

## **Diabetes Condition Management**

The Diabetes Program is designed to improve self-management skills and promote adherence to treatment guidelines to reduce the risk of diabetes-related complications. 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
- Optimizing physical activity levels to meet recommended guidelines
- Nutrition counseling for carbohydrate counting and weight management
- Blood pressure and cholesterol management
- Self blood glucose monitoring and recognizing signs of low and high blood glucose levels
- Break away from tobacco dependency with one-on-one support

The Diabetes 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.

#### **High Risk: Level 3**

- Two telephonic coaching calls per month
- Up to 3 office visits per plan year
- Up to 3 HbgA1C-per plan year
- Up to 2 Lipid profile per plan year
- Up to 3 Visits to a Registered Dietician per plan year
- 1 Urine for protein/creatinine or 1 Urine Microalbumin
- 2 Comprehensive Metabolic Panels (includes a fasting blood sugar & Serum Creatinine) per plan year
- 1 Foot exam by medical doctor per plan year
- 1 Retinal exam per plan year
- Educational material available when appropriate

#### **Medium Risk: Level 2**

- 1 telephonic coaching call per month
- Up to 2 office visits per plan year
- Up to 2 HbgA1C per plan year
- Up to 2 Lipid profile per plan year
- Up to 2 Comprehensive Metabolic Panels (includes a fasting blood sugar & Serum Creatinine) per plan year
- Up to 2 Visits to a Registered Dietician per plan year
- 1 Urine for protein/creatinine or 1 Urine Microalbumin per plan year

- 1 Foot exam by medical doctor per plan year
- 1 Retinal exam per plan year
- Educational material available when appropriate

**Low Risk: Level 1**

- 4 telephonic coaching calls per year
- 1 office visit per plan year
- 1 HbgA1C per plan year
- 1 Lipid profile per plan year
- 1 Visit to a Registered Dietician per plan year
- 1 Comprehensive Metabolic Panel (includes fasting blood sugar & Serum Creatinine) per plan year
- 1 Urine for protein/creatinine or 1 Urine Microalbumin per plan year
- 1 Foot exam by medical doctor per plan year
- 1 Retinal exam 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
- HbgA1C (glucose 3 month average)
  - CPT Code: 83036
- Lipid profile (cholesterol, HDL, LDL, and triglycerides)
  - CPT Codes: 80061 and/or 82465
- Comprehensive Metabolic Panel
  - CPT Codes: 80053
- UUrine for albumin/creatinine ratio or protein/creatinine ratio
  - CPT Codes: 82570 and 82043 or 82570 and 84156
- Annual retinal exam (by Physician or Optometrist)

- CPT Codes: 92002 and/or 92004
- 92014
- 92012
- 99211-99212
- One of the following diagnosis codes must be used:
  - 250.XX
  - 277.7
  - 790.21
  - 790.22
  - 790.29
  - V70.9
  - V77.1
  - V77.9
  - V77.91
  - V77.99
  - 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, option 3 for Health Management Partners, and then option 4 for Condition Management.