



Patient-Centered Care

A POSITION STATEMENT

from the Alliance for Patient Access

OVERVIEW

Today's health care system is seldom focused on patients.

One-size-fits-all coverage decisions show that insurers prioritize profit margins over patients' progress. A disease-centered approach limits patients' access to individualized treatment and burdens medical providers.

Meanwhile, delays, short cuts and late-stage disease treatment drive up long-term costs.

Patient-centered care offers a better approach. It empowers patients and their provider to work together toward a personalized plan that gets treatment right from the start.

A patient-centered approach produces better health outcomes, reduces administrative hurdles and reduces long-term costs.

POSITION

The Alliance for Patient Access presents the following principles for building a more patient-centered health care system:

1 Leave care decisions to patients and their providers. A strong patient-provider relationship allows patients to achieve optimal health outcomes. Overreach by health plans and pharmacy benefit managers undermines that relationship and jeopardizes patients' progress. Coverage rules should allow for exceptions and for appeals processes that give deference to treatment choices made by patients and providers.

2 Reduce barriers to personalized care. Each patient should be assessed and treated for their unique needs and desired health outcomes. One-size-fits-all care is often ineffective, even harmful. That's why patients need commonsense limits on prior authorization, step therapy, non-medical switching and co-pay accumulator adjustment programs.

3 Incorporate patients' and providers' perspectives into coverage decisions. Patients and providers are most directly impacted by treatment decisions. They're the ones living with or treating a condition, and they understand firsthand how treatments affect health and quality of life. They can also attest to how treatments have different effects on different communities, encouraging coverage that meets the needs of diverse communities. Patients' and providers' insights should inform any decision about value, access or coverage.