Members 18-75 years of age with diabetes (Type I & Type II) should have the following tests annually:

- **An HbA1c test**
  Earn $25 in an additional bonus*

- **An LDL-C test**
  Earn $25 in an additional bonus*

- **An Eye Screening for Diabetic Retinal Disease**
  Earn $25 in an additional bonus*
  (needs to be completed by an Optometrist or Ophthalmologist)

- **Microalbumin Testing**
  Earn $25 in an additional bonus*

- **Blood Pressure Testing**

Control levels for HbA1c and LDL-C are indicated with CPT Category II codes. Please refer to the following table for appropriate coding information to indicate control levels.

### Meridian Health Plan provides additional bonuses per member per calendar year for:

- **HbA1c Good Control Testing (<7%):** $100*
- **LDL-Control Testing (<100mg/dL):** $100*
- **If an assigned diabetic member receives a HbA1c screen, lipid profile, fundoscopic eye exam and microalbumin testing within the HEDIS® guidelines in 2013, you can earn an additional $200***

*Bonuses do not apply for services billed to Meridian Advantage Plan.

To refer a member to the Disease Management program, click the “Notify MHP” button in the online Provider Portal, choose Disease Management and select the reason for the referral. Complete the requestor information fields and indicate the reason for the referral.

Meridian covers diabetes education classes through an approved provider. Please contact Meridian for more information.


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**Medical records may be faxed to:**

- **312.705.2900**

**If you have any questions, call Meridian’s Quality Improvement department at:**

- **312.980.0444**

**Remember to visit Meridian’s online Provider Portal to enter relevant HEDIS® information:**

- **www.mhplan.com/il/mcs**
Controlling High Blood Pressure

According to the Centers for Disease Control and Prevention (CDC), about 33% of U.S. adults have high blood pressure. Almost 30% of American adults have prehypertension.

- High blood pressure is considered to be one of the most prevalent chronic diseases with readily available treatment
- Behavioral changes such as weight loss, increased exercise, limiting salt and drug therapy compliance all serve as ways to treat the disease
- A healthy blood pressure is classified as < 120/80
- About 1 in 5 U.S. adults with high blood pressure don’t know they have it
- Less than half of people with high blood pressure have their condition under control

**Codes to Identify Hypertension**

<table>
<thead>
<tr>
<th>Description</th>
<th>ICD-9-CM Diagnosis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hypertension</td>
<td>401</td>
</tr>
</tbody>
</table>

**Codes to Identify Outpatient Visits**

<table>
<thead>
<tr>
<th>Description</th>
<th>CPT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Outpatient Visits</td>
<td>99201-99205, 99211-99215, 99241-99245, 99384-99387, 99394-99397</td>
</tr>
</tbody>
</table>

For Meridian members, please indicate in the medical record:

- Evidence of diagnosis of hypertension, if any; and
- All recorded blood pressure measurements

**Blood Pressure Levels**

<table>
<thead>
<tr>
<th>Level</th>
<th>Systolic:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>less than 120 mmHg</td>
</tr>
<tr>
<td>At risk (prehypertension)</td>
<td>120–139 mmHg</td>
</tr>
<tr>
<td>High</td>
<td>140 mmHg or higher</td>
</tr>
<tr>
<td></td>
<td>diastolic:</td>
</tr>
<tr>
<td></td>
<td>less than 80 mmHg</td>
</tr>
<tr>
<td></td>
<td>80–89 mmHg</td>
</tr>
<tr>
<td></td>
<td>90 mmHg or higher</td>
</tr>
</tbody>
</table>

If you have any questions, call Meridian’s Quality Improvement department at: 312-705-2900.

Blood pressure screening results may be faxed to 312-980-0444.

Remember to visit Meridian’s online Provider Portal to enter relevant HEDIS® information: www.mhplan.com/il/mcs