



PacificSource Health Plans

May 2013

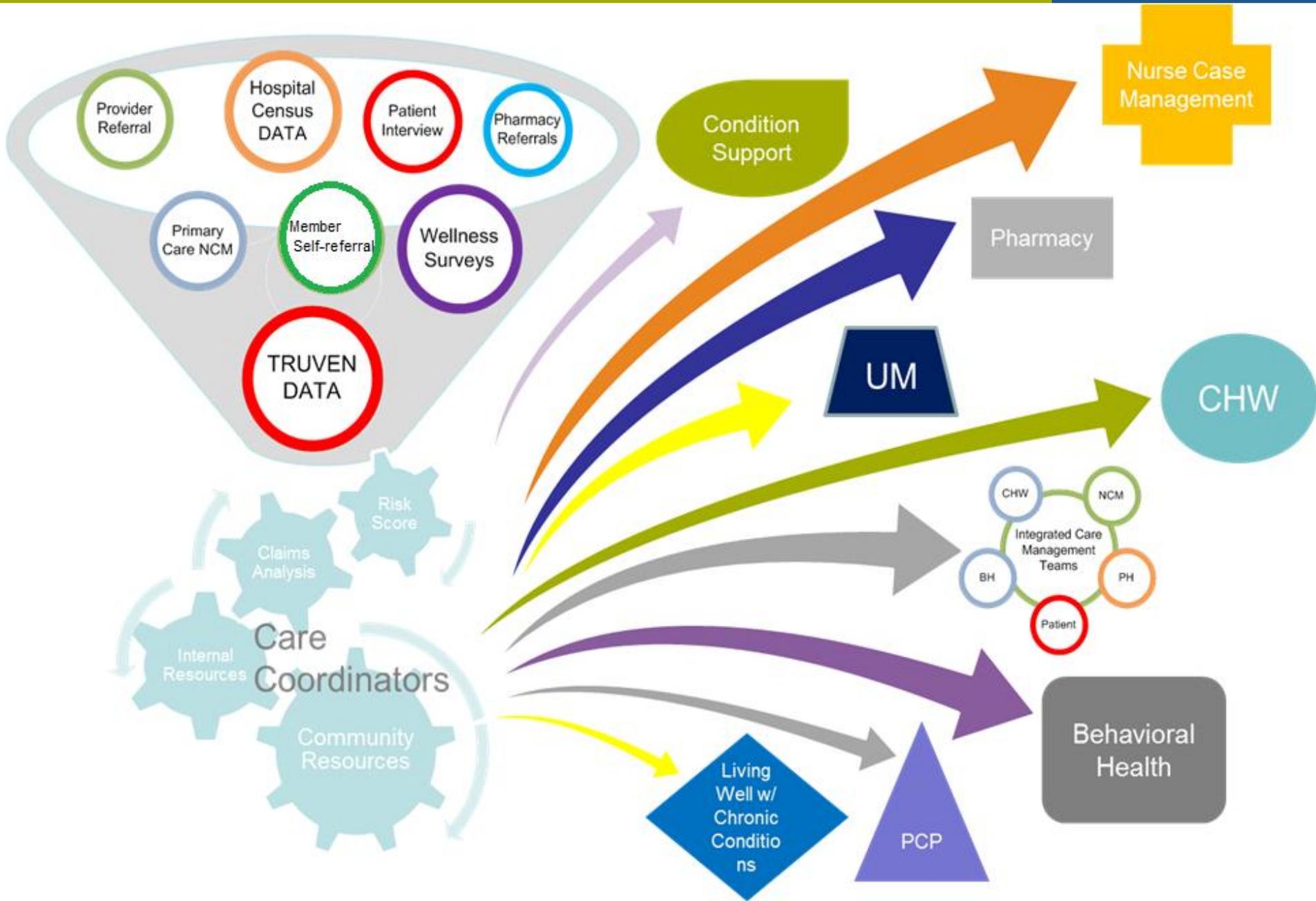
Diabetes Alliance of Idaho



What we do—more than DM

- Integrated Care Management
 - Chronic Condition Support
 - Behavioral/Mental Health Support
 - Pharmacy assistance
 - Case Management
 - Care Coordination





Specific DM Condition Support

- Goals:
 - Increase patient and provider awareness of the behaviors and strategies in diabetes, treatment, and in preventing complications
 - Increase screening rates
 - Decrease hospitalizations
 - Decrease emergency department (ED) visits

Who is eligible?

