

IN HONOR OF

American HEART Month

The GRIPA Connect Patient Outreach Report indicated that an RGHS employee who has had Diabetes for over 6 years, had not had an "A1C" in over a year; despite having an appointment with their primary physician in the previous 6 months. The GRIPA Diabetes guideline recommends obtaining an A1C every 6 months for diabetic patients. Also, this patient's LDL has been 121 to 139 mg/dl for the past 3 years, though the goal is an LDL less than 100.

The patient had not had a "urine microalbumin to creatinine ratio" in over 2 years. Again, referring to the referenced guideline, it is recommended this test be done annually for this patient population. Diabetes is a progressive disease and monitoring helps prevent complications, such as impotency, amputations, ophthalmic, renal, and cardiac; devastating and costly for the patient and the community.

The GRIPA Patient Outreach Report provides a quick way for physicians' practices to identify patients that may need more care. Contacting this patient resulted in a physician visit as well as labs being done: including an A1C and lipid panel. The A1C was reasonably good (6.5%), though it had increased since the year before, and continues to bear watching every 6 months. The LDL cholesterol was still high (> 130 mg/dl) which indicates it's time to treat. Unfortunately, a urine microalbumin to creatinine ratio was not ordered. GRIPA's Clinical Integration Committee recently

discussed if the laboratories should start bundling the standard labs for patients with Diabetes who do not yet have nephropathy; (i.e. A1C, Lipid panel and urine microalbumin to creatinine ratio) under one check box; since patients are only getting the urine microalbumin annually about 1/2 the time.

Encouraging patients to take time to manage their chronic conditions can result in fewer complications, like heart attacks, down the road. Insist the patient schedules their next appointment before leaving your office. *Remember, Rochester General's Heart Institute is a nationally recognized award-winning cardiac program and wouldn't it be great to have employees of that system who are heart healthy too?*

The use of this report (Patient Outreach) not only identifies *contracted members that need more care but also supports the GRIPA Accountable Care Medical Program. The use of these reports helps to distinguish our physician and hospital network within our community and plays an important role in support of our existing and future contracts. The GRIPA Patient Outreach Report is located on the GRIPA Connect Portal under "My Reports".

If you do not already have access to the "patient outreach reports" through the GRIPA Connect Portal, GRIPA Provider Relations (585-922-1525) will be happy to assist you.

*Contracted Members – Essence, Wellcare, LiDestri Food & Beverage, RGHS, Paychex.

GRIPA Accountable Care Program SUCCESS

The GRIPA Network of physicians, working together with GRIPA Care Management, helps improve the delivery of health care.

GRIPA Accountable Care Medical programs are Chronic Condition Management; Cardiac Risk Management; Diabetes Prevention and Clinical Pharmacy.

LiDestri Food & Beverage is one of the employers contracting with GRIPA. LiDestri employees and dependents experienced positive results from the management of many chronic conditions including diabetes, hypertension, coronary artery disease and others. As a direct result of GRIPA's program, the clinical measurements show significant improvement after one year and are well above national averages.

The GRIPA program works with members to find them a physician, get to physician appointments at appropriate intervals, educate them to better manage their medical conditions and assure transitions of care are smooth so recurring problems are prevented.

Cindy Reddeck-LiDestri, MD FACC, the VP of Health and Wellness Program at LiDestri Food & Beverage said, "Our employees, through their contact with the caring and knowledgeable GRIPA team, are more engaged with their health care providers and are better equipped to take more responsibility for their own health. We see this program as providing great value, in both human cost and company dollars".

