permanente Medical Group*

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Major Players and Priorities



Vendors and Developers

Telehealth M&A Activity 2018-19

1. **Teladoc acquired international virtual care provider Advance Medical in Spring 2018**
 - o Allow Teladoc to develop and expand its global market into Latin America and Asia Pacifica
2. **AmWell acquired Avizia in Spring 2018**
 - o Expand American Well's acute care capabilities and give them access to Avizia's hospital-based cart lineup and custom workflow software for over 40 specialties
3. **InTouch acquired Reach Health in Spring 2018, taking on Reach's 200 health system customers**
 - o Broadens InTouch's footprint and expands services and capability to cover programs across the continuum of care

CareClix



dr+ on demand



my+elemedicine.com



Teladoc
HEALTH
i clinic
THE VIRTUAL HOSPITAL



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Major Players and Priorities



Retailers

Walmart

Walmart and Doctor on Demand

CVS pharmacy

CVS and Teladoc

RITE AID
PHARMACY

Rite Aid and InTouch Health

T-Mobile

T-Mobile, The VA, and Philips

Walgreens

Walgreens and MD Live

Microsoft

Microsoft and Walgreens



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Major Players and Priorities



Retailers

Former Apple CEO: Remote patient monitoring, telehealth will drive future of healthcare

Jackie Drees - Thursday, July 18th, 2019 Print | Email

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Advancements in health sensory technology will pave the way for remote patient monitoring and telehealth to dominate the future of healthcare, according to former Apple CEO John Sculley, who shared his viewpoint in *Fortune*.

There are two specific trends that will drive a major shift in the healthcare sector over the course of the next decade: a decrease in the number of available hospital beds and an increase in healthcare super users, which is a small percent of the population that uses the more than half of all the money spent on healthcare across the country, Mr. Sculley wrote.

The rise in telehealth services will result from advanced sensors, which will allow virtual care to push beyond urgent care situations. With telehealth, providing care to chronically ill patients in their own homes "will become mainstream practice," according to Mr. Sculley. Additionally, remote monitoring capabilities will continue to flourish, which will lead to fewer patients being re-admitted back to the hospital after discharge.

As for tech giants like Apple, Google and Amazon, Mr. Sculley predicts Apple will continue to add sensor-based applications to its Apple Watch and may even eventually launch a subscription service that can virtually connect Apple Watch users to their physicians. Google could develop medical sensors that work with its artificial intelligence-powered voice assistant to create an automated patient caregiver for home-based patients; and Amazon could continue improving its Alexa voice assistant to provide chronic care to patients at home, Mr. Sculley wrote.

<https://www.beckershospitalreview.com/healthcare-information-technology/former-apple-ceo-remote-patient-monitoring-telehealth-will-drive-future-of-healthcare.html>

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Major Players and Priorities



Retailers

Will Amazon's telemedicine program spread beyond employees?

Laura Dyrda (Twitter) - Friday, September 27th, 2019 Print | Email

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Amazon launched a virtual health program earlier this week to employees, offering telemedicine as well as in-person healthcare services.

The program allows employees to contact healthcare providers through its mobile app or website, and they can text nurses and receive prescriptions through the platform. While the services are only available to employees, analysts predict it could spread.

As reported by *Barron's*, Jaiendra Singh, Credit Suisse analyst, wrote in a note: "If the Amazon Care program is a success, the company is likely to have all willingness to expand its offerings to the broader U.S. market. Historically, Amazon has experimented with new products on its employees first, before broadening them out to the general population...Bottom line, the telemedicine industry is another addition to the list of industries for which every Amazon move will now be closely watched."

Daniel Grosslight of SVB Leerink was also cited in the report. He wrote in a note that Amazon could partner with telehealth vendors to manage the network and be a potential new source of revenue. He also wrote that he "would not be surprised" if Apple and Google launched similar platforms.

