



NEWS RELEASE

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Monument Health collaborates with Cigna Healthcare to support Medicare Advantage customers in western Colorado


Mesa and Delta Counties—Today, Monument Health, the largest clinically integrated network in western Colorado, is thrilled to announce that its high-quality, whole-person health care services are now available to all Cigna Healthcare Medicare Advantage customers in Mesa and Delta counties. Monument Health will provide population health management services as a part of a risk sharing, value-based agreement.

Population health management is a healthcare strategy to help manage the health of patients with a focus on prevention. Monument Health’s local care coordinators ensure high-touch, personalized calls to their members, in addition to close collaborative work with network providers to promote early intervention and prevention for Medicare Advantage beneficiaries. They also prioritize follow-up calls after emergency department visits and help facilitate appointments for preventive measures such as mammograms, smoking cessation classes, weight management, nutrition support, and diabetes management, among many other offerings.

“Adding Monument Health to our Medicare Advantage network is another way we can provide customers access to high-quality, affordable health care in the area,” said Autumn Zank, market president for Cigna Healthcare’s Medicare business. “We share Monument’s commitment to delivering improved health outcomes, while helping lower the cost of the care in the region.”


“We are thrilled to add a well-known and trusted insurance product like Cigna Healthcare’s Medicare business to our network,” said Ashley Thurow, executive director of Monument Health. “When Medicare beneficiaries receive prevention-focused, personalized care, they live healthier lives. Monument Health is excited to support this value-based care effort alongside Cigna.”

Dr. Brian Davidson, market medical executive for the Mountain States region of Cigna Healthcare’s Medicare business, added, “It has been exciting to watch Monument Health’s track record for quality care since its inception. The provider group continues to manage lives under its care with acumen while

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realizing improved health outcomes of its members and lowering the cost of the care in the region. It's only natural that a collaboration with Cigna would be realized."

To learn more about Monument Health, visit MonumentHealth.net.

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