- Members ages 18 and older who meet the following criteria:
 - Members who have at least two or more claims with a primary or secondary diagnosis of diabetes mellitus (ICD-9 codes 250.xx)
 - Members who self-report on our health plan's risk assessment Wellness Survey



Mailing outreach—twice/year

- This information includes topics such as:
 - Weight control
 - Nutrition
 - Tobacco cessation
 - Physical activity
 - Stress management
 - Decreasing risks of complications
 - Preventing exacerbations
 - Medications
 - Immunizations



Other member resources

- Wallet size diabetes card
- An action plan.

We encourage members to take these materials with them to their medical provider appointments, to fill in the action plan, and discuss their treatment goals with their providers.

Diabetes Action Plan for _____



It is important to keep your blood sugar on target to keep you feeling well. Keeping your blood sugar on target also helps prevent complications of diabetes. Talk with your doctor about your blood sugar target goals. Managing diabetes can be complex, but breaking it into action steps can help you reach your goals.

Green Zone - GO Zone!

Your blood sugars are in range.

1. Test your blood sugar and take your medicine as ordered.
2. Eat healthy foods.
3. Exercise.
4. Keep your doctor appointments.

Target Blood Sugar Range:

_____ to _____

After Meal Blood Sugar Target Range:

_____ to _____

Yellow Zone - Caution Zone!

Your blood sugar is not at target and you need to **TAKE CAUTION.**

1. Take all medicines as ordered by the doctor.
2. Change your dose of _____ medicine as follows:
_____ until _____
3. Call your doctor's office for help in changing your diet.
4. Discuss your need for more exercise with your doctor.
5. Call your doctor's office if the change in your diet and exercise does not improve your blood sugar.

Red Zone - Danger Zone!

Your blood sugar is out of control and you need to **STOP** what you are doing and **IMMEDIATELY TAKE ACTION. You may be in danger!**

1. Call your doctor's office.
2. You may need to change diet, exercise, or medicine.
3. Call 911 if you have a life threatening emergency.

Write your special Red Zone instructions below:

Goals:

A1C: _____ LDL: _____ BP: _____ Exercise: _____ Diet: _____

If you need information or help with diabetes, please call Colleen at PacificSource Medicare at (541) 330-4968 or (888) 863-3637 ext. 4968. TTY users should call (800) 735-2900.

How we partner with providers

- HEDIS measures
 - Report run to identify members not in compliance with measures
 - We send this report to the member's Primary Care Provider (PCP) and/or clinic medical director to notify them of the member's noncompliance with one or more of the HEDIS indicators.
 - We encourage PCPs and clinics to call and remind members to complete their screening tests and preventive services.



Other provider partnership

- We provide PCPs with information regarding clinical practice guidelines to follow for diabetes management.
 - designed to assist them in the care of our members.

Guidelines can be accessed at:

www.care.diabetesjournals.org



Coverage

Supplies:

- We cover all blood glucose monitors and test strips on the Part B benefit (zero copay)
 - No quantity limits or
 - No prior authorization required
- Insulin syringes, pen needles, etc are covered on Part D benefit (co-pay rules apply).



Medicare web resources

- Official government booklet:
 - <http://www.medicare.gov/pubs/pdf/11022.pdf>
- Medicare Learning Network (MLN)—
diabetes fact sheet:
 - <http://www.cms.gov/Outreach-and-Education/Medicare-Learning-Network-MLN/MLNProducts/downloads/DiabetesSvcs.pdf>

Other web resources

- National Institute of Health—Senior Health:
 - <http://nihseniorhealth.gov/>
- National Diabetes Education Program (NDEP):
 - <http://ndep.nih.gov/>
- American Diabetes Association:
 - <http://www.diabetes.org/>

Questions?

- Thank you!

