

CDC Checklist: Successful Health Plan Approaches to Heart Disease and Stroke Prevention

Checklist of Successful Health Plan Approaches to Heart Disease and Stroke Prevention

The following checklist is an excerpt from the Centers for Disease Control and Prevention's online toolkit entitled, "Success Business Strategies to Prevent Heart Disease and Stroke," which is available in its entirety online at <http://www.cdc.gov/DHDSP/library/toolkit/pdfs/toolkit.pdf> (Accessed Nov. 17, 2009).

Successful Business Strategies to Prevent Heart Disease and Stroke



Heart-Healthy and
Stroke-Free Worksites



Checklist of Successful Health Plan Approaches to Heart Disease and Stroke Prevention

		YES	NO
Cardiovascular Risk Identification			
1	Does the health plan use some type of strategy to identify those most at risk for heart disease, stroke, and related conditions and risk factors (e.g., routine screenings, health risk assessments, chart reviews, analysis of claims data)?	<input type="checkbox"/>	<input type="checkbox"/>
2	Does the health plan stratify and use targeted approaches for members at different risk levels? For example, low risk = no risk factors; medium risk = one to two risk factors; high risk = three or more risk factors or those who have had a cardiovascular disease (CVD) event.	<input type="checkbox"/>	<input type="checkbox"/>
Cardiovascular Health and Risk Reduction Program and Services			
3	Does the health plan offer specialized disease management programs for members who have been diagnosed with heart disease, stroke, or related risk factors?	<input type="checkbox"/>	<input type="checkbox"/>
4	Does the health plan provide programs and services in the following areas to promote cardiovascular health and to prevent or manage heart disease and stroke? (<i>check all that apply, and see Key Services for Heart Disease and Stroke Management and Prevention</i>)		
	● Blood pressure control.....	<input type="checkbox"/>	<input type="checkbox"/>
	● Lipid management.....	<input type="checkbox"/>	<input type="checkbox"/>
	● Tobacco cessation.....	<input type="checkbox"/>	<input type="checkbox"/>
	● Nutrition/dietary intake.....	<input type="checkbox"/>	<input type="checkbox"/>
	● Weight management.....	<input type="checkbox"/>	<input type="checkbox"/>
	● Physical activity.....	<input type="checkbox"/>	<input type="checkbox"/>
	● Diabetes management.....	<input type="checkbox"/>	<input type="checkbox"/>
	● Cardiac and stroke rehabilitation.....	<input type="checkbox"/>	<input type="checkbox"/>
	● Depression management.....	<input type="checkbox"/>	<input type="checkbox"/>
	● Other:		
5	Does the health plan have a system to refer members who are at risk for heart disease and stroke to these programs and services?	<input type="checkbox"/>	<input type="checkbox"/>
6	Can members who are at risk for heart disease and stroke self-refer into these cardiovascular health programs?	<input type="checkbox"/>	<input type="checkbox"/>
7	Are these lifestyle and behavioral modification, education, and counseling programs available to members via: (<i>check all that apply</i>)		
	● Telephone.....	<input type="checkbox"/>	<input type="checkbox"/>
	● Groups or classes at the worksite.....	<input type="checkbox"/>	<input type="checkbox"/>
	● Groups or classes offered offsite, e.g., community clinic.....	<input type="checkbox"/>	<input type="checkbox"/>
	● Websites.....	<input type="checkbox"/>	<input type="checkbox"/>
	● E-mail.....	<input type="checkbox"/>	<input type="checkbox"/>
	● Regular mailings.....	<input type="checkbox"/>	<input type="checkbox"/>
	● Primary care providers.....	<input type="checkbox"/>	<input type="checkbox"/>
8	Does the health plan provide education and risk factor counseling and support to members at high risk?	<input type="checkbox"/>	<input type="checkbox"/>
9	Does the health plan offer members incentives to participate in lifestyle and behavior education/modification programs (e.g., free services for members, discounts to fitness centers)?	<input type="checkbox"/>	<input type="checkbox"/>
10	Does the health plan provide coverage for prescription drugs to prevent heart disease and stroke?	<input type="checkbox"/>	<input type="checkbox"/>

Checklist of Successful Health Plan Approaches to Heart Disease and Stroke Prevention (cont.)

