



June 15, 2021

Memo: ECHIP and CIMT Report

From: Larisa Carr, Director ECHIP & CTCHIP Collaboratives

The ECHIP and the CT-CHIP Collaboratives conducted 374 CIMT scans for employees during fiscal year 2020-2021. Both collaboratives used their Cigna Wellness Funds to host onsite CIMT screenings for employees this past fiscal year.

CIMT received extremely high participation from employees and provided compelling data on 6.3% of ECHIP's population. The wellness committee set a budget amount through the wellness fund for CIMT. This amount was met and exhausted immediately through employee participation.

ECHIP received accolades from staff members who had their individual reports come back with red indicators and stated had it not been for CIMT they would not have had the information necessary to start conversations with their primary care providers. I have personally been contacted by two individuals directly who are both now seeing a cardiologists because of their results. Both individuals were extremely appreciative that our wellness committee coordinated CIMT screening events at our locations.

At the request of the committee wanting more information to tie to our understanding of CIMT for our wellness initiative, Dr. Arun Argawal, Cardiologist from Starling Physicians, has agreed to do a video segment for ECHIP on cardiovascular care, heart disease and stroke.

CIMT has provided real insight for our members and takes them to the next steps in their preventative care proactively. More member engagement with their providers is a good thing.

The average cost of care for a heart bypass surgery, before rehabilitation can be anywhere from \$70,000 to \$200K. ECHIP is a self-funded plan and this type of information supports retention of cost while also providing direction for wellness initiatives. As a self-funded plan, costs associated to heart health could potentially be minimized through CIMT screenings. CIMT has provided a window of information for our members to engage in a conversation about their health with their providers.

At this time I do not have the reported data available for CT-CHIP. I have heard positive feedback from all of the wellness coordinators on the CT-CHIP team. Employees have reached out stating their appreciation for this type of screening.