

Medicare Advantage Update contains up-to-date information for providers about Medicare Advantage plans with Blue Cross and Blue Shield of Nebraska (BCBSNE). This newsletter is published by BCBSNE's Health Network Services Department and Marketing Department.

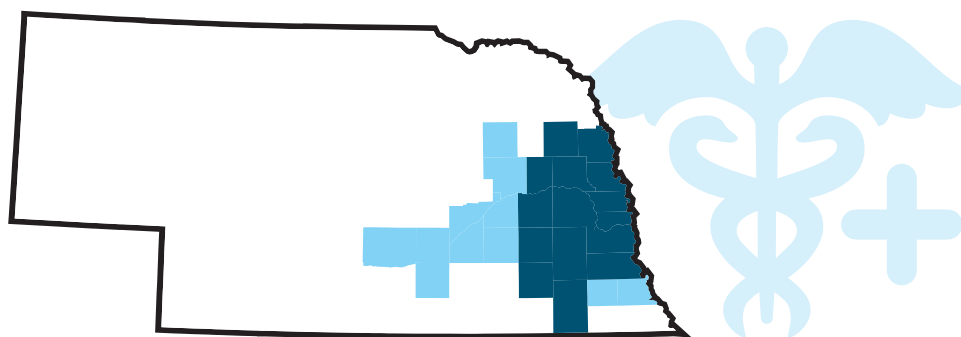
We encourage you to print a copy of this Update and keep it with your BCBSNE Medicare Advantage Core HMO and Choice HMO-POS Provider Manual. To request permission to reprint this material for any other purpose, please send an email to the editor, Sara Cline, at:

sara.cline@nebraskablue.com.

Please refer to your provider manual often. You may view it at nebraskablue.com/ma-manual.

To view past issues of Medicare Advantage Update, visit nebraskablue.com/ma-update.

BCBSNE's Medicare Advantage plans available in 15 counties



Blue Cross and Blue Shield of Nebraska's (BCBSNE) Medicare Advantage Plans have expanded coverage and are available in these 15 Nebraska counties:

- Burt
- Butler
- Cass
- Colfax
- Cuming
- Dodge
- Douglas
- Gage
- Lancaster
- Otoe
- Saline
- Sarpy
- Saunders
- Seward
- Washington

BCBSNE's Medicare Advantage plans provide coverage with low monthly premiums for various medical, dental, vision, hearing, chiropractic and gym membership benefits. Additionally, the HMO Choice plan includes access to the BlueCard network, which offers coverage when traveling throughout the United States.

A directory of in-network Medicare Advantage providers can be found at medicare.nebraskablue.com.

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Blue Cross and Blue Shield of Nebraska is an Independent Licensee of the Blue Cross and Blue Shield Association.



Medicare Advantage Provider Excellence Program for 2019

The Medicare Advantage (MA) Provider Excellence Program rewards participating MA providers for the role they play in achieving positive clinical results and improving performance on Healthcare Effectiveness Data and Information Set (HEDIS) measures and CMS star ratings.

The objectives of the incentive program are aligned with our Triple Aim Initiatives:

- Higher quality of care
- Healthier people and communities
- Affordable care

Incentive program measures

BCBSNE awards participating MA providers \$50 for each of the following closed HEDIS quality care gaps in your attributed patient population:

- Colorectal cancer screening
- Diabetes care:
 - Controlling blood sugar (HbA1C control \leq 9%)
 - Monitoring for nephropathy
 - Retinal eye exam
- Statin use in persons with diabetes

For more information regarding this program, [view the Provider Excellence Program booklet.](#)



Consumer Assessment of Healthcare Providers and Systems (CAHPS®) survey

The CAHPS survey measures patient experience with health plans, providers and health care facilities. This survey has been completed for 2019 and the results are anticipated later this year. The survey addresses the following areas:

- Health care received in the last six months from the member's primary care provider and specialists
- General rating of the quality of health care received
- Experience with the health insurance plan

To learn more about what the survey questions are and how you can positively impact the patient responses, [view the CAHPS survey tip sheet.](#)

Prescribe fitness through the SilverSneakers® Program

SilverSneakers is a leading fitness program for seniors. Research indicates that when people exercise on a regular basis, it positively impacts their health. 93 percent of SilverSneakers participants report good, very good or excellent health. This program is available to all BCBSNE Medicare Advantage members at no cost. Encourage your senior patients to use their SilverSneakers benefit to maintain an active lifestyle.

SilverSneakers includes:

- trained instructors who specialize in senior fitness
- group classes designed for all levels and abilities
- fitness articles, recipes and meal plans
- weights, pools and cardio equipment (varies by location)
- an active and supportive online community
- access to thousands of fitness locations nationwide

To find a location that offers the SilverSneakers program:



SilverSneakers® is a health and fitness program administered by Tivity Health, Inc., an independent company contracted by Blue Cross and Blue Shield Plans (BCBS) to provide a benefit to BCBS Medicare Advantage and Medicare Supplement members.

Importance of statin therapy for patients with cardiovascular disease and diabetes

The Centers for Disease Control and Prevention (CDC) estimates that adults with diabetes are 1.7 times more likely to die from cardiovascular disease than adults without diabetes. Statin therapy is beneficial to lower patients' risk of future heart attack, stroke and related deaths. However, almost two out of five patients with diabetes were not prescribed one, according to the *Journal of the American College of Cardiology*.


Please consider prescribing statins for your patients diagnosed with atherosclerotic cardiovascular disease (ASCVD) and diabetes.

To support the importance of statin therapy, the Centers for Medicaid & Medicaid Services (CMS) includes two star measures aimed at the use of statin therapy. To learn more about the use of statin therapy, please view these tip sheets:

Statin Therapy for Patients with Cardiovascular Disease (SPC)

Statin Use in Persons with Diabetes (SUPD)



 If you have questions or would like more information about the articles in this newsletter, please contact your Provider Relationship Manager at **877-435-7258** (M-F, 8 a.m. - 4:30 p.m. CT).