

FOR ACO MEDICAL DIRECTORS AND CARE MANAGEMENT LEADERS

ACO Behavioral Health Quality Brief

Reference: MSSP APP Plus - Behavioral Health Quality Measures (2024-2025)

THE REGULATORY MANDATE

Under MSSP APP Plus, ACOs are measured on behavioral health quality metrics including depression screening and follow-up (CMS134), and are incentivized to address unmet mental health needs as a lever for total cost of care reduction.

The quality opportunity

Depression, anxiety, and cognitive decline are among the top drivers of preventable hospitalizations and ED visits in Medicare populations. Addressing behavioral health directly reduces total cost of care - which translates to shared savings performance.

The screening gap

USPSTF recommends depression screening for all adults. Most ACO primary care practices screen but lack a reliable referral pathway for Medicare patients - especially in rural or underserved areas where behavioral health providers are scarce.

The wait time problem

In-network psychiatrists and psychologists often have 6 to 12 week wait times. Total Life provides licensed therapists with typical first appointments within 5 business days, closing the gap between screening and treatment.

How Total Life works with ACOs

Total Life integrates into existing care management workflows. Your care coordinators identify candidates, Total Life handles intake and assignment, and progress notes are available to share with the primary care team.

Ready to close this compliance gap?

Total Life provides ACOs with a reliable behavioral health referral pathway for Medicare patients, supporting quality measure performance and shared savings goals.

Book a partnership discovery call: totallife.com/partners/aco-primary-care

Email: partners@totallife.com

Total Life is a Medicare-covered behavioral health telehealth provider. Licensed therapists provide individual therapy by phone and video for adults 65+ in all 50 states. Services are billed under the patient's own Medicare benefits - no cost to partner organizations.