

Workers' Compensation Medical Cost Containment

A National Inventory, 2018 Summary

Prepared by Senator Giessel's office

Common themes in lowest cost states

Utilization Review:

Arkansas
District of Columbia
Kansas
North Dakota
Texas
Utah
West Virginia

Managed Care Regulations:

Arkansas
Nevada
North Dakota
Oregon
Texas
Utah
West Virginia

Medical Treatment Guidelines:

Kansas
Nevada
North Dakota
Texas
Utah
West Virginia

Limited Initial Provider Choice:

Arkansas
Indiana
Kansas
Nevada
North Dakota
Utah

Pre-authorization for Non-emergency care:

Arkansas
Indiana
Nevada
North Dakota
Texas
Utah
West Virginia

Something to note is in the top 10 states with the lowest work comp rates all but 1 state (West Virginia) have limited provider choice, which Alaska also does.

Indiana has some of the fewest number of cost containment strategies used (which makes me wonder if they have something in place to contain costs that wasn't tracked in this report.) However, when comparing Indiana to what Alaska has for cost containments, there are 2 things Indiana has in place that Alaska does not: **limited initial provider choice and pre-authorization for non-emergency care.**

Another thing to note is that North Dakota, the state with the lowest work comp rates has all the cost containment strategies listed above in place.

Common features in highest costs states

NO Limited Provider Change:

Delaware

New York

Vermont

Conversely, if you look at the states with the highest work comp rates you'll find that they have one thing in common and that's free choice of treating doctor. Pretty much every state limits the number of times you can change treating doctors, but states that allow free choice of doctors tend to have higher costs.

The high cost states are also across the board in terms of what cost containment measures they implement. They all have several in common with low cost states but there isn't one stand out cost containment measure that they all have.

States used for comparison were based off of [this link](#) provided by the State of Oregon.