<https://www.beckershospitalreview.com/telehealth/will-amazon-s-telemedicine-program-spread-beyond-employees.html>

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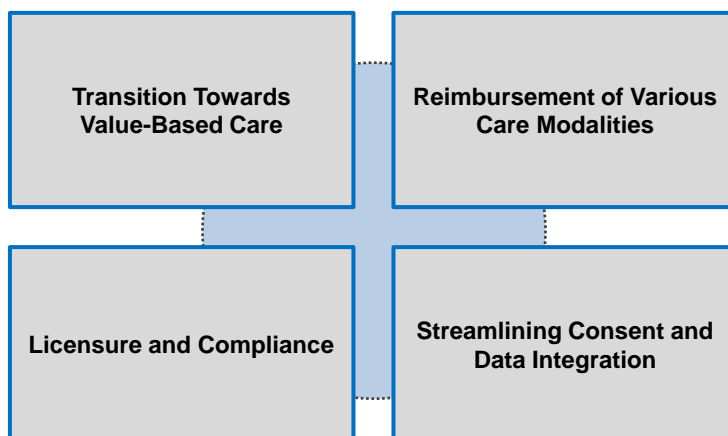
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Trends and Reimbursement



Market Challenges



<https://www.statnews.com/2019/10/21/telehealth-rapid-expansion-offers-challenges/>
<https://www.beckershospitalreview.com/telehealth/5-challenges-hindering-telehealth-market-growth.html>

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Trends and Reimbursement



Low Reimbursement for Top-Volume CPT Codes

2019 Medicare reimbursement rates for telehealth codes¹

 CPT Code	 2017 volume	 2019 non-facility reimbursement	 2019 facility reimbursement
99214	118,030	\$110.28	\$80.01
99213	100,293	\$75.32	\$51.90
90832	55,973	\$68.47	\$63.43
90792	16,974	\$157.49	\$144.52
99309	15,839	\$92.98	\$92.98
99212	15,260	\$45.77	\$25.95



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Trends and Reimbursement



Modalities of Telehealth Services Promote Value-Based Care

Telehealth-enabled imperatives for growth, value-based care goals

	Growth	Value-based care
Real-time virtual visits	<input type="checkbox"/> Enhance patient access and convenience <input type="checkbox"/> Attract and retain new patients	<input type="checkbox"/> Reduce costs by shifting patients to lower cost settings <input type="checkbox"/> Cut patient/provider travel time
Remote patient monitoring	<input type="checkbox"/> Differentiate from competitors <input type="checkbox"/> Align with consumer interest in technology	<input type="checkbox"/> Reduce avoidable emergency department utilization and 30-day readmissions
Asynchronous store-and-forward	<input type="checkbox"/> Reduce wait time to next appointment and no-show rates <input type="checkbox"/> Achieve operational efficiencies	<input type="checkbox"/> Increase patient activation and engagement <input type="checkbox"/> Expand specialist coverage

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Trends and Reimbursement



Virtual Visits

Downstream revenue and patient satisfaction show most promise

Metrics	Proven results	Growth?	VB care?
Cost savings	<ul style="list-style-type: none"> 24.2% reduction in psychiatric hospitalizations in a study of 100,000 VA patients using on-demand video visits 		<input checked="" type="checkbox"/>
Downstream revenue	<ul style="list-style-type: none"> 30% of patients seek in-person follow up care within 21 days of a virtual urgent care visit A 500-bed rural health system in the northeast served 50 new bariatrics patients per year, bringing in an estimated annual revenue of \$700,000 from new system patients 	<input checked="" type="checkbox"/>	
Patient satisfaction	<ul style="list-style-type: none"> AveraNow program gets average 4.71/5 star score In HBR study, 97% patient satisfaction after first visit; 74% of patients felt that the virtual visit improved their relationship with their provider 	<input checked="" type="checkbox"/>	