		YES	NO
National Guidelines			
11	Does the health insurance plan encourage its health care providers to use standardized treatment and prevention protocols that are consistent with any of the following evidence-based guidelines for heart disease and stroke prevention? If yes, check which guidelines the health plan endorses:	<input type="checkbox"/>	<input type="checkbox"/>
	<ul style="list-style-type: none"> ● National Cholesterol Education Program (NCEP)—Adult Treatment Panel III ● The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure ● U.S. Preventive Services Task Force <i>Guide to Clinical Preventive Services</i>..... ● American Heart Association guidelines for primary prevention of heart disease and stroke ● American Heart Association/American College of Cardiology guidelines for patients with coronary and other vascular diseases ● American Stroke Association guidelines ● National Stroke Association guidelines ● Other (please describe) _____ 	<input type="checkbox"/>	<input type="checkbox"/>
Health Care Quality Assurance Systems			
12	Does the health plan have policies to encourage the adoption of electronic data systems (e.g., electronic medical records, automated prescription systems) in hospitals, primary care settings, or providers' offices?	<input type="checkbox"/>	<input type="checkbox"/>
13	Does the health plan have policies in place to foster the use of multidisciplinary clinical care teams to deliver coordinated and quality preventive care?	<input type="checkbox"/>	<input type="checkbox"/>
14	Does the health plan communicate with providers about patient conditions and prompt them to prescribe preventive care? (<i>check all that apply</i>)		
	<ul style="list-style-type: none"> ● Reminders to providers for patient tests and services ● Point-of-service notices or reports regarding a patient's condition and clinical measures needed ● Notices regarding a patient's conditions and goals for clinical outcomes ● Direct-to-physician office calls about a patient's condition ● Other: _____ 	<input type="checkbox"/>	<input type="checkbox"/>
15	Does the health plan provide incentives and feedback to providers to improve compliance with cardiovascular health guidelines noted in question #11? (<i>if yes, check all that apply</i>)		
	<ul style="list-style-type: none"> ● Feedback system on how provider's compliance compares with peer-based or national benchmarks..... ● Financial incentives for individual providers..... ● Financial incentives for groups of providers..... ● Public recognition through national, local or health insurance plan-specific programs (e.g., Heart/Stroke Physician Recognition Program (HSRP) developed by the National Committee for Quality Assurance and the American Heart Association/American Stroke Association (AHA/ASA)..... ● Feedback through other health plan publications ● Other: _____ 	<input type="checkbox"/>	<input type="checkbox"/>

Checklist of Successful Health Plan Approaches to Heart Disease and Stroke Prevention (cont.)

		YES	NO
16	Does the health plan systematically evaluate whether providers follow CVD guidelines for patient care (e.g., through chart review, claims data)?	<input type="checkbox"/>	<input type="checkbox"/>
17	Does the health plan track the Health Plan Employer Data and Information Set (HEDIS) ^{®*} performance or other cardiovascular health measures? If yes, please provide the most recent year results, expressed as a percentage: Controlling high blood pressure _____% Beta-blocker treatment after a heart attack _____% Persistence of beta-blocker treatment after a heart attack _____% Cholesterol management after acute cardiovascular event _____% Comprehensive diabetes care _____% Medical assistance with smoking cessation _____% Physical activity in older adults _____% Other (non-HEDIS) clinical quality indicators for cardiovascular health monitored by the plan: Indicator: _____% Indicator: _____% Indicator: _____%	<input type="checkbox"/>	
Strategies To Eliminate CVD Disparities			
18	Does the health plan provide culturally and linguistically competent educational materials, newsletters, and other information aimed at diverse high-risk populations?	<input type="checkbox"/>	<input type="checkbox"/>
19	Does the health plan offer disease management programs that are tailored to diverse groups that are at increased risk for CVD?	<input type="checkbox"/>	<input type="checkbox"/>
Patient Satisfaction and Compliance			
20	Does the health plan evaluate—at least annually—member satisfaction with the cardiovascular health and risk reduction program and services?		
21	If yes to question #20, does the health plan evaluation show that members have a high level of satisfaction with program?	<input type="checkbox"/>	<input type="checkbox"/>
22	If yes to question #20, does the health plan evaluation show that members understand self-management and compliance techniques for risk factor control and cardiovascular health?	<input type="checkbox"/>	<input type="checkbox"/>
Cost Saving			
23	Does the health plan report cost savings over time as a result of its cardiovascular health and risk factor control program (e.g., reductions in the number of emergency room visits or hospitalizations directly related to CVD, pharmacy costs, or specialty physician visits)?	<input type="checkbox"/>	<input type="checkbox"/>
Community Collaboration			
24	Has the health plan collaborated with other plans and organizations in the local community or region on CVD prevention strategies, such as screening, educational events, and risk factor counseling?	<input type="checkbox"/>	<input type="checkbox"/>
25	Has the health plan collaborated with local, state, or national organizations on public health initiatives related to CVD prevention?	<input type="checkbox"/>	<input type="checkbox"/>

*HEDIS is a set of standardized performance measures designed to ensure that purchasers and consumers have the information they need to reliably compare the performance of managed health care plans. HEDIS is sponsored, supported, and maintained by the National Committee for Quality Assurance. (See their Web site at www.ncqa.org).