

**Vanderbilt University Medical Center Creates MyHealth Bundles,  
Providing Innovative Options for Employee Health Coverage**

***MyHealth Bundles offer win-win for employers and employees alike with patient-centered, value-based approaches to managing common health conditions***

NASHVILLE, Tenn. (September 9, 2020) – Vanderbilt University Medical Center (VUMC) announced today that it has created MyHealth Bundles, an innovative and value-based approach to managing some of the most common and costly health conditions. As employers grapple with the economic hardships brought on by the COVID-19 pandemic, the redesigned care model answers the challenge with cost-saving healthcare benefits for their employees.

MyHealth Bundles provide employers with more transparent, predictable pricing by prioritizing consistent care. The bundled payment model encourages care coordination and adds incentives for clinical departments to better manage a patient’s entire experience, reducing employers’ overall costs and building a concierge service experience.

Employees also enjoy the benefits of such reimagined care. In addition to improved health outcomes, MyHealth Bundles simplifies employees’ access to caregivers and streamlines appointments—supported by a patient navigator to answer questions and help guide the way. Enhanced patient education reinforces the personalized care experience, and the model’s built-in efficiencies often result in lower out-of-pocket payments.

“MyHealth Bundles offer a unique opportunity for employers to provide an unprecedented level of support for their employees during what can be vulnerable and stressful healthcare experiences,” said C.J. Stimson, MD, JD, Medical Director, VUMC Office of Episodes of Care and assistant professor of Urology. “Bundled payments throw out the traditional insurance payment rules that get in the way of patient-centered care. Without these restrictions, Vanderbilt Health providers are free to redesign the clinical and service experience in a way that is 100% focused on maximizing patient outcomes and satisfaction. VUMC’s bundled payment program makes it so much easier to deliver a better patient experience.”

The MyMaternityHealth Bundle is available now and combines maternity and select newborn services that an expectant mother and baby need for the entire length of the pregnancy—from the initial prenatal care visit through delivery and 12 weeks after delivery.

Additional bundles are on the horizon to improve patient outcomes and lower costs. Scheduled to launch in January 2021 are the [MyHearingHealth](#) bundle for cochlear implant surgery, the [MySpineHealth](#) bundle for select spine surgery, the [MyOrthoHealth](#) bundles for hip and knee joint replacement, and the [MyWeightLossHealth](#) bundle for surgical weight loss.

***MyMaternityHealth Delivers Savings and Satisfaction for Area Teachers***

VUMC has been piloting the MyMaternityHealth program with its own employees and families and certificated employees covered by the Metro Nashville Public Schools health plan. As of September 3, 2020, 411 patients have enrolled in the program, and 65 patients have delivered their babies.

“All of our health plan decisions are about improving the health of our employees in order to improve the educational outcomes of our students, and we’ve proven that these two elements are closely related,” said David Hines, Executive Director of Benefits for MNPS. “The MyMaternityHealth program means we have healthier, happier babies and moms, and we’re reducing costs for our health plan at the same time.”

The potential savings from MyMaternityHealth is so significant that MNPS has been able to lower the health plan member’s copayment to zero, saving employees at least \$2,500 annually. The substantial savings coupled with the high-quality maternity experience are earning the MyMaternityHealth program high scores in MNPS employee satisfaction. Happier employees are making Hines’ job easier, he said.

“Vanderbilt Health is committed to working with employers to deliver exceptional care with predictable costs,” said C. Wright Pinson, MBA, MD, Deputy Chief Executive Officer and Chief Health System Officer for VUMC. “As one of Tennessee’s largest employers we understand the challenges of offering healthcare benefits to a diverse workforce. MyHealth Bundles complements our full suite of Employer Solutions, ensuring employees and families receive the best care and clinical expertise possible.”

To provide convenience and peace of mind, telehealth visits are available for any qualified MyMaternityHealth bundle patient. Prenatal telehealth services include a complimentary prenatal telehealth kit consisting of a blood pressure cuff/monitor, hand-held fetal doppler, the option of a scale and in-person instruction on how to use the kit. After the baby is born, patients also have access to tele-lactation consultation services, another exclusive benefit of MyMaternityHealth.

Learn more at [MyHealthBundlesForEmployers.com](https://www.vumc.org/MyHealthBundlesForEmployers.com).

Enabling the successful launch and the back-end administration of bundles is [Cedar Gate Technologies](https://www.cedargate.com/), which has more than 30 years of experience designing, building and managing prospective bundled payment arrangements.

### **About Vanderbilt University Medical Center**

Vanderbilt University Medical Center (VUMC) is one of the nation’s leading academic medical centers and is one of the largest comprehensive research, teaching and patient care health systems in the Southeast. The most heavily utilized quaternary, referral healthcare facility in the Mid-South, VUMC sees over 2.3 million patient visits per year in over 150 locations, discharging 66,000 inpatients and performing 67,000 surgical operations. The medical center is the largest non-governmental employer of Middle Tennessee citizens, with more than 25,000 staff, including nearly 3,000 physicians, advanced practice nurses and scientists appointed to the Vanderbilt University faculty. For more information and the latest news follow VUMC on [Facebook](https://www.facebook.com/vumc), [LinkedIn](https://www.linkedin.com/company/vumc), [Twitter](https://twitter.com/vumc) and in the [VUMC Reporter](https://www.vumc.org/VUMCReporter).

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