

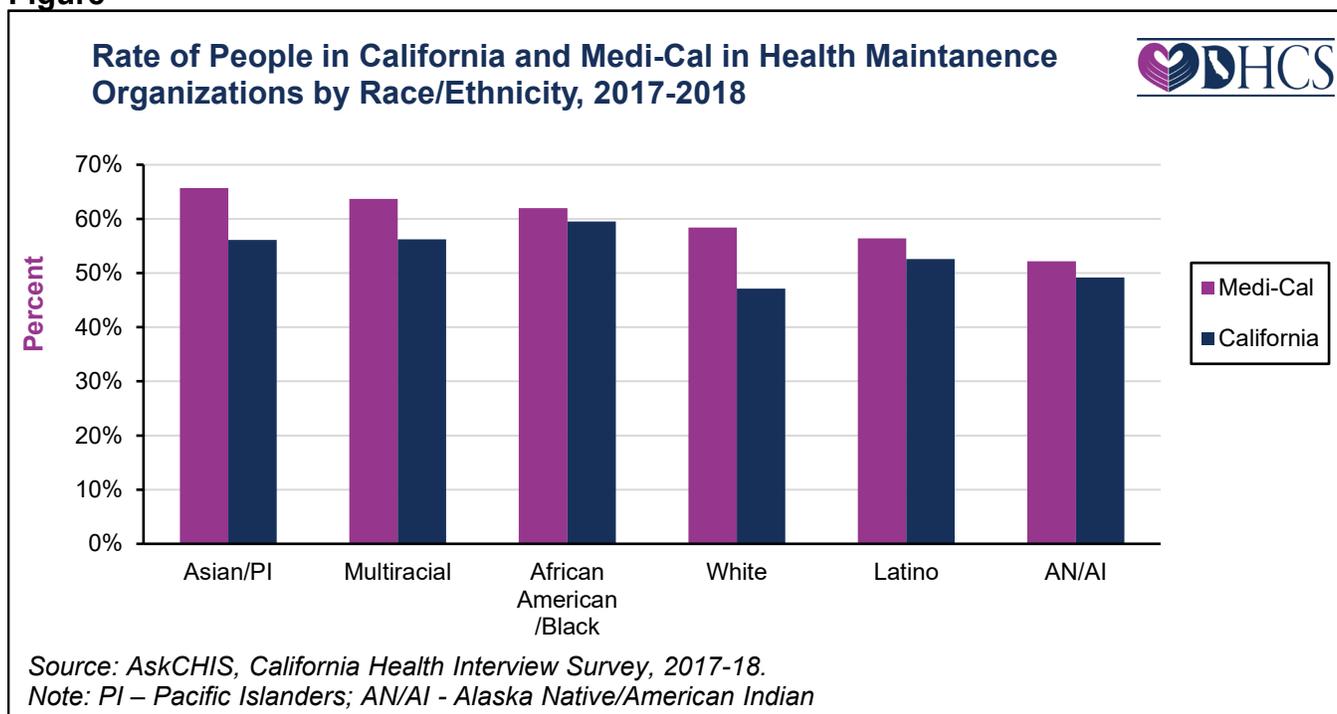
## Health Maintenance Organizations

In the past few decades, managed care has become the main payment model for health care in many parts of the United States.<sup>1</sup> More than 70 million Americans have been enrolled in Health Maintenance Organizations (HMOs), a type of managed care plan.<sup>1</sup> HMOs have a network of providers that treat patients for a pre-paid cost, with goals of improved care coordination, lower costs, and increased emphasis on preventative care.<sup>2</sup> The evidence also supports that managed care plans are successful in reducing health disparities. For instance, research has found HMOs to be effective in minimizing racial and ethnic disparities in rates of mammography.<sup>4</sup>



In California, African Americans/Blacks were more likely to report being in an HMO, while in the Medi-Cal population, Asians/Pacific Islanders were most likely (see Figure). Data from 2011-2012 also showed that African Americans/Blacks reported being in an HMO at the highest rates and Whites reported at the lowest rates in California (see [Health Maintenance Organization 2013](#)). Regardless of race/ethnicity, the Medi-Cal population reported higher rates of being in an HMO than the general California population.

Figure



Link to [Health Maintenance Organizations 2013 Fact Sheet](#)

1. Cauchi R. Managed Care, Market Reports and the States. <https://www.ncsl.org/research/health/managed-care-and-the-states.aspx>. Published July 7, 2017. Accessed August 30, 2020.
2. Falkson SR, Srinivasan VN. Health Maintenance Organization (HMO). In: StatPearls. Treasure Island (FL): StatPearls Publishing; May 2, 2020.
3. Ayanian JZ, et al. Racial and ethnic differences in use of mammography between Medicare Advantage and traditional Medicare. J Natl Cancer Inst. 2013;105(24):1891-1896. doi:10.1093/jnci/djt333.

[Link to Data Sources and Methods](#)