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Trends and Reimbursement



Remote Patient Monitoring

Improves care adherence, reduces unnecessary health care utilization

Metrics	Proven results	Growth?	VB care?
Care adherence	<ul style="list-style-type: none"> 65% of new mothers reported blood pressure data for 5-7 days post discharge, compared to <5 % of new mothers nationally who attend post-natal visits 		<input checked="" type="checkbox"/>
Readmissions, cost-savings	<ul style="list-style-type: none"> Geisinger lowered odds of readmission at 30 days by 44% when CHF¹ patients were enrolled in RPM relative to earlier periods when not enrolled; estimated ROI is 3.3, with 11% cost savings during study period 		<input checked="" type="checkbox"/>
Unplanned hospitalizations	<ul style="list-style-type: none"> In VA study of chemotherapy patients, pilot group had 57% fewer unplanned hospitalizations and 97% fewer unplanned clinic visits compared to the control group 		<input checked="" type="checkbox"/>



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Trends and Reimbursement



Asynchronous Store and Forward

Business case lies in avoidable (or more affordable) referrals

Metrics	Proven results	Growth?	VB care?
Cost savings	<ul style="list-style-type: none"> The total cost for teledermatology referrals was \$89,523 or \$460 per participant; this reflected an \$82 difference in per-participant costs, which was statistically significant After their first 40,000 cases, HealthPartners' Virtuwell reported savings of \$88 per episode 		<input checked="" type="checkbox"/>
Capacity/throughput gains	<ul style="list-style-type: none"> In one HBR study, when a sending physician intended to refer a patient to a specialist but first virtually consulted a specialist in that field, about 50% of the time the referral was avoided Out of 36 primary care physicians' referrals, 69% of e-consultations were resolved without a visit to a cardiologist 		<input checked="" type="checkbox"/>
Downstream revenue	<ul style="list-style-type: none"> 34% of non-system patients who used MultiCare's e-visit program sought in-person care from MultiCare within 12 months of their e-visit 	<input checked="" type="checkbox"/>	



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Trends and Reimbursement



Current Reimbursement in Virginia

	Store and Forward	Live Virtual Interactions	Remote Monitoring
MEDICARE	<p>Medicare does not reimburse for store-and-forward services, except for CMS demonstration programs in Alaska and Hawaii.</p>	<p>Medicare will reimburse for real-time audio and video interactions between eligible providers and patients at select, predominantly rural, care sites.</p>	<p>Medicare will reimburse for 30-minutes or more of monthly remote patient monitoring services per patient.</p>
MEDICAID	<p>Virginia Medicaid covers diabetic retinopathy screening, dermatology and select radiology codes by store-and-forward.</p>	<p>Virginia Medicaid reimburses live virtual interactions under all fee-for-service and managed care plans; there is no Medicaid parity law.</p>	<p>Virginia provides coverage for continuous glucose monitoring for members with Type 1 or Type 2 diabetes or pregnant women injecting insulin.</p>

https://www.cchpca.org/sites/default/files/2019-05/cchp_report_MASTER_spring_2019_FINAL.pdf
<https://www.advisory.com/media/Advisory.com/Research/MIC/Resources/2017/2018-Telehealth-State-Policy-Profiles.pdf#page=139>

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Licensure and Compliance



Licensure and Compliance Challenges

Interstate
Credentialing

Streamlining
Consent and Data
Integration

Malpractice

<https://www.beckershospitalreview.com/telehealth/5-telehealth-policy-barriers-to-watch-out-for.html>

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Licensure and Compliance



Virginia Professional Regulations

Professional Regulation/Health & Safety	Definitions	<p>Telemedicine services means the use of electronic technology or media, including interactive audio or video for the purpose of diagnosing or treating a patient or consulting with other health care providers regarding a patient's diagnosis or treatment. "Telemedicine services" does not include an audio-only telephone, electronic mail message, facsimile transmission, or online questionnaire.</p> <p>Source: VA Code Annotated Sec. 38.2-3418.16 & Sec. 54.1-3303. (Accessed Apr. 2019).</p>
	Consent	<p>Informed consent must be obtained and maintained.</p> <p>Source: Telemedicine Guidance, Doc. # 85-12. VA Board of Medicine, P. 3 (October 28, 2018). (Accessed Apr. 2019).</p>

