



## **PRESS ANNOUNCEMENT FOR IMMEDIATE RELEASE**

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### **More Science than Art: A Better Way to Evaluate Disease Management**

***QualityMetric's patient reported outcome surveys recommended in Disease Management Association of America's "Outcomes Guideline Report"***

**Lincoln RI – February 28, 2007:** In the "Outcomes Guideline Report" recently published by the Disease Management Association of America (DMAA), QualityMetric's patient-reported outcome (PRO) surveys were recommended for the evaluation of disease management programs. According to the DMAA, the SF-36v2™ Health Survey, SF-12v2™ Health Survey and SF-8™ Health Survey assess mental and physical health status and have been validated in a large number of settings and populations, including patients with chronic illness.

The DMAA Guidelines come at a time when the healthcare industry, most notably disease management, is struggling to address the need for scientifically valid and standardized outcomes/performance measurement.

In addition to providing the initial assessment of an individual's physical and mental health status, QualityMetric's PRO surveys differentiate between outcomes produced by a wide range of treatments, enable evaluation of treatment benefits in relation to health costs and utilization of services, and meaningfully engage the consumer in the health care process.

"We all recognize that healthcare costs don't correlate much with health outcomes," said John E. Ware, Jr., Ph.D., CEO and chairman of the board of QualityMetric. "DMAA's recognition of our PRO surveys supports their value in the standardized measurement of the impact of treatment intervention on overall health status and productivity. Proof of performance is really what's on the top of the agenda for payors and the public."

QualityMetric's PRO surveys are the subject of more than 11,000 peer-reviewed articles and have supported over 1,600 healthcare organization studies and 2,300 governmental and non-profit survey projects to:

- Assess disease burden and the overall "health stock" of patients and populations
- Screen and stratify patients/members for treatment
- Predict those most likely to incur high future medical costs
- Measure and monitor treatment effectiveness over time, supporting best practices and standardized program evaluation
- Improve patient-provider communications and treatment compliance

Health management programs that incorporate PROs offer consumers the opportunity to participate in designing, monitoring, and evaluating health care programs, and in so doing, the opportunity to contribute to the improvement of their own health care and quality of life.

**About DMAA:**

The Disease Management Association of America (DMAA), a non-profit membership association, represents all stakeholders in disease management and care coordination. DMAA promotes the role of disease management in raising the quality of care, improving health outcomes and reducing health care costs for individuals with chronic conditions. DMAA has more than 200 corporate and individual members representing all aspects of disease management and care coordination – from large health plans, disease management organizations and employers, to individual physicians, researchers and nurses. Learn more by visiting DMAA online at [www.dmaa.org](http://www.dmaa.org).

**About QualityMetric Incorporated:**

QualityMetric is a leading provider of health status and outcomes measurement products and services that use proprietary and analytical methodologies to capture, benchmark, and interpret actionable patient-reported health information. We seek to incorporate the patient's voice into health care decision-making with general and disease-specific patient-reported outcome (PRO) surveys. The company was founded in 1997 by John E. Ware, Jr., PhD, principal developer of the SF-36<sup>®</sup>, SF-36v2<sup>™</sup>, SF-12<sup>®</sup>, SF-12v2<sup>™</sup>, and SF-8<sup>™</sup> Health Surveys. QualityMetric's scientific expertise has dramatically improved the value and precision of quality of life measurement. In addition, our technology applications, including the world's first computerized dynamic health assessments (DYNHA<sup>®</sup>), have broadened the options for administration. Supported by the world recognized Outcomes Insight<sup>™</sup> Consulting Division, QualityMetric offers full service "solutions" for all applications of patient-reported health outcomes measurement. Visit us at [www.qualitymetric.com](http://www.qualitymetric.com)