

Kathryn V. Fitch

RN, MEd

Principal, Healthcare Management Consultant



CURRENT RESPONSIBILITY

Kate is a principal and healthcare management consultant in the New York office of Milliman. She joined the firm in 1999.

EXPERIENCE

Kate's expertise is in the intersection of benefit design, disease processes, financing health benefits, and managing care. She leads teams of actuaries, benefits consultants, clinicians, and data analysts in projects for disease management companies, hospitals, employers, HMOs, pharmaceutical companies, and healthcare industry trade organizations. As project lead, she is instrumental in designing data analytics and communicating the implications for clients, as well as managing Milliman resources.

Kate leads projects that require analyzing quantitative and financial outcomes of benefit designs, therapies, processes, and care management, and converting these findings into measurable improvements in quality and financial outcomes. Kate's role typically includes promoting these findings in organizations through reengineering, training, and process improvement.

Recent projects have included helping employers and payers evaluate disease management, wellness, and other vendors; groundbreaking work on value-based benefit design; the impact on employers of population-based cardiovascular risk programs; health plan medical management program assessments and redesigns; and inpatient process improvement at several hospitals focused on improved denial management and length-of-stay reduction.

Prior to joining Milliman, she worked for a case-management company, where she developed the company's case manager training and education program. Kate was previously an instructor in the nursing program at Columbia University School of Nursing. Prior to that, she was a research assistant at Memorial Sloane Kettering, where she was involved in nursing research studies. She also worked as a research assistant in pharmaceutical research studies at Roosevelt Hospital.

Kate's clinical background includes extensive experience as a registered nurse in emergency, adult inpatient, and ambulatory care units.

PRESENTATIONS AND PUBLICATIONS

In addition to being a frequent speaker at industry events, Kate is author or coauthor of numerous publicly available reports, including *Taking Stock of Wellness, Metabolic Syndrome and Employer Sponsored Benefits, Covering Smoking Cessation as a Health Benefit: A Case for Employers, Medicare Cost in Hospice and Non-Hospice Cohorts, Obesity: A Big Problem Getting Bigger, Aggressively Reducing Cholesterol in High-Risk Commercial Populations, Cost Impact to Payers and Employers of TIA and Stroke, Ambulatory-Care-Sensitive Admission Rates, Oral-Infused Chemotherapy Parity Report, High Value Cities for Hospital Care, Hypertension and the Medical Home Model, Report on Diabetes Prevalence and Cost Projection, Value-Based Insurance Designs for Diabetes Drug Therapy, and Cost of Cancer Patients Receiving Chemotherapy.*

AFFILIATIONS

Member, ERISA Industry Committee (ERIC), Health Policy Committee; Patient Care Primary Care Collaborative

PROFESIONAL DESIGNATIONS

- Registered Nurse, Certified Case Manager

EDUCATION

- BSN, Villanova University
- MA, MEd, Columbia University