<https://www.chpca.org/sites/default/files/2019-02/TELEHEALTH%20POLICY%20BARRIERS%202019%20FINAL.pdf>

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Licensure and Compliance



Virginia Professional Regulations

Online Prescribing	<p>(Effective until July 1, 2020) Practitioners prescribing controlled substances must have a "bona fide" relationship with the patient.</p> <p>Requirements:</p> <ul style="list-style-type: none"> • Obtaining a medical or drug history; • Informing the patient about the benefits and risks of the drug; • Conducting a patient exam, either physically or by the use of instrumentation and diagnostic equipment, through which images and medical records may be transmitted electronically. <p>Practitioners can also prescribe Schedule II-V controlled substances under certain circumstances. Additional requirements apply for the prescription of Schedule VI controlled substances via telemedicine.</p> <p>Source: VA Board of Medicine, Telemedicine Guidance Document: 85-12, p. 4 (Oct. 2018) & VA Code Annotated Sec. 54.1-3303. (Accessed Apr. 2019).</p>

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Licensure and Compliance



Virginia Professional Regulations

Cross-State Licensing	<p>VA is a member of the Nurses Licensure Compact.</p> <p>Source: Nurse Licensure Compact (Accessed Apr. 2019).</p>	
Miscellaneous	<p>Telemedicine Guidance from VA Medical Board</p> <ul style="list-style-type: none"> • Prescribing via telemedicine is at the discretion of the prescribing practitioner. • Informed consent must be obtained and maintained. • See guidance for additional requirements. <p>Source: VA Board of Medicine. Telemedicine Guidance Document: 85-12, p. 3 (Oct. 2018). (Accessed Apr. 2019).</p>	

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Licensure and Compliance



Interstate Credentialing

Specialty Licenses	<ul style="list-style-type: none"> • Nine states issue special licenses related to telehealth • Could allow an out-of-state provider to be granted privileges 	
Interstate Medical Licensure Compact	<ul style="list-style-type: none"> • Twenty-nine states, D.C., and the territory of Guam have all adopted the Federations of State Medical Board's Interstate Medical Licensure Compact (excluding Virginia) 	
Nurses Licensure Compact	<ul style="list-style-type: none"> • Thirty-one state members (including Virginia) 	
Physical Therapy Compact	<ul style="list-style-type: none"> • Twenty-five members (excluding Virginia) 	
Psychology Interjurisdictional Compact	<ul style="list-style-type: none"> • Nine members (excluding Virginia) 	

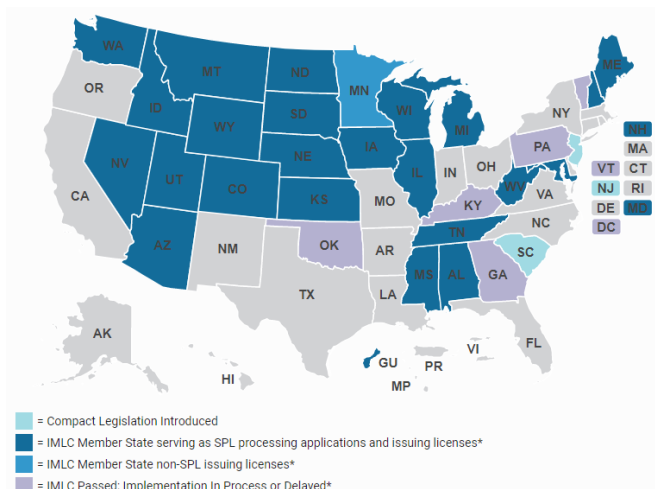
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Interstate Credentialing



