



## Fast Five with Dr. Mark Fourné

**Chief Medical Officer, LincolnHealth and  
Vice Chairman of the Board of Trustees, MaineHealth ACO**

*Welcome to Fast Five— our monthly feature where we spotlight an individual connected with the MaineHealth ACO. This month we had a chance to catch up with Dr. Mark Fourné for five quick questions.*

**What do you think is most important for providers to understand about the ACO?** First, it's important to understand that the goal of the ACO is achieving the Quadruple Aim, which is improving health care outcomes, lowering cost, improving the patient experience and creating physician engagement and sustainability.

It's also really important for providers to understand that the current ACO is a new organization, which embedded the prior physician organizations (Physician Hospital Organization and Community Physicians of Maine) into the ACO. This is a vehicle for providers to be directly involved in shaping the way health care should be delivered—from contracting, negotiating with payers and reimbursement for physicians to figuring out how to build the infrastructure to support change in the way we deliver health care. Physicians have been—understandably and appropriately—critical of how the system is designed and offer ways they think it should be delivered, and this is their opportunity to become engaged and influence the way that's going to happen.

**Where do you think the ACO has an opportunity to make the greatest impact?** This may be a little physician-centric, but I think the greatest opportunity is in the alignment of providers—both primary care and specialists, as well as privately employed and health system employed. The ACO presents an opportunity for physicians and providers to have a defined “table” to sit at, where they can have meaningful dialogue about how to achieve the Quadruple Aim. This is something that's truly unique about the ACO.

**What is your top work priority this month?** We are in the process of putting plans together for building a new ambulatory care center at LincolnHealth. From my perspective, this is essentially the “bricks and mortar” of a Patient Centered Medical Home. Currently our providers on the ambulatory care side are working out of old houses that have been retrofitted and are not optimally designed for efficient care. This new building will have primary care on the first floor with a beautiful waiting area and a lot of natural light. The second floor will have specialists including surgeons. This will present an opportunity for providers to give warm handoffs of patients to clinical social workers and specialists. The design will be optimal for connecting physicians to the rest of the team to provide team-based care to our patients. We're hoping to begin construction next summer and we're really excited about that.

**What do you do to stay fit and healthy?** I'm kind of all over the board with fitness, but I'm not particularly skilled at any of it. I most commonly run, bike and in the summer, swim in the lake—which I really enjoy. I also like to downhill ski, hike and fly fish with my sons—basically anything to get outside. And I eat reasonably healthy, but I'm not a fanatic. Like everyone else, I love a good dessert—especially ice cream from Scoops.

**What's On Your Nightstand/Playlist Right Now?** Right now I'm reading "Barbarian Days: A Surfing Life" by William Finnegan. It was my dream as a kid to be a surfer. And this is just a fascinating story about Finnegan's life: what looks like an ideal upbringing—surfing in Hawaii—was actually a very rugged life. As far as my playlist—I like all kinds of music—anything from jazz, classical, rock & roll. Lately I've been listening to Lake Street Dive, which has a bit of a jazz-folk sound. Rachel Price, their lead singer has a phenomenal voice. They do a really great cover of the Jackson Five song "I want you back"— I would highly recommend checking out their [video](#).

*Mark Fourné, MD is an emergency physician and Chief Medical Officer of LincolnHealth. He is a member of the LincolnHealth's Board of Trustees and serves on the board's finance and governance committees. In addition, Dr. Fourné serves as Chief Health Affairs Officer for MaineHealth. Prior to joining LincolnHealth, Dr. Fourné was an attending physician at Maine Medical Center. He developed the MMC Emergency Medicine Residency Program and served as residency director for eight years. Dr. Fourné also serves as Vice Chairman of the board of trustees for the MaineHealth Accountable Care Organization.*