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Questions:

Contact your Professional Relations Representative, or the Professional Relations Hotline in Topeka at 785-291-7060 or 1-800-432-3587.

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Treating Members With Diabetes



Premier Blue focuses on improved health and wellness for members with diabetes by offering the Premier Blue Care Management Program For Diabetes, an educational diabetic care management program that empowers patients to take charge of their condition.





Based on guidelines established by the American Diabetes Association, the program is designed to work with Premier Blue providers in educating members about effective diabetes management. Although a cure for diabetes is not medically available, the vast majority of cases of diabetes can be successfully controlled with appropriate management.

Premier Blue case managers are available to support providers and members participating in the program. Through periodic telephone calls, the case managers can assist in identifying risk factors and encourage behaviors to improve the member's overall health status.

To assist members in maximizing health care benefits, providers are encouraged to have members with diabetes referred to a contracting diabetes center or educator recognized by the American Diabetes Association. Members will receive free glucose monitors, educational materials regarding diabetes and helpful tips about preventive measures, physical activity, and balancing diet.

Reminders About Diabetes Management

The American Diabetes Association recommends the following guidelines:

	X 2 per year or X 4 per year	Hemoglobin A1c, blood pressure, and weight should be checked every six months, or every three months if the patient is on insulin therapy.
	X 1 per year	Dilated eye exam, lipid and microalbumin screens, and foot exams should be done on a yearly basis.
	X 2 per year	A dental exam should be given two times per year.
	when appropriate	Flu and pneumonia shots should be given when appropriate.

How Are We Doing?

By monitoring key measurements of the Diabetes Management Program, it is possible to identify areas of strength, as well as areas needing improvement. The Health Plan Employer Data and Information Set (HEDIS) is one such method of assessment.

The adjacent chart indicates the most recent HEDIS Comprehensive Diabetes Care results for Premier Blue, as reported last year. These results encompass reporting year 2000. The results for Premier Blue are shown in comparison to the average of the reporting HMOs that include Kansas in their service area, as well as Premier Blue improvement goals for 2002. Shaded areas identify those results that are different from the reporting Kansas average by a statistically significant margin.

Comprehensive Diabetes	Premier Blue Current Results	Reporting HMO Average for KS	Premier Blue 2002 Goals
HbA1c Screening (% with an HbA1c within the last year)	88.06%	81.53%	91.25%
*Poor HbA1c Control (% with HbA1c results above 9.5%)	29.27%	39.58%	--
Eye Exam (% with an eye exam within the last year)	59.02%	45.00%	63.80%
Lipid Profile (% with an LDL-C test within the last two years)	74.47%	73.70%	78.73%
Lipid Control (% with LDL-C results below 130mg/dL)	43.33%	42.37%	--
Nephropathy Screening (% with screening within the last year)	56.21%	44.09%	61.03%

**This measure looks at poor control, so the lower the number, the better.*

While these results compare favorably with the reporting Kansas HMO average, for the most part they also illustrate that there is still significant room for improvement, especially with respect to eye exams, lipid screening and control, and screening for diabetic nephropathy.

For more information about the Premier Blue Diabetes Management Program, contact Premier Blue Customer Service in Topeka at 785-291-4010, or 1-800-332-0028.