



BlueCross BlueShield  
of Illinois

## 2009 HMO Cardiovascular Conditions Program Summary

The purpose of the Cardiovascular Conditions (CVD) Program is to improve the outcomes for members with cardiovascular conditions by increasing the percentage for whom cardiovascular risk factors are assessed and controlled. A portion of the QI Fund is available to IPAs based on the percentage of members with cardiovascular disease who achieve control of cardiovascular risk factors, including LDL-C control (<100 mg/dL) and blood pressure control (<140/90). IPAs can also earn a payment based upon the percentage of smokers with cardiovascular disease who receive advice to quit smoking. IPAs will be eligible for a Cardiovascular Disease Blue Star in 2009 if at least two of the following three criteria were met in 2008 for identified members with cardiovascular disease: LDL-C<100 mg/dL for at least 55% of identified members, blood pressure <140/90 for at least 60% of identified members, and advice to quit smoking for at least 75% of smokers.

In 2009, BCBSIL identified the population of members age 18–75 with cardiovascular conditions who had either:

- at least one 2007 and/or 2008 claim for an acute myocardial infarction (AMI), coronary artery bypass graft (CABG), or percutaneous transluminal angioplasty (PTCA), and/or
- at least one claim or encounter in both 2007 and 2008 for ischemic vascular disease (including coronary artery disease, stable angina, lower extremity arterial disease/peripheral artery disease, ischemia, stroke, atheroembolism, abdominal aortic aneurysm and renal artery atherosclerosis).

BCBSIL provides IPAs with their list of members, instructions and data collection criteria. Because this program is prospective, the IPA has several months to do member outreach and provide recommended services. IPAs develop interventions for their physicians and/or members and submit data along with supporting documentation.

The HMO Management of Members with Cardiovascular Conditions QI Project includes a number of initiatives for members and IPAs.

Members identified as having cardiovascular conditions are sent the following information:

- an educational mailing on heart health
- a reminder to get a flu shot

Focused mailings addressing cardiovascular risk factors are sent to members who have not received recommended services or achieved control targets. In 2008, a focused mailing on smoking cessation was sent to identified members who were documented to be smokers or for whom smoking status was not documented. The second focused mailing on cholesterol management was sent to members identified from the 2007 CVD project for whom LDL-C had not been assessed or was >100 mg/dL.

Additional resources provided to members include:

- information on managing asthma available through the Personal Health Manager and “Ask a Nurse” on Blue Access® for Members at [www.bcbsil.com](http://www.bcbsil.com)
- “*blueprints for health*,” the HMO member newsletter, includes articles on cardiovascular disease

Additional resources provided to IPAs include:

- annual educational programs on the QI Fund Projects
- quarterly QI Forums that include best practices
- a list of members who did not have risk factors for cardiovascular disease controlled in 2008
- a list of current members identified as being at risk for complications of influenza (including members with cardiovascular disease, asthma and/or diabetes and those age 65 and older)

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The tables summarize the number of members who received interventions and program results.

Interventions					
Year	Total number of identified unique members with CVD	Number of identified members who received influenza vaccination reminder mailing <sup>1</sup>	Number of identified members who received “Heart Healthy Habits for Healthy Living” brochure	Number of members who received the quit smoking focused outreach mailing	Number of members identified from the 2007 CVD project who did not meet criteria for LDL control and were sent the focused cholesterol mailing
2008	6,556	2,175	3,550	739	1,036

Results				
Year	Final number of members in QI Fund Project	Number and percent of identified members with LDL <100 mg/dL	Number and percentage of identified members with blood pressure <140/90	Number and percentage of smokers who received advice to quit (denominator = smokers plus those without documentation of smoking status)
2008	5,242	3,647 (70%)	4,497 (86%)	650/1,044 (62%)

Physicians may refer their HMO patients with cardiovascular conditions for the Condition Management Program by completing the enclosed “Physician Condition Management Enrollment Form”. Please fax the completed form to: HMO Quality Improvement at 312-228-9058. The form is also available at <http://www.bcbsil.com/provider/umqi/qualityimprovement.htm>

<sup>1</sup> Influenza vaccination reminder mailings are sent to all members age 65+ and to members identified with asthma, diabetes and/or cardiovascular disease. Members who are in more than one of these risk groups are only included in reporting for one. Members with CVD who are also age 65+ or have asthma or diabetes are not included in the number or percentage of members with CVD who received influenza vaccination reminders.