



## NEW NATIONAL REPORT DOCUMENTS INCREASED BEHAVIORAL HEALTH DISPARITIES IN EMPLOYER SPONSORED HEALTH PLANS

A new study conducted by Milliman, Inc. covering 37 million employees and their families, commissioned by The Bowman Family Foundation, reflects dramatically worsened access to behavioral health care since a similar study was published two years ago.

- Despite the National Opioid and Suicide Crises, mental health and substance use treatment\* together accounted for less than 3.5% of total health care spend, with substance use treatment ranging from 0.7 to 1% of that total over the 5 year period.
- Behavioral health access disparities escalated from 2013 to 2017 in all three categories of care examined: outpatient visits, inpatient facilities and outpatient facilities. Disparities nearly doubled for inpatient and outpatient facilities, rising from almost 3 to nearly 6 times more likely, when compared to medical/surgical facility use.
- Children were 10 times more likely to receive outpatient mental health care out of network compared to primary care visits, twice the disparity faced by adults.

### »»» OFFICE VISIT ACCESS

**Higher out of network** for behavioral health office visits compared to primary care.

	2013	2015	2017
NATIONAL	5.04 x	5.09 x	5.41 x
ARIZONA	3.62 x	3.33 x	3.10x

Arizona outpatient access is **38th** in the nation —3.10 times more likely for out of network office visits

### »»» INPATIENT FACILITY ACCESS

**Higher out of network** for behavioral health inpatient compared to medical/surgical.

	2013	2015	2017
NATIONAL	2.83 x	3.85x	5.24 x
ARIZONA	4.53 x	6.58 x	10.01 x

Arizona out of network inpatient use rose from **4.53 to 10.01 times more likely** —nearly twice the national average.

### »»» OUTPATIENT FACILITY ACCESS

**Higher out of network** for behavioral health outpatient facility compared to medical/surgical.

	2013	2015	2017
NATIONAL	2.97 x	5.09 x	5.72 x
ARIZONA	4.6 x	6.35 x	6.69 x

Arizona out of network outpatient facility use rose from **4.6 to 6.69 times more likely**.

### »»» OFFICE VISIT REIMBURSEMENT

**Higher office visit reimbursement** for specialist compared to behavioral health.

	2013	2015	2017
NATIONAL	18.5%	17.0%	18.9%
ARIZONA	24.9%	20.8%	10.6%

Arizona behavioral health providers **received almost 11% less than other doctors** for similar billing codes.

\* Excludes behavioral health prescription drugs, which were 2% of total healthcare spending in 2017.