

Cardiovascular Condition Management

The Cardiovascular program is designed to improve self-management skills and promote adherence to treatment guidelines in order to reduce the risk of heart attacks and hospital admissions. This program has four focus areas including:

- Education to enhance understanding and compliance
- Benefits of exercise
- Nutrition counseling
- Tobacco cessation

A health coach will provide coaching for members in the following areas:

- Medication comprehension and compliance
- Fluid and sodium restrictions as recommended by the treating physician
- Optimizing physical activity levels to meet recommended guidelines
- Healthy nutrition and weight management counseling
- Blood pressure and cholesterol management
- Self-monitoring for signs and symptoms of a cardiac event
- Break away from tobacco dependency with one-on-one support

The Cardiovascular program is offered via telephonic coaching and education materials (mailed and online). Members who opt to participate in telephonic coaching are considered “engaged” members and receive additional program incentives.

Program Incentives:

As an engaged member, your program incentives are determined by your risk stratification level.

Stratification Levels:

High Risk: Level 3

- 2 telephonic coaching calls per month
- Up to 3 office visits per plan year
- Up to 2 Lipid profile per plan year
- 1 Urine for protein/creatinine per plan year
- Up to 2 Comprehensive Metabolic Panels (includes fasting blood sugar) per plan year
- Educational material available when appropriate

Medium Risk: Level 2

- 1 telephonic coaching call per month per plan year
- Up to 2 office visits per plan year
- Up to 2 Lipid profile per plan year
- Educational material available when appropriate
- Up to 2 Comprehensive Metabolic Panels (includes fasting blood sugar) per plan year
- 1 Urine for protein/creatinine per plan year

Low Risk: Level 1

- 4 telephonic coaching calls per year
- 1 office visit per plan year
- 1 Lipid profile per plan year
- 1 Comprehensive Metabolic Panel (includes fasting blood sugar) per plan year

- 1 Urine for protein/creatinine per plan year
- Educational material available when appropriate

Very Low Risk: Level 0

- 1 telephonic coaching call per year
- Educational material available when appropriate

Stratification:

Members are stratified based on the results of a complete assessment of their health, which involves determining the clinical risk of the member with their diagnosis (either primary or co-morbidities), their health literacy or knowledge of their diagnosis/condition, and their readiness to change. The stratification level may change as member needs and clinical status changes.

Program Incentive CPT Codes:

The following will be paid at 100% when provided by an in-network provider :

- Office visits (height, weight, and blood pressure required). Office visit must have one of the following CPT Codes:
 - 99201-99205
 - 99211-99215
 - 99241-99245
 - 99381-99404
- Lipid profile (cholesterol, HDL, LDL, and triglycerides)
 - CPT Codes: 80061 and/or 82465
- Comprehensive Metabolic Panel
 - CPT Code 80053
- Urine for protein/creatinine
 - CPT Codes: 84156, 82570
- One of the following diagnosis codes must be used:
 - 272.0-272.4
 - 401.XX-414.9
 - 796.2
 - V70.9
 - V71.7
 - V77.91
 - V81.0-V81.2
 - V82.9

Additional Condition Management information is available at the following website addresses:

Members

- <http://benefits.sd.gov>, click Active Employee, scroll over Latitude, and click Condition Management.

Providers

- <http://benefits.sd.gov>, click Active Employee, scroll over Latitude, and click Condition Management.

Contact Information:

- Call 877.573.7347, option3 for Health Management Partners, and then option 4 for Condition Management.