Comprehensive Diabetes Care

According to the World Health Organization, diabetes is one of the most costly and highly prevalent chronic diseases in the United States. Proper management is essential to control blood glucose and reduce risks for preventable complications.

The Centers for Medicare & Medicaid Services (CMS) have identified several diabetes-related quality measures to support patient health with regard to comprehensive diabetes care for type 1 or type 2 diabetes, as listed below. Humana supports physicians by identifying quality care opportunities while providing tools and resources to assist patients with self-care.

Diabetes-related quality opportunities

- **Blood Sugar Controlled (CDC-HbA1c)** – Monitor and document the most recent HbA1c result as a numeric value (with date of service), aiming for a result of 9% or less.
- **Diabetic Eye Exam (CDC-Eye)** – Ensure that patients receive an eye exam (retinal or dilated) performed by an optometrist or ophthalmologist, or have a negative retinopathy result in the prior year.
- **Diabetic Nephropathy (CDC-Neph)** – Screen for nephropathy by a urine test for albumin/protein and document (with date of service). Consider angiotensin-converting enzyme (ACE) inhibitor/angiotensin receptor blocker (ARB) therapy to protect against disease progression.
- **Controlling Blood Pressure (CBP)** – Document and follow precise blood pressure changes and optimize ACE/ARB or other hypertension therapy.
- **Medication Adherence** – Encourage patients with diabetes to take medications regularly as prescribed and contact their doctor or pharmacist with questions. Consider prescribing 90-day supplies as necessary for maintenance drugs to encourage adherence.
- **Statin Use in Persons with Diabetes (SUPD)** – Consider prescribing statin therapy and promoting adherence for reduction of risk of heart attacks and strokes. For patients who also have atherosclerotic cardiovascular disease, consider prescribing a moderate-to high-intensity statin.
- **Comprehensive Medication Review (CMR)** – Medication Therapy Management (MTM) is an available service for eligible diabetic patients and is completed through a CMR with Humana RxMentor or their community pharmacy. To be eligible, diabetic patients must have at least two additional coexisting chronic diseases (congestive heart failure, dyslipidemia, rheumatoid arthritis or asthma), be dispensed a minimum of eight chronic/maintenance medications and meet minimum Medicare Part D drug costs.