

October 2017



Dear Highmark Health Options Provider,

At Highmark Health Options, we recognize the important role that medical practices play in providing quality healthcare to our members. We also know the critical role members play in their own health. For that reason, we want to empower them with the best tools and resources to increase the likelihood of healthy outcomes.

With this in mind, we would like to notify you that the **“My Diabetes Report Card”** was mailed recently to our diabetic members meeting the HEDIS criteria.


The **“My Diabetes Report Card”** is an educational tool providing information on medications, as well as dates and results for diabetes-related labs/exams. The report card was sent to over 5,000 identified members (ages 18-75 years of age), English or Spanish language. Below is a sample of the **“My Diabetes Report Card”**, so that you are familiar with the report card, should one of your patients have received it and be following up with you.

MY DIABETES REPORT CARD

PLEASE CONSIDER TAKING THIS INFORMATION WITH YOU TO YOUR NEXT DOCTOR'S APPOINTMENT.

WHAT CARE IS RECOMMENDED BY THE AMERICAN DIABETES ASSOCIATION?

LABS/TESTS	HOW OFTEN?	MOST RECENT DATE	MOST RECENT RESULT	TALK TO YOUR DOCTOR ABOUT YOUR INDIVIDUAL GOALS. WHAT'S GENERALLY RECOMMENDED IS:
A1C	2-4 times per year	<MM/DD/YYYY No date in our records>	<##.##% or No result in our records>	Less than 7.0% (average blood sugar of about 154 mg/dL)
LDL-C (Cholesterol)	Discuss with your doctor	<MM/DD/YYYY No date in our records>	### mg/dL or No result in our records>	Discuss with your doctor
Dilated Retinal Eye Exam	Once a year	<MM/DD/YYYY No date in our records>		Healthy Eyes
Urine Screen to Check for Protein (Kidneys)	Once a year	<MM/DD/YYYY No date in our records>		No Protein in Urine
Blood Pressure	At every doctor's visit			Less than 140/90
BMI (Body Mass Index)	Once a year			Discuss with your doctor

 *Talk to your doctor about your results or any lab/tests you may need.*

MY DIABETES REPORT CARD

PLEASE CONSIDER TAKING THIS INFORMATION WITH YOU TO YOUR NEXT DOCTOR'S APPOINTMENT.

WHAT MEDICATIONS ARE OFTEN A PART OF A DIABETES MANAGEMENT PLAN?

MEDICATION CLASS	MEDICATION NAME	DATE OF LAST FILL	ABOUT THIS MEDICATION
ACE Inhibitor or ARB	<Amlodipine Besylate-Benazepril>	<MM/DD/YYYY No date in our records>	This is often taken to help blood pressure and protect the kidneys. If you have questions about a medication, please talk to your doctor.
Statin	<Atorvastatin calcium>	<MM/DD/YYYY No date in our records>	This is often taken to control cholesterol. If you have questions about a medication, please talk to your doctor.

If you cannot see or read letters that Highmark Health Options sends you, call us at 1-844-325-6251/TTY 711 or 1-800-232-5460. We can send you letters in a different way including large print, audio or in Braille. Highmark Health Options can also give you information in a different language. These services are free. To find out more about these services, call Member Services at 1-844-325-6251/TTY 711 or 1-800-232-5460.



Highmark Health Options is an independent licensee of the Blue Cross and Blue Shield Association

The following additional resources were also included in the mailing:

- Care4Life Diabetes Texting Program (www.care4life.com Code: Options Text to#: 300400 word: JOIN reply: Options)
- Websites- diabetes.org and cdc.gov/diabetes
- Highmark Health Options resources:
 - Lifestyle Management Program
 - Member Services
 - Website (www.highmarkhealthoptions.com)
 - Member Portal & Community Repository (access to resources)

We appreciate your continued support of Highmark Health Options' mission to deliver quality programs that positively impact the health and wellness of our members. If you have any questions or suggestions, please contact Provider Services at 844-325-6251.

Sincerely,
Highmark Health Options

Highmark Health Options is an independent licensee of the Blue Cross and Blue Shield Association