



**IOWA MEDICAID MEMBER TOWN HALL  
MARCH 6, 2025**

# **Quality Measures**

# What Are Quality Measures?

**Quality measures help make sure you get the right care at the right time.**

Quality measures check how well doctors and health plans:

- Help members **stay healthy**.
- **Manage health conditions** like diabetes or asthma.
- Make sure you **get the care you need** when you need it.

## **Why do quality measures matter?**

- Help doctors and health plans improve care.
- Make sure members get better health outcomes.
- Support a healthier community.

# HEDIS®

## Definition

- HEDIS stands for Healthcare Effectiveness Data and Information Set.
- Standardized way to measure how well your health plan is performing in providing quality care across different health areas, like annual wellness, cancer screenings, diabetes management and blood pressure control.

## How It Is Used

- HEDIS rates are used to evaluate health insurance companies' efforts to improve preventive health outreach for members.
- Tool used by more than 90% of U.S. health plans to measure performance on important care and service.
- Since 2008, HEDIS has also been available for use by medical providers and practices.
- Many health plans use HEDIS and because the measures are so specifically defined, HEDIS can be used to make comparisons among plans.

## Why It Matters

- Improves quality of care.
- Ensures preventive services like screenings and vaccines are completed.

## How You Can Help

- Get your annual check-ups and screenings.
- Take your medications and refills.
- Follow up with your provider after you have been discharged from the hospital.

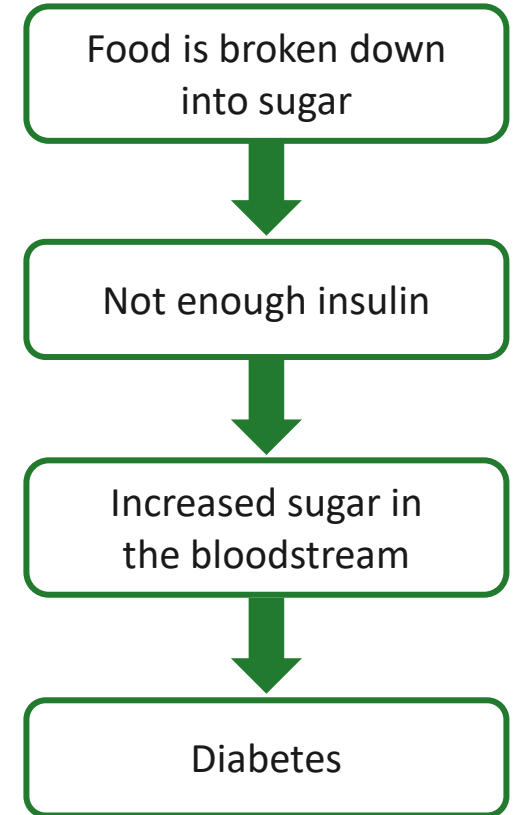


# Diabetes

# Diabetes Overview

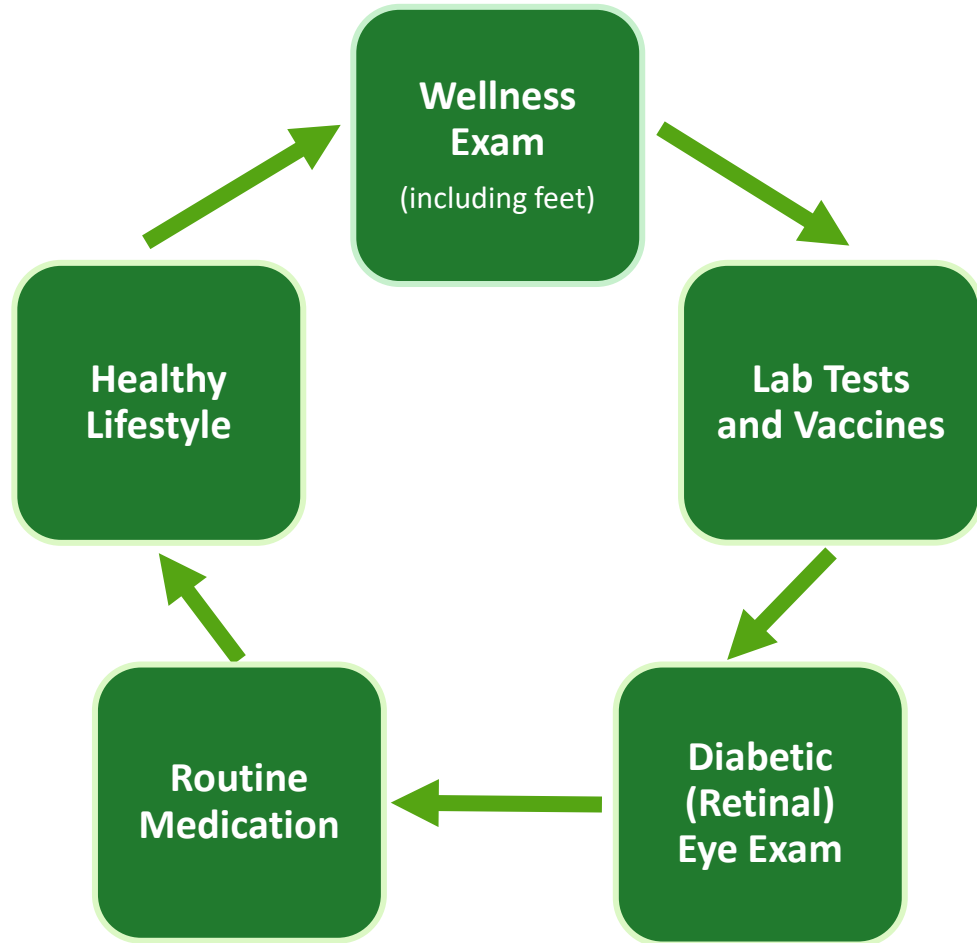
\* About **38 million people** have diabetes. That's about **one in every 10 people**.

