THE QUARTERLY COMPASS

Winter 2026

2026 WINTER NEWSLETTER

President's Message

As we welcome 2026, we extend our heartfelt gratitude for your continued commitment to delivering high-quality, coordinated care. Together, we achieved significant progress last year—improving outcomes, enhancing patient experiences, and driving value across our network. These accomplishments reflect the strength of our collaboration and the shared vision that unites us.

Looking ahead, 2026 brings exciting opportunities. We've seen notable growth in attribution across many payer products, particularly within Saint Alphonsus Health Plan membership, which will proudly maintain its 4-STAR status this year. To support your success, we're introducing new tools and resources, including Innovaccer, designed to give providers a comprehensive, 360-degree view of their patients for more complete and effective care.

Our goal remains clear: to strengthen partnerships and deliver even greater impact for the communities we serve. By working together, we will continue to transform care delivery and set the standard for excellence. Thank you for your dedication and leadership. Here's to a year of growth, collaboration, and success!
Warm regards,

Stacy Meyr, DC
President
Saint Alphonsus Health Alliance & Community Health and Well-Being

What It Means to Be a Participating Practice in the Saint Alphonsus Health Alliance (SAHA)

Practices often ask what SAHA does and how participation supports their success. SAHA is a **clinically integrated network (CIN)** designed to bring independent providers together to improve care quality, coordination, and outcomes—while strengthening performance in value based care for both providers and patients.

By participating in SAHA, physicians benefit from:

- **Clinical collaboration** aligned around evidence based guidelines and shared quality goals
- **Performance insights and data transparency** to support continuous improvement
- **Preparation and support for value based programs**, including Medicare Advantage
- **Care coordination and operational support** that reduces administrative burden
- **A strong, physician led network** that preserves clinical independence

Through participation in SAHA, practices gain access to the tools, resources, and collective strength needed to deliver high quality, patient centered care and remain competitive in an evolving healthcare environment. SAHA's clinical and operational teams are here to support your practice. Whether you have questions about performance, need social-work support for SAHA patients, or require assistance with gap authorizations or referral management to ensure timely access to care, our team is ready to help.

Contact SAHA

For questions or support with Credentialing and Contracting
Email: SAHS-Alliance@saintalphonsus.org

For questions or support with Care Management, Social Work, Pharmacy
Email: BOHSCareManagement@saintalphonsus.org

For questions or support with Referral Management and Gap Authorizations
Email: PatientNavigation@saintalphonsus.org,

For questions or support with Performance Insights
Email: sahaperformanceimprovement@saintalphonsus.org

We look forward to partnering with you to support your practice and improve care for our patients.

SAHA Newsletter Winter 2026 Medical Director Update

Medical Director Update – Winter 2026
As we reflect on 2025, I'm proud to share several key accomplishments that demonstrate our commitment to improving patient care and driving innovation across the Saint Alphonsus Health Alliance.

Advancing Chronic Condition Management
Historically, risk adjustment has been a challenge in our region, with lower risk scores leading to reduced reimbursements and incomplete documentation of illness burden. To address this, Trinity Health and Saint Alphonsus Health Alliance introduced **Chronic Condition Visits (CCVs)** for members with three or more undocumented HCC conditions. These extended visits (40–45 minutes) were designed to improve documentation and support better management of chronic conditions. Each CCV was followed by care manager outreach for referrals, education, and progress tracking. Providers received a stipend per patient for their time.

The impact was remarkable:

- **15x return on investment** through improved chronic condition documentation
- CCV members' scores increased from **0.85 to 1.82**, compared to **0.81 to 1.37** in the control group
- Conditions were addressed at a **25% higher rate**, with wraparound support for every member

This initiative underscores the importance of dedicated time for chronic condition management beyond Annual Wellness Visits. In 2026, we aim to expand this model to independent clinics and incentivize quality care for complex patients.

Improving Blood Pressure Control
Blood pressure control remains a critical metric, especially as it is a triple-weighted Star measure for Medicare Advantage. Despite evidence supporting aggressive targets, capturing values below 140/90 has been challenging. Our Pharmacy team, led by **Clinton Smith** and **Sara Heiner, PharmD**, spearheaded two innovative approaches:

- **In-Clinic Pharmacist Management:** Clinton piloted a program where patients scheduled follow-up visits with pharmacists for rechecks and medication adjustments using best-practice algorithms. Within three months, results confirmed this approach was highly effective and scalable.
- **Telephonic Outreach:** Sara and our pharmacy technicians launched a campaign to follow up two weeks after elevated readings. They worked with PCPs to obtain at-home readings and recommend medication titration when needed.

