



Fast Five with Dr. Jeffrey Aalberg

**Chief Medical Officer, MaineHealth ACO &
Senior Medical Director of Ambulatory Care, MaineHealth**

Welcome to Fast Five— our monthly feature where we spotlight an individual connected with the MaineHealth ACO. This month we had a chance to catch up with Dr. Jeff Aalberg for five quick questions.

What is most critical to the success of the ACO in the next 12 months?

Selecting the right Population Health Tool and promoting its use to specialists and primary care providers. It will also be important to engage our providers in the quality, utilization and total cost of care available from this solution.

If the ACO is meeting its goals, what will be the impact to patients? According to the 2016 Medicare trustees report, released in June, the Medicare trust fund could be insolvent by 2028. This could result in major repercussions—affecting the health of all citizens. Guiding the total cost of care to the highest quality and avoiding an impending breakdown of Medicare is critically important. And moving from unnecessary care—which can be harmful to patients—is also very important.

Aligning with the philosophy of the “[Choosing Wisely](#)” campaign will impact patients directly. Choosing Wisely is an initiative that’s spearheaded by the American Board of Internal Medicine (ABIM) Foundation which aims to deliver the right care to the right patient with evidence-based guidelines. This affects not only the cost of care for patients, but patient safety as well. At the highest level, if the ACO meets its goals, patients will ultimately have better access to high-quality and affordable care.

What is your top work priority this month? My top priority is making sure our Value Oversight Committee (VOC) is high functioning, high-value and moves in alignment with the ACO Strategy.

What do you do to stay fit and healthy? I exercise a minimum of five days a week—usually two hours per day. I row, bike and do other cardio and weights.

What’s On Your Nightstand/Playlist Right Now? I listen to a variety of music while I do cardio — everything from Bruce Springsteen to the Goo Goo Dolls. As far as relaxation goes, I’m more hands-on oriented, so I tend to read practical books about my hobbies. I like fast cars and slow boats. I build boats and restore antique boats—so rather than curling up with a book in my free time, I go to my workshop. I sail a lot. In fact, I have a 46-foot wooden ketch sailboat that’s 95-years old, so you can imagine that keeps me pretty busy when I’m not at work.

Jeffrey Aalberg, MD, MS is Chief Medical Officer of the MaineHealth ACO and is also Senior Medical Director of Ambulatory Care at MaineHealth. In these roles he oversees programs in care coordination, prevention, chronic disease, advanced primary care, palliative care, behavioral health, elder care, and post-acute care. Prior to his work with MaineHealth, Dr. Aalberg was the Medical Director of a large urban practice and residency training program serving 16,000 patients and overseeing care delivered by 40 physicians. He has served on numerous Boards, most recently joining the Southern Maine Agency on Agency Board of Directors.