

PROVIDER RESOURCE:

Adult Health

Quality Health Standards—Working Together to Improve Patient Health

Blue Cross and Blue Shield of New Mexico (BCBSNM) appreciates the care and attention you provide to Blue Cross Community Centennial members. This tool contains a collection of preventive adult health guidelines, which promote best health practices, selected from the HEDIS® standardized performance measures. BCBSNM hopes this tool will convey a better understanding of the standards and key documenting points associated with each standard.

Preventive care guidelines are located under the 'Clinical Resources' tab and educational opportunities are under the 'Education & Reference' tab at bcbsnm.com/provider.

Members may be eligible for Centennial Rewards upon completion of healthy activities. For more information visit centennialrewards.com.

Measure	Guidelines	Documentation
Adults' Access to Preventive/ Ambulatory Health Services (AAP)	Adults 20 years and older who had an ambulatory or preventive care visit during the year.	<ul style="list-style-type: none"> • One or more ambulatory or preventive care visits during the measurement year
Annual Dental Visit (ADV)	Members 2–20 years of age who had at least one dental visit during the measurement year.	<ul style="list-style-type: none"> • Educate members on the importance of routine dental care • Assist members with finding a dental provider
Controlling High Blood Pressure (CBP) Ages 18–85	Patient with controlled hypertension should be evaluated by the provider (PCP) at least annually. Treat blood pressure (BP) to goal: <ul style="list-style-type: none"> • Ages 18–59, BP<140/90 • Ages 60–85 with diagnosis of diabetes, BP<140/90 • Ages 60–85 without diagnosis of diabetes, BP<150/90 	<ul style="list-style-type: none"> • Documentation of BP must be from patient's PCP during an outpatient visit, outpatient telehealth, telephone visit, e-visit or virtual check in: <ul style="list-style-type: none"> – If initial BP is high, document a subsequent BP during that visit • Newly diagnosed hypertension should be rechecked and documented after the date that the diagnosis of hypertension was confirmed • Patients with uncontrolled hypertension should be evaluated frequently until BP is controlled <p>HEDIS added telephone visits, e-visits and virtual check-ins are appropriate settings for BP readings to the Controlling High Blood Pressure Measure in the 2020-2021 publication.</p>

HEDIS® Measurement Year 2020 and Measurement Year 2021 Volume 2 Technical Specifications for Health Plans, Washington, DC 20005

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Measure	Guidelines	Documentation
Flu Vaccinations for Adults Ages 18 and Older (FVA)	Adults 18 years of age and older who received an influenza vaccination between July 1 and the date when the CAHPS 5.0H survey was completed.	<ul style="list-style-type: none"> • Administer influenza vaccination after July 1
Medical Assistance with Smoking and Tobacco Cessation (MSC)	Adults 18 years of age and older who are current smokers or tobacco users and received medical assistance with smoking and tobacco use cessation.	<ul style="list-style-type: none"> • Advise smokers and tobacco users to quit • Discuss and/or recommend cessation medications • Provide cessation methods or strategies
Kidney Health Evaluation for Patients with Diabetes (KED)	Adults 18 year of age and older with diabetes (type 1 and 2) who received a kidney evaluation, defined as both GFR and uACR.	Documentation of at least one EGRF (Estimated Glomerular Filtration rate Lab Test) and at least one uACR (Urine Albumin-Creatinine Ration Lab Test) identified by both a quantitative albumin test and urine creatinine test with service four or less days apart
Comprehensive Diabetes Care (CDC)	Adults ages 18-75 who have diabetes (type 1 and type 2).	Document evidence of the following each year: <ul style="list-style-type: none"> • HbA1c testing <ul style="list-style-type: none"> – HbA1c result >9=poor control – HbA1c result <8 – HbA1c result <7 (for selected population only) • Retinal eye exam performed • Nephropathy screening test or evidence of nephropathy • Blood pressure control <140/90 mm Hg

The information in this document is being provided for educational purposes only and is not the provision of medical care or advice. Physicians and other health care providers are instructed to use their own best medical judgment based upon all available information and the condition of the patient in determining the best course of treatment.

Identified services are currently covered under the Blue Cross Community Centennial health plan. Future coverage is not guaranteed. Regardless of any benefit determination, the final decision regarding any treatment or service is between the patient and the health care provider. Additional limitations and requirements may apply.