The results speak for themselves:

- Blood pressure control among Saint Alphonsus Health Plan members improved from **73% to 85% in one year**
  These efforts demonstrate how targeted interventions can transform care delivery. With new contracts and an influx of lives in 2026, we are poised to continue driving meaningful improvements in population health.

Thank you for your partnership and dedication to our mission. Please reach out with any questions or ideas for future initiatives.

Aligning Annual Wellness Visits with Colorectal Cancer Screening

Preventive care is most effective when intention meets opportunity. This year, SAHA is taking a focused approach to better align Annual Wellness Visits (AWVs) with colorectal cancer screening, two essential components of providing high-quality, value-based care.

Through our partnership with PolyMedco, Fecal Immunochemical Test (FIT) kits are now seamlessly available to our independent clinics. These kits are intended to be kept on hand and offered directly to patients who are overdue or have not yet completed a recommended colorectal cancer screening. By removing barriers such as delayed ordering, follow-up visits, or external referrals, clinics can help patients take immediate action on their preventive care needs.

We strongly encourage providers and care teams to leverage this opportunity during Annual Wellness Visits, when patients are already engaged in conversations about their overall health, preventive services, and long-term wellness goals. AWVs provide a natural and effective touchpoint to identify care gaps, educate patients on the importance of colorectal cancer screening, and offer a simple, evidence-based screening option on the spot.

Colorectal cancer remains one of the most preventable yet under-screened cancers. By integrating FIT kit distribution into routine AWV workflows, we can improve screening rates, support early detection, and positively impact patient outcomes across our network.

This initiative reflects our shared commitment to proactive, patient-centered care. Thank you to our clinics and providers for continuing to champion prevention and for helping turn everyday visits into meaningful opportunities for better health.

For more information on how your clinic can access their PolyMedco FIT kits and contribute to this impactful initiative, contact your SAHA Performance Improvement Specialist or email **sahaperformanceimprovement@saintalphonsus.org**.

Alliance Clinical Team (ACT) Referral Protocol

What supports are available via ACT?

RN Care Manager - Care coordination for high risk transition of care from an acute episode, or chronic illness with complexity.

Social Work Care Manager - LCSW/LMSW Navigation of complex social needs impacting medical treatment (*mental wellbeing, legal, financial, and/or crisis support*)

Pharmacy - Provides PharmD consult, Medication Reconciliation (CMR), Patient education, and/or Medication adherence counseling.

Community Health Worker - social care hub assistance with community or social resources to reduce barriers to accessing care call to (208) 367-4482.

How are patients referred to the ACT?

Patient must have an eligible coverage in an APM contract *(see list below)*

Send a ***<secure>*** email to:
BOHSCareManagement@saintalphonsus.org

Include the following:

1. Patient **Name &** Patient **DOB**
2. Patient **PCP**
3. **Payer Coverage** (*see list below)*
4. **Reason** for referral/services requested

Questions? Please call **(208) 367-2745**;
or **FAX to: (208) 367-7238**

Alliance APM (Alternative Payment Model) Contracts		
Payer/Coverage Name	**Category**	**Identifiers**
Blue Cross Idaho - Connected Care	Commercial; Small Group only	32PSP plan
Humana MA	Medicare Advantage HMO	Humana Gold Plus HMO (H5619-077) and Humana Choice & Honor PPO (H5216-132, H5216-044, H5216-046)
Mountain Health Co-Op	Individual Exchange Carrier	Mountain Health Co-Op Access Care
Medicare Shared Savings Plan (MSSP) ACO - Trinity Health Integrated Care (THIC)	Traditional Medicare ACO	Must be on MSSP Master Beneficiary List, Medicare A&B & showing on Registry "ORID THIC MSSP ACO" in EPIC snapshot registry. For MSSP questions call 208-367-4103
MODA	Individual Exchange; Small Group	"ModaSelect" in *Idaho counties: Ada, Adams, Boise, Canyon, Elmore, Gem, Owyhee, Payette, and Washington*
Regence MA Blue Shield of Idaho **HMO**	Commercial and Smaill Group	Regence "Blue MedAdv HMO" or "Blue MedAdv HMO Plus" (H1969-002, H1969-004)
Saint Alphonsus Health Plan MA (MediGold)	Medicare Advantage HMO	SAHP (formerly Medigold MA) Essential Care (H6910-001), True Advantage (H6910-002), Classic Preferred (H6910-003), Medical Only (H6910-004)
SelectHealth	Individual Exchange; Small Group	SelectHealth "SAHA Network" *in counties: Ada, Boise, Canyon, Gem, Payette, and Washington.*

