

## Cost sharing: (a) High-Deductible Health Plans (moderate to high deductibles, with and without HRAs or HSAs), general patient population

Health Care: Health Care System Efficiency

Literature review updated November 2015.

As part of WSIPP’s research approach to identifying evidence-based programs and policies, WSIPP determines “what works” (and what does not work) to improve outcomes using an approach called meta-analysis. For detail on our methods, see our [Technical Documentation](#). At this time, WSIPP has not yet calculated benefits and costs for this topic.

Program Description: These results are for High-Deductible Health Plans (HDHPs) versus traditional plans. These plans have moderate to high deductibles (at least a \$500 individual deductible). They may or may not include health reimbursement arrangements (HRA) or a health savings account (HSA). Preventive services include cancer screening (breast, cervical, colorectal), preventive office visits, and preventive lab tests. The medication adherence effect size is for eight drug classes used to treat diabetes, high blood pressure, high cholesterol and other chronic conditions. The effect is for HDHPs where prescription drug costs are subject to the deductible.

### Meta-Analysis of Program Effects

Outcomes measured	No. of effect sizes	Treatment N	Adjusted effect size and standard error			Unadjusted effect size (random effects model)	
			ES	SE	Age	ES	p-value
Health care costs*	10	5052573	-0.116	0.026	33	-0.116	0.001
Emergency department costs*	2	52058	-0.071	0.086	33	-0.071	0.407
Emergency department visits*	1	15847	-0.150	0.032	33	-0.150	0.001
Emergency department visits (lower-severity)*	1	15847	-0.196	0.047	33	-0.196	0.001
Emergency department visits (higher-severity)*	1	15847	-0.097	0.098	33	-0.097	0.323
Hospitalization*	1	15847	-0.118	0.091	33	-0.118	0.196
Prescription drug costs*	3	63193	-0.047	0.013	33	-0.047	0.001
Medication adherence	8	4865	-0.092	0.038	33	-0.092	0.016
Preventive services	11	152096	-0.046	0.010	33	-0.046	0.001
Primary care visits*	1	7953	-0.090	0.015	45	-0.090	0.001

\*The effect size for this outcome indicates percentage change, not a standardized mean difference effect size.

Meta-analysis is a statistical method to combine the results from separate studies on a program, policy, or topic in order to estimate its effect on an outcome. WSIPP systematically evaluates all credible evaluations we can locate on each topic. The outcomes measured are the types of program impacts that were measured in the research literature (for example, crime or educational attainment). Treatment N represents the total number of individuals or units in the treatment group across the included studies.

An effect size (ES) is a standard metric that summarizes the degree to which a program or policy affects a measured outcome. If the effect size is positive, the outcome increases. If the effect size is negative, the outcome decreases.

Adjusted effect sizes are used to calculate the benefits from our benefit cost model. WSIPP may adjust effect sizes based on methodological characteristics of the study. For example, we may adjust effect sizes when a study has a weak research design or when the program developer is involved in the research. The magnitude of these adjustments varies depending on the topic area.

WSIPP may also adjust the second ES measurement. Research shows the magnitude of some effect sizes decrease over time. For those effect sizes, we estimate outcome-based adjustments which we apply between the first time ES is estimated and the second time ES is estimated. We also report the unadjusted effect size to show the effect sizes before any adjustments have been made. More details about these adjustments can be found in our [Technical Documentation](#).

## Citations Used in the Meta-Analysis

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