



Inside Population Health Your Heart



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Welcome to *Inside Population Health* . February highlights very important health initiatives like American Heart Month, which we cover in our “Meet the Measures” and pharmacy section with controlling high blood pressure. We are currently in Sepsis Survivor Week, looking toward [National Donor Day on Feb. 14](#), and our HCC coding tip is on eating disorders.

Over the past eight months, our network development team has undertaken the largest repapering project in SQCN history—updating participation and affiliate agreements for over 4,000 clinicians. The repapering project spanned legal, compliance, and other internal partners to ensure we included all pertinent information for our network of physicians and APP partners. This massive effort, now 95% complete, ensured all contracts remained current while addressing clinician questions and compliance requirements. At the same time, we welcomed 200+ new clinicians, further strengthening our network to better serve our members.

Looking ahead to 2025, we are focused on expanding and refining both

the SQCN and SACO networks by bringing in additional physicians and APPs across Virginia. We are also excited to offer select SQCN providers the opportunity to join the Sentara ACO. With our growing team and ambitious goals, we are committed to advancing Population Health and driving meaningful impact in the communities we serve. Stay tuned for more updates as we continue to grow.

Our dedicated network development team is here to help your practice. Feel free to [reach out to our team](#) with any questions or concerns.

Reminder to our current SACO practices. It's that time of year. Please make sure your SACO practice(s) are compliant by putting the CMS beneficiary poster in your reception area. Also, have several letters available for interested patients. We hand-delivered copies to our independent practices. For Sentara practices, access the materials on [Wavenet site under Support Services/Print Services](#) and put "SACO" in the search.

Other Q1 SACO independent practice reminders:

Please focus on your end-of-year Sample Patient Chart Review, due February 21. Also, Check your practice's EMR system CEHRT status for 2025. Contact [Alex Bai](#) with any questions.

Thank you all and have a great month!

Upcoming Meetings

- The **Pediatric PCPC** meeting is February 18 from 6-7 p.m. [Link.](#)
- The **Adult PCPC** meeting is February 20 from 7-8 a.m. [Link.](#)
- The **SACO Primary Care Leadership** meeting is February 21 from 7-8 a.m.
- The **Practice Managers** meeting is March 26 from

Impact Scorecards

Avoidable ED visits (rate per 1,000) remain as our utilization metric and there are several quality metrics for adult and pediatric populations. These metrics are scored for each practice and the total score is expressed as a percentage from 30-100%. That performance score will be combined with attribution to determine distributions. The report is

12:15-1 p.m. [Link.](#)

2025 SCHEDULE

updated monthly so that you can track your practice's performance.

LINK TO SCORECARD

Meet the Measures: Controlling high blood pressure

February is heart month. It's a good time to consider patients with uncontrolled hypertension. There are many opportunities to help your patients and help your practice meet the metric:

- Encourage patients to take their blood pressure at home, keep a log, and give it to their clinician each visit. Document the blood pressure in the EHR. Remind patients to bring these logs during the upcoming appointment call.
- If a patient has a blood pressure above 140/85 in the office:
 - Retake the blood pressure before the patient leaves and record it in a discreet format (as vital sign). Also, check BP in both arms.
 - Reschedule the patient for a return nurse visit for a BP check.
 - Have the patient bring recording of home blood pressures for the visit.
 - Refer patients to an ambulatory care manager or care coordinator for coaching on blood pressure management (taking BP at home, diet, exercise, medication adherence, etc.).

Partnering with the patient's family and friends can also help. Here are some questions you can ask your patients:

Pharmacy Highlights: Hypertension management

Hypertension is a common yet significant disease that affects millions of individuals worldwide. In the United States, approximately 47% of adults have hypertension or are taking medications for high blood pressure. Of the

adults with high blood pressure only about 24% are controlled (Center for Disease Control and Prevention, 2021). As a leading cause of cardiovascular disease, stroke, and kidney failure, it requires prompt diagnosis, effective treatment, and long-term care to reduce risks. Healthcare providers are at the forefront of managing hypertension and play a critical role in both treatment and patient education.

Click the button below for more recommendations. Learn about the clinical pharmacy services we provide [here](#).

- How are your medications helping?
- What might make it easier to take them more regularly? Do you need financial assistance or a more convenient way to get your medications?
- What other resources might you need?
- What is your understanding of next steps?
- Instruct the patient—as well as caregivers—on how to take an accurate reading at home and keep track of that information.

Follow [these steps](#) and teach your patients how to do the same when doing at-home readings.

HYPERTENSION PATIENT EDUCATION & SUPPORT



Cancer prevention

In 2024, research shows that over 2 million Americans were diagnosed with a cancer that was other than melanoma skin cancer. Some 40% may have a preventable cause like being overweight, not exercising, and smoking. Learn more [prevention tips](#) to share with patients.

Sepsis survivor week

Did you know that over half of sepsis survivors (60%) are left with health challenges, including physical, mental, and emotional?

Sepsis Survivor Week shines a light on sepsis survivors and honor their experiences. [Find individual stories](#) of survival and what comes next.

Sepsis Survivor Week 2025

I AM
1 IN 2

1 in 2 sepsis survivors experience long-term physical and/or psychological effects, known as post-sepsis syndrome.

Learn more at SepsisSurvivorWeek.org.



Baby Sleep Day: March 1

The Pediatric Sleep Council has designated March 1 to raise awareness in the sleep health and hygiene of babies. Share this [sleep score calculator](#) with parents who may need additional resources and help with giving their child a good night's rest.

HCC Coding Tips: National eating disorder week

There are new additions to CMS-HCC V28:

- Anorexia Nervosa
- Bulimia Nervosa

Documenting to the highest specificity is key when coding anorexia nervosa and bulimia nervosa. Click the link below to see the specifics. Contact our [HCC coding team](#) with any questions.

HCC CODING TIPS: ANOREXIA & BULIMIA

Hospice Myth of the Month

Myth: Hospice accelerates death.

Fact: Another common hospice myth is that hospice may hasten death, which is not true. This misconception is sometimes linked to the use of morphine, which may be given for pain management in the final weeks and months of life. However, in appropriate doses, morphine never speeds up death but rather helps to relieve symptoms and make patient's as comfortable as possible while their disease takes its natural course. Ultimately, death is related to how advanced a patient's condition is, not because of the morphine or hospice services.

Source: [Sentara Hospice Services](#)

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