

PROVIDER BULLETIN

HEDIS News You Can Use Diabetes Care

Importance of Controlling Diabetes

Diabetes, if left unmanaged, can lead to serious complications. These complications often lead to ED visits and hospitalizations. At Aetna, we are partnering with you to help find and care for these patients.

This bulletin offers information on HEDIS measure changes, coding, links to free resources, and best practice suggestions, to help deliver high-quality, timely care. The codes provided will help ensure the proper billing of these services. By using these codes, you can significantly reduce HEDIS medical record requests!

Measure Requirements

NCQA developed Diabetes measures to assess if adults 18-75 years of age with diabetes (type 1 or type 2) are adequately controlled.

****NEW****

“Medical Attention for Nephropathy” has been retired from the Diabetes measure by NCQA for the **Medicaid** and **Commercial** lines of business.

Adequately controlled is defined as having each of the following 3 tests or exams:

- HbA1c testing completed in the measurement year (MY)
 - HbA1c result > 9 = poor control
 - HbA1c result < 8 = in control
- Dilated retinal eye exam performed in the MY or year prior **if negative**
- Last BP of the year must be <140/90 mm Hg

HbA1c Testing

HbA1c testing is suggested at least twice a year. HEDIS requires the most recent HbA1c completed in the measurement year.



- New CPT II Codes:
 - **3044F:** HbA1c < 7.0
 - **3052F:** HbA1c ≥ 8.0 and ≤ 9.0
 - **3051F:** HbA1c ≥ 7.0 and < 8.0

Dilated Retinal Exam

To ensure that Retinal Eye Exams are counted toward the HEDIS performance rate, documentation must include the following:

- A letter or copy of the eye exam report from an ophthalmologist or optometrist should be obtained and include the following:
 - Indicate an ophthalmoscopic exam was completed
 - Indicate the person providing the exam was either an ophthalmologist or optometrist
 - Date when the exam was performed
 - Exam results.
- A chart or photograph indicating the date when the fundus photography was performed and evidence that an eye care professional reviewed the results.
- The letter can also be written by a PCP indicating a retinal exam was performed by an eye care professional with the date of service and results
- **To submit eye exam results for your members please send to FLMedicaidQualityDept@aetna.com**



Blood Pressure

****New****

Member reported blood pressures and blood pressures taken from any digital device documented in the medical record now meet compliance!

Offices should code blood pressure readings as described below to improve rates and reduce chart requests for medical record review.

CPT II Codes:

- 3074F: systolic BP < 130
- 3075F: systolic BP 130-139
- 3077F: systolic BP ≥ 140
- 3078F: diastolic BP < 80
- 3079F: diastolic BP 80-89
- 3080F: diastolic BP ≥ 90



How Aetna Helps

- Our team contacts members to encourage them to get their retinal eye exams and to discuss eye health concerns.
- We work with member to find out why they are not getting their exams and assist them to help overcome these barriers. For example, some have concerns about driving with dilated eyes; we will help them identify a driver or provide the transportation service number.
- If a member tells us they have had a retinal eye exam done this year or the year before; we will contact the eye care office to obtain the record



Free Resources

Here are some hyperlinked resources you can utilize in your office.

Printables

<https://medialibrary.nei.nih.gov/search?keywords=diabetic%20eye%20disease&photographer=&orientation=All&type=1>

Top Recommended Diabetes Apps

<https://diabetesed.net/wp-content/uploads/2019/08/Top-Recommended-AppFin.pdf>

Monitoring Tips and Care Record Printable

<https://www.cdc.gov/diabetes/pdfs/library/steps-to-stay-healthy-h.pdf>

BEST PRACTICES

Tips to improve compliance of Retinal Eye Exams

- Inform patients of their risks of diabetic retinopathy
- Patient's do not need a script, but this often helps to remind them and seen as a "to do"
- Consider creating a form your patient's eye care professional can complete during their retinal exam. After the exam, the form can become part of your patient's chart.
- Eye care professionals can fax this or patients' retinal eye exam reports to your office
- Assign a staff member to add reports to patients' charts.
- If your practice uses electronic medical records, use flags or system reminders to alert staff when screenings are due
- If your practice uses paper charts, consider a template to identify the last date of all necessary screenings, as well as the next time patients should be screened.
- Send appointment reminders and call patients to remind them of necessary screenings



Here For You

Thank you for excellent care provided to our members!

For questions or for more information, send an email to:

FLMedicaidQualityDept@aetna.com