Ten Mile Surgery Center

Compassionate Care. Advanced Technology. Exceptional Outcomes

Ten Mile Surgery Center

875 S. Vanguard Way, Suite 120
Meridian, ID 83642

Phone: (208) 302-7960
Fax: (208) 302-7999

tenmilesurgerycenter.com

About Our Surgery Center

Your patients deserve the best care in a setting that prioritizes comfort, convenience, and quality. Ten Mile Surgery Center provides outpatient surgical services for patients of all ages, combining advanced technology with a compassionate team dedicated to safety and personalized attention.

Located at **Ten Mile and I-84 in Meridian**, our center was designed to make the surgical experience as smooth and stress-free as possible. From streamlined scheduling to same-day recovery, we focus on minimizing disruption for your patients while delivering exceptional outcomes.

Benefits for Your Patients:

- **Same-day procedures** with quick recovery and less time away from home
- **Affordable alternative** to hospital-based surgery
- **Comfortable, welcoming environment** designed for peace of mind
- **Experienced specialists** across multiple disciplines
- **Care for all ages** – from pediatrics to seniors

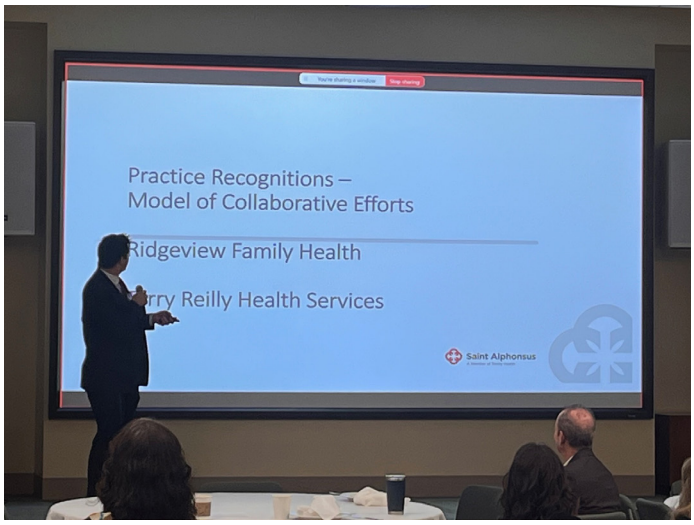
Specialties Include:

- Colorectal Surgery
- Ear, Nose & Throat
- General Surgery
- Gynecology
- Orthopedics
- Pain Management
- Podiatry

Practices recognized for performance improvement

In early Fall the Health Alliance hosted our bi-annual network breakfast; we had over 100 in attendance including providers and office staff from across our network. We had informative presentations from Dr. Yeakley highlighting how to structure your practice to maximize outcomes, Dr. Meltzer spoke about preventing avoidable ED visits and Dr. Twomey gave us insight on network changes and expectation for 2026.

In addition, we recognized a few practices for being a Model of Collaborative Efforts including Terry Reilly, and Ridgeview.



Welcome to our Network

Saint Alphonsus Health Alliance has been busy enhancing our network of trusted healthcare providers. As of December, we have welcomed many new practices.

