

## **Medicare Lifestyle Modification Program Demonstration Summary of Demonstration**

The Medicare Lifestyle Modification Program Demonstration was implemented over multiple years from October 1, 1999 through February 28, 2007. The demonstration was designed to test the effectiveness of providing payment for cardiovascular lifestyle modification program services to Medicare beneficiaries age 65 or older with moderate to severe coronary artery disease.

Lifestyle modification programs are increasingly becoming an approach to the secondary prevention of coronary disease morbidity. Participation in these programs may lead to improved health outcomes for Medicare beneficiaries with cardiovascular disease and potentially reduce Medicare costs. The treatment outcomes of Medicare beneficiaries who complete the lifestyle modification program will be compared to those of similar patients who receive more traditional services under the Medicare program.

The demonstration included two multiple site, cardiovascular lifestyle modification program models that offer a twelve-month, multi-disciplinary, clinical outpatient treatment program. The two program models selected were: The Dr. Dean Ornish Program for Reversing Heart Disease® developed by Dr. Dean Ornish and offered through the joint efforts of the Preventive Medicine Research Institute, Sausalito, California and Lifestyle Advantage, Pittsburgh, Pennsylvania; and The Cardiac Wellness Extended Program developed by Dr. Herbert Benson and offered through the Mind/Body Medical Institute Boston, Massachusetts.

The Delmarva Foundation for Medical Care, Inc., a Medicare Peer Review Organization, was contracted to provide quality monitoring and review of the treatment provided to Medicare patients enrolled at the demonstration sites. They have produced an interim report of their findings which will be incorporated into the final evaluation report.

The Schneider Institute for Health Policy, Brandeis University is completing work on the independent evaluation of the demonstration. The evaluation report will include a comparison of clinical outcomes; assess the quality of care delivery and patient satisfaction under the demonstration as well as the potential savings of lifestyle modification treatment services to the Medicare program.