

# Leveraging Remote Behavioral Health Interventions to Improve Medical Outcomes and Reduce Costs

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## Summary

Adult members of a large U.S. commercial health plan who experienced a recent cardiovascular event were referred to participate in AbleTo's 8-week virtual behavioral health program. At 6-months post-enrollment, participants had significantly fewer all-cause hospital admissions, and significantly fewer total hospital days versus a comparison group. These research results suggest that bridging the gaps between behavioral health and medical health serves as an effective and achievable population health strategy to improve quality and lower cost of care.

## Demographics

- 381 Adults
- Average age 56.3 years
- 70% male/ 30% female

## Key Outcomes

- **31%** reduction in all-cause hospital admissions in 6 months
- **48%** fewer hospital stays at 6 months
- Clinically meaningful **reductions** in depression, anxiety and stress symptoms

**“Successful patient engagement in a national, remotely delivered behavioral health intervention can reduce medical utilization in a targeted cardiac population.”**

## Full Study

Pande RL, Morris M, Peters A, Spettell CM, Feifer R, Gillis W. Leveraging Remote Behavioral Health Interventions to Improve Medical Outcomes and Reduce Costs. *Am J Manag Care*. 2015;21:e141-e151.

<https://www.ajmc.com/journals/issue/2015/2015-vol21-n2/leveraging-remote-behavioral-health-interventions-to-improve-medical-outcomes-and-reduce-costs/>