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## A Novel Collaboration between a Large US Health Plan and Providers to Implement Exercise Oncology at Scale

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With the publication of the CHALLENGE Trial, in addition to the publication of multiple exercise guidelines from ACS, ACSM, ASCO, ESSA, and other international organizations, the question becomes: how do we broadly implement exercise for all people living with and beyond cancer. In this abstract we focus on the efforts of a large U.S. based health care system (UPMC) to implement exercise oncology.

The overarching goal is to use exercise oncology to address the quintuple aim of increasing physician satisfaction, decreasing cost savings, improving clinical outcomes, enhancing patient experience, while simultaneously achieving health equity. At present, the UPMC Commercial Division does not have a covered benefit for exercise oncology. However, there are systems in place for nurse care managers to reach out to cancer patients to ensure that patients understand their disease and the optimization of its management. The goal of both exercise oncology and these nurse manager efforts are to approach the quintuple aim by decreasing unplanned care. There is published evidence that exercise oncology interventions reduce unplanned care. A novel approach to implementing exercise oncology could be to add it to the nurse care manager system.

As an integrated delivery finance system, UPMC seeks to bring together siloed health care organizations to work as an integrated system to improve care efficiency and effectiveness. Furthermore, the approach allows providers and payers to collaborate in new ways. This collaboration can lead to the development, implementation, and scaling of novel, evidence-based approaches like adding exercise oncology to nurse care manager efforts. We aim to increase engagement in exercise oncology and nurse care management exponentially increasing the return on investment and providing a covered benefit for exercise oncology in a large US health care system. Efforts are underway to implement this collaborative care model in 2026, results are forthcoming.

### Keywords

exercise, health benefits, cancer, collaboration

### Conflict of Interest & Ethical Approval

yes

### Abstract submitters declaration

yes

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