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Licensure and Compliance



Streamlining Consent and Data Integration

- Consent and Data Integration Issues
 - Increasing system complexity and interaction of multiple systems
 - Level of Health IT capability impacts functionality of telehealth program
 - Example: electronic transfer v. need to manually transfer and enter patient data
 - Key Considerations
 - Function
 - Integration
 - Network interoperability – including medical devices, EHR/EMR, personal health records
 - Usability
 - Reliance on software
 - Security
 - Technology management
 - Assurance
 - Certification

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2993051/>

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Licensure and Compliance



Malpractice

- Unauthorized medical practice can result in disciplinary action in the physician's own state and potential prosecution for unlicensed medical practice in the patient's state



Differing Standards of Care

- Liability laws
- Statutes of limitations
- Standards of care
- Damage caps



<https://www.natlawreview.com/article/doctor-medical-malpractice-issues-age-telemedicine>

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Licensure and Compliance



Malpractice Insurance

- Unresolved jurisdictional issues – difficult for insurance companies to assess financial risks
- Providers should confirm that medical malpractice policies tailored for in-office encounters include telemedicine
- Many malpractice policies exclude unlicensed activities – physicians must understand state licensing provisions and coverage requirements in other states



<https://www.natlawreview.com/article/doctor-medical-malpractice-issues-age-telemedicine>

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Telehealth Policy Profile for Virginia

Geographic & Patient Setting Requirements	✓	<ul style="list-style-type: none"> Eligible originating sites for Medicaid reimbursement include provider offices, local education agencies, rural health clinics, federally qualified health centers, hospitals, nursing facilities, health department clinics, renal units, community services boards, and residential treatment centers
Licensure & Eligible Practitioners	✓	<ul style="list-style-type: none"> Providers must be licensed in Virginia Effective March 2016, licensed providers may be located outside of Virginia, but must be located within the continental US to deliver telemedicine services; providers of psychiatric services must be physically present in Virginia during the telemedicine encounter Eligible providers include physicians, nurse practitioners, nurse midwives, psychiatrists, psychiatric clinical nurse specialists, psychiatric nurse practitioners, marriage and family therapists, school psychologists, substance abuse practitioners, clinical nurse specialists, clinical psychologists, clinical social workers, and local education agencies (for speech therapy) One of a few states to include specific Medicaid coverage of obstetric and gynecological services, including ultrasounds
Patient Informed Consent & Telepresenter	✓	<ul style="list-style-type: none"> Virginia's guidance document on telemedicine dictates that evidence of appropriate patient informed consent must be obtained and maintained in the patient's medical record For Medicaid, telepresenter must attend the consultation with a patient unless the reason for a telepresenter's absence is documented in patient record notes

<https://www.chpca.org/sites/default/files/2019-02/TELEHEALTH%20POLICY%20BARRIERS%202019%20FINAL.pdf>

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Licensure and Compliance



Telehealth Policy Profile for Virginia

Prescribing & Practice Standards	✓	<ul style="list-style-type: none"> Law permits the use of telemedicine to remotely prescribe Schedule VI controlled substances under certain conditions Practitioners must obtain medical or drug history and conduct patient examination before prescribing remotely Physician-patient relationship can be established via telehealth
Care Innovations	✓+	<ul style="list-style-type: none"> With a child receiving speech therapy, Virginia offers reimbursement for the speech-language pathologist at the distant site and a qualified school aide serving as a telepresenter at the originating site The Center for Telehealth of the University of Virginia and the Virginia Telehealth Network will establish a telehealth pilot program to expand access to and improve the coordination and quality of health care services in rural and medically underserved areas through the use of telehealth services
Evaluation Key <div> <div> VERY SUPPORTIVE Few barriers to adoption </div> <div> SOMEWHAT SUPPORTIVE Few/decreasing barriers to adoption </div> <div> NOT SUPPORTIVE Many barriers to adoption </div> </div>		