Adam Mackenzie Psychology	Behavioral Health
Ancora Hospice and Palliative Services	Hospice/Palliative Care
Anna's Counseling Services	Behavioral Health
Arrowleaf Developmental Pediatrics and Autsim Care	Pediatrics
Awakenings Mental Health	Behavioral Health
Behavioral Health Solutions of Idaho	Behavioral Health
Beyond Words Speech and Language Services	Speech & Language
Blue Mountain Wellness	Behavioral Health
Boise Arthritis and Immunology	Rheumatology
Calm Waters Counseling	Behavioral Health
Chandler Health	Primary Care
Children's Therapy Place	Physical Therapy, Speech Therapy, Occupational Therapy
Chiro Idaho Chiropractic	Chiropractic
Chloe Brewer Counseling	Behavioral Health
Continual Wellness	Behavioral Health
Edward Davis Counseling	Behavioral Health
Elevated Chiropractic	Chiropractic
Emerald Point Eye Care	Optometry
Empower Counseling	Behavioral Health
Empowered Family Counseling	Behavioral Health
Everman Family Medicine	Primary Care
Finch and Fox Therapy Group	Behavioral Health
Foundations Pediatric Therapy	Behavioral Health
Foundations Pediatric Therapy	Behavioral Health
Gem Infant Nutrition	Pediatric Nutrition
Gem State Neurology	Neurology
Gem State Wellness	Behavioral Health
Harmony Mental Health	Behavioral Health
Health Spark Chiropractic	Chiropractic
HealthSource of Meridian	Chiropractic
Idaho Surgical Partners PC	General Surgery
Kami Dwello Counseling	Behavioral Health

Keystone Physical Medicine	Chiropractic
Kind Life Counseling	Behavioral Health
Linking Resources LLC	Behavioral Health
Malheur Memorial Health Center	Facility
MindStride Solution PLLC	Behavioral Health
Mountain Land Physical Therapy	Physical Therapy
Mountain View Surgery Center	Facility
MyFamilyDoc	Family Medicine
Neuro Developmental Sleep POLC	Neurology, Sleep Medicine
New Light Counseling	Behavioral Health
Northside Chiropractic	Chiropractic
Odyssey Pediatric Therapy Specialists, LLC	Physical Therapy
OGA (OB/GYN Associates)	OB-GYN
Oregon Man Clinics - Ontario	Primary Care
ReEndeavor LLC	Behavioral Health
Reset Life Counseling and Coaching	Behavioral Health
Riverside Counseling LLC	Behavioral Health
Riverside Primary Care Adult and Geriatric Medicine	Primary Care/Geriatrics
Ron Bean PLLC	Behavioral Health
Sawtooth Counseling LLC	Behavioral Health
Senior Doc Idaho, PC.	Primary Care
Snake River Pschiatry	Behavioral Health
Tempo Mental Health	Behavioral Health
The Urology Clinic	Urology
Treasure Valley Therapy	Behavioral Health
Treasure Valley Vein and Wound Center	Wound Care
Treasure Valley Vision Center	Optometry
Tree City Eyecare	Optometry
Wellness and Aesthestics Clinic of Idaho	Family Medicine
Whitewater TMS	Transcranial Magnetic Stimulation
Wise Changes Counseling	Behavioral Health

Get involved!

We are currently accepting applications to join our Alliance Board and Committees, which include Finance & Contracting, Quality & Informatics and Provider Network Committee. This is a unique opportunity to lend your expertise, collaborate with peers, and help shape the future of our organization. If you're curious about how you can make a difference and would like to learn more, please contact Stacy Meyr @ stacy.meyr@saintalphonsus.org for additional information .

Contact

QUICK REFERENCE – HOW TO CONTACT US

CREDENTIALING	SAHS-Alliance@sarmc.org
PATIENT CARE NAVIGATORS	Patientcareliaison@saintalphonsus.org
CARE MANAGEMENT (ACT)	BOHSCareManagement@saintalphonsus.org
PHARMACY	BOHSCareManagement@saintalphonsus.org
POST-ACUTE (SNF CARE TEAM)	Leslie.Peterson-Criner@saintalphonsus.org
PERFORMANCE IMPROVEMENT TEAM (PIT)	SAHAPerformanceImprovement@saintalphonsus.org

Severe Blood & Platelet Shortage

The American Red Cross is facing a severe blood shortage as requests from hospitals exceed the available supply, drawing down the blood supply by about 35% over the past month. The shortage is especially serious for platelets and type O, A negative and B negative blood. Without immediate action, patients face serious risk. Your help is needed right now.

Make An Appointment » Click Here