- Diabetes is a chronic (long-lasting) health condition that affects how the body turns food into energy.
- If left unmanaged, diabetes can lead to serious complications, such as heart disease, vision loss, kidney disease and loss of toes, feet or legs.
- **Types of Diabetes\***:
  - Type 1: The body does not produce insulin.
  - Type 2: The body does not use insulin effectively.
  - Gestational: Develops during pregnancy.



\*Source: <https://www.cdc.gov/diabetes/about/>

# Healthy Body



- Without regular checkups with a health professional, diabetes can lead to health problems that can affect your whole body.
  - Complete a wellness exam yearly.
  - Complete routine lab tests such as HbA1C, cholesterol, urine screenings, etc.
  - Complete a diabetic (retinal) eye exam yearly.
    - > Includes the blood vessels in the back of your eye.
  - Maintain a healthy lifestyle:
    - > Have a balanced diet.
    - > Exercise.
    - > Quit smoking.
    - > Take medication as prescribed.
    - > Take care of your emotional well-being.

# Diabetes Wellness & Member Rewards

Annual Wellness Visit	Hemoglobin (HbA1c) Test	Dilated Eye Exam	Annual Flu Vaccine	Health Coaching	Stop Smoking	Additional Health Checks
<ul style="list-style-type: none"><li>• Routine visits with your doctor can ensure your diabetes is well managed. If a test reveals a problem, you can get early care to prevent it from getting worse.</li><li>• Earn \$20 in My Health Pays.</li></ul>	<ul style="list-style-type: none"><li>• Get your HbA1c test to check how well your diabetes is being controlled. This is a blood test that measures your body's average blood sugar over the last few months.</li><li>• Earn up to \$30 in My Health Pays for completing the HbA1c test twice a year.</li></ul>	<ul style="list-style-type: none"><li>• Get a dilated eye exam to check your retina for problems that can cause loss of vision. Call your in-network eye doctor to schedule a visit.</li><li>• Earn \$15 in My Health Pays.</li></ul>	<ul style="list-style-type: none"><li>• Getting a yearly flu vaccine helps protect yourself and those around you. The flu can make chronic health problems like diabetes worse.</li><li>• Earn \$10 in My Health Pays.</li></ul>	<ul style="list-style-type: none"><li>• FREE health coaching through our Healthy Solutions for Life member program. Staff provides telephonic outreach, education and support services.</li><li>• Learn how to manage your health condition and how to stay healthy.</li><li>• Earn up to \$90 in My Health Pays for completing the program.</li></ul>	<ul style="list-style-type: none"><li>• Earn \$30 in My Health Pays for completing a tobacco cessation program.</li><li>• Learn more on <a href="http://IowaTotalCare.com">IowaTotalCare.com</a> &gt; For Members &gt; Health &amp; Wellness Topics &gt; How to Stop Smoking</li></ul>	<ul style="list-style-type: none"><li>• Blood pressure: Have your blood pressure checked at every office visit, or at least once a year. You should aim for a blood pressure reading of less than 140/90 mm Hg.</li><li>• Kidney screening: Get a urine and blood test to check your kidney function and detect problems early.</li><li>• Foot exam: Have your feet examined at every visit.</li></ul>



Learn how to manage your health condition and stay healthy! Visit [IowaTotalCare.com/members/medicaid/health-wellness/diabetes.html](http://IowaTotalCare.com/members/medicaid/health-wellness/diabetes.html) or call 1-833-234-9026 to get started.