<https://www.chpca.org/sites/default/files/2019-02/TELEHEALTH%20POLICY%20BARRIERS%202019%20FINAL.pdf>

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Future of Telehealth



Policy Trends

Increased Participation in Interstate Licensure Compacts

Potential Restructuring of Telehealth Reimbursement to Bundle Payments

Bipartisan Budget Act of 2018 Implementation for Risk-Based Programs

CMS gets creative in order to expand telehealth coverage

Key CMS decision

Create new virtual services that are explicitly NOT considered to meet the technical definition of "Medicare telehealth services"



Impact

New virtual services are not subject to Medicare telehealth service restrictions on:



Modality



Patient location



Care site



Implication

CMS looking for opportunities to expand telehealth coverage within bounds of their legal authority

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Future of Telehealth



Technology Trends

Industry trends pushing adoption of virtual technologies along

	Technology feature	Function	Example use
Established	• Camera	• Image capture	• Teledermatology store-and-forward
	• Video	• Audio-visual conferencing	• Primary and urgent care virtual visits
	• Bluetooth peripherals	• Manual biometric data collection	• Monitoring CHF and COPD patients
Emerging	• Smartphone, wearable-based sensors	• Manual and automatic biometric data collection	• Monitoring heart rate, steps, food intake, etc.
	• Ingestible sensors	• Automatic biometric data collection	• Digestible pill for tracking medication adherence
Experimental	• Artificial intelligence and machine learning	• Diagnosis and treatment recommendations	• Imaging interpretations
	• Virtual and augmented reality	• Simulated therapy	• Chat bot for mental health • Provider training • Tele-rehabilitation

Adapted from <https://www.advisory.com/researchmarket-innovation-center/resources/2018/telehealth-industry-trends>

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Future of Telehealth

Technology Trends

Apple watch uses RPM to drive virtual visits downstream

Apple watch generating telehealth volumes



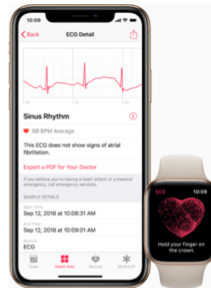
In September 2018, the **FDA approved** the Apple watch as a tool for detecting one of the leading causes of stroke



To test these "built-in ECG" capabilities, Stanford launched a study with **400,000 participants**



If the apple watch detects complications in any of the participants, they get a **free follow-up virtual visit from American Well**



Negotiations to watch:

- Because of its potential to create **cost savings** by preventing strokes, this new capability has led to discussions about providing **subsidized Apple watches** to members of certain insurance plans
- To date, Apple has had conversations with CMS about possibilities within **Medicare Advantage**, and has signed deals with **Aetna and United Healthcare**

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Future of Telehealth

Consumer Trends

Drivers for consumer utilization



Long wait times to next appointment



Transportation constraints; convenience



Privacy concerns



Multiple follow-up visits

Although no single lever to drastically improve participation

Patient telehealth adoption drivers include...



Convenience
Guarantee of timely access to services, particularly during traditional business hours



Cost sensitivity
Financial incentives or cost savings provided to encourage patient participation



Quality guarantee
Availability of refund based on quality of care and patient experience



Physician trust
Endorsement from regular primary care provider for virtual visit option



Word of mouth
Availability of refund based on quality of care and patient experience



Patients are definitely/probably willing to try virtual visits if...

Market Innovation Center Consumer Choice Survey, n=4,879

40%

No wait time for telehealth provider

39%

The virtual visit will cost less than an in-person visit

37%

Virtual visit comes with a satisfaction guarantee

35%

In-person provider discusses virtual care prior to visit

28%

Friend, colleague or family member recommends it






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Key Takeaways



-  Increased telehealth use based on policy, technology, and demand
-  Major market players driving expansion of telehealth
-  Changes in reimbursement present uncertainties and opportunities
-  Licensure and compliance challenges prevent seamless adoption of telehealth
-  Technology and consumers driving the telehealth movement forward

Questions?



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