

# Condition Management for Persons with Diabetes

**According to the World Health Organization, diabetes is one of the most costly and highly prevalent chronic diseases in the U.S.<sup>1</sup> Proper management is essential to control blood glucose and reduce risks for preventable complications.**

The Centers for Medicare & Medicaid Services (CMS) has identified several diabetes-related quality measures to support patient health with regard to 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 quality opportunities

- **Hemoglobin A1c Control for Patients with Diabetes (HBD)** (formerly CDC–HbA1c) – Monitor and document the most recent HbA1c result as a numeric value (with date of service), with a goal of 9% or less.
- **Eye Exam for Patients with Diabetes (EED)** (formerly 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.
- **Kidney Health Evaluation for Patients with Diabetes (KED)** – Ensure that patients are receiving an estimated glomerular filtration rate (eGFR) and a urine albumin-creatinine ratio (uACR) during the measurement year.
- **Statin Use in Persons with Diabetes (SUPD)** – Statin therapy reduces the risk of myocardial infarction, stroke and cardiovascular death by 22% in primary prevention patients and 25%–30% in secondary.<sup>2,3</sup> For patients who also have atherosclerotic cardiovascular disease, consider prescribing a moderate- to high-intensity statin.

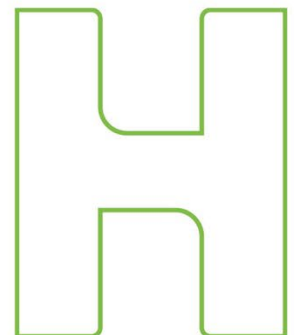
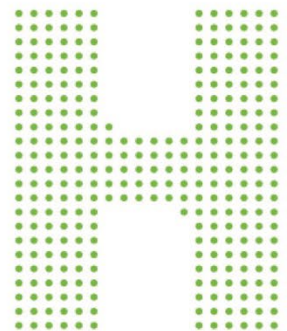
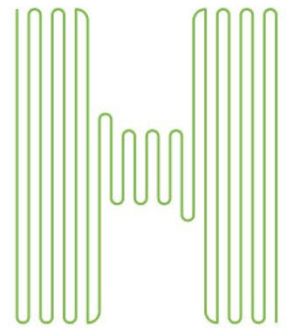
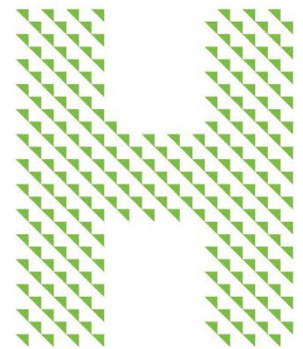
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<sup>1</sup> World Health Organization, [www.who.int/diabetes/action\\_online/basics/en/index3.html](http://www.who.int/diabetes/action_online/basics/en/index3.html)

<sup>2</sup> Stone, Neil J., et al. "2013 ACC/AHA Guideline on the Treatment of Blood Cholesterol to Reduce Atherosclerotic Cardiovascular Risk in Adults." *Journal of the American College of Cardiology* (2013)

<sup>3</sup> An assessment by the Statin Diabetes Safety Task Force: 2014 update; *Journal of Clinical Lipidology*

<sup>4</sup> American Diabetes Association, [www.diabetes.org/diabetes/high-blood-pressure](http://www.diabetes.org/diabetes/high-blood-pressure)



### Related quality opportunities

- **Controlling High Blood Pressure (CBP)** – Document and follow precise blood pressure changes and optimize angiotensin-converting enzyme (ACE)/angiotensin receptor blockers (ARBs) or other hypertension therapy. According to the American Diabetes Association, two out of three people with diabetes report that they have high blood pressure or take prescription medications to lower their blood pressure.<sup>4</sup>
- **Medication Adherence (ADH)** – Encourage patients with diabetes to take medications regularly as prescribed and contact their doctor or pharmacist with questions. To encourage adherence, consider prescribing 90-day supplies as necessary for maintenance drugs.

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