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**Virginia Health Information Publishes HMO Cost and Quality Report:
Prepare for 2021 Open Enrollment**

Richmond, VA - Virginia Health Information (VHI) has published Health Maintenance Organization (HMO) Compare to help consumers find, compare and choose the HMO that best meets their needs. Consumers may use the tool to compare over 60 measures that are most important to them such as availability of care, member satisfaction, screenings for cancer and more. Individual, Group, Medicare and Medicaid insurance options are available for comparisons as well as an array of insurance plans such as Aetna Health and HealthKeepers, Inc. [Compare HMOs](#) is part of VHI’s free Consumer Guide to Health Insurance Options, a comprehensive guide helping Virginia consumers and employers learn about health insurance options.

The Compare HMO tool gives consumers access to data that includes insurance rates, state averages and national averages. Also new this year, VHI is excited to announce a handful of new Behavioral Health measurements for consumers to utilize while comparing HMOs—from antidepressant medication management to follow-ups after hospitalization for mental illness. The new measurements will give consumers an opportunity to learn more about HMO options regarding their mental health in addition to their physical health. Below are some key findings from this year’s report:

Members Received:	VA Avg	Better than Nat’l Avg?	HMO with Best Rate	Range across HMOs
Breast Cancer Screening	73%	No	Kaiser	65 – 86%
Timeliness of Prenatal Care	87%	Yes	Kaiser	80 – 96%
Use of Opioids (High Dosage)	7%	No	CareFirst	2 – 10%
Premium per member/per month	\$511	N/A	Optimum Choice (Lowest Rate)	\$379 - \$716
<7 Day Follow-Up After Hospitalization for Mental Illness	50%	Yes	Kaiser	43 – 66%
HPV Immunizations for Adolescents	35%	Yes	Kaiser	24 – 75%
Initiation of Alcohol and Other Drug Dependence Treatment	39%	Yes	Kaiser	32 – 58%

Virginia Health Information (VHI) is a nonprofit organization that administers healthcare data across the Commonwealth to businesses, consumers, health insurance companies and other stakeholders. VHI publishes consumer guides and reports on health insurance, hospitals, nursing facilities, physicians and more at www.vhi.org. For updates on healthcare data and statistics, follow and like VHI on Facebook at www.facebook.com/vahealth.

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