North Carolina State Health Plan
FOR TEACHERS AND STATE EMPLOYEES
A Division of the Department of State Treasurer

STATE TREASURER OF NORTH CAROLINA
DALE R. FOLWELL, CPA

2018 Population Health Management Services

Board of Trustees Meeting

June 2, 2017

2018 Population Health Management Services

- The Plan is adopting a more focused approach to Population Health Management (PHM) services for 2018.
- **Disease Management** – Instead of casting a wide net of disease management services, the Plan will focus on the following:
  - Chronic Obstructive Pulmonary Disease (COPD)
  - Coronary Artery Disease (CAD)
