



## **VISTA HEALTH PLAN, INC. and VISTA HEALTH PLAN OF SOUTH FLORIDA (“VISTA”) DIABETES DISEASE MANAGEMENT PROGRAM**

### **Background**

According to the American Diabetes Association, diabetes is the sixth most common cause of death in the United States, continues to grow at epidemic proportions, and is responsible for significant morbidity and mortality as a result of its acute and chronic complications. These complications result primarily from poor disease control and other associated risk factors, such as smoking, hypertension, elevated cholesterol and obesity.

To best serve the diabetic population, Vista introduced a Diabetes Disease Management Program that supports the practice guidelines published by the American Diabetes Association. A summary of the guideline may be accessed at: [http://care.diabetesjournals.org/cgi/reprint/32/Supplement\\_1/S6.pdf](http://care.diabetesjournals.org/cgi/reprint/32/Supplement_1/S6.pdf)

### **Program Content**

The Program focuses on monitoring and improving adherence to treatment plans by empowering members with knowledge about their diabetes, reinforcing education and providing support and assistance in overcoming barriers to care and lifestyle issues and actively monitoring those members most at risk for decompensation. Besides member education, the cornerstone of the Program is a CardioCom monitoring device, which is installed in the homes of members, who elect to participate in the Program. The daily reports of the CardioCom device are monitored by Vista’s case management nurses, and abnormal results are reported to the member’s PCP and/or endocrinologist the same day. The monitor also administers a questionnaire regarding diet and medication adherence.

### **Member Participation**

Members are identified and stratified to High, Moderate or Low Risk categories. Members receive services commensurate with their disease severity.

Diabetic members, aged 12 and older, who meet the Moderate and Low Risk criteria, through an analysis of claims and pharmacy data, are automatically enrolled in the Program and are sent educational materials. Members must contact Vista to opt out of the Program.



High risk members will be contacted and asked to participate in the CardioCom home monitoring program. The home monitoring program may include the use of the CardioCom monitor, appointment reminders, communication with treating providers, and follow-up with disease management case managers. Members can elect to opt out of the Program at any time. If the member elects to opt out of the Program, only the educational materials will be mailed to the member.

For more information or to opt out of the Program, please contact Vista at (800) 422-7335, ext. 3405; TDD (888) 444-7352, Monday through Friday 9:00 am to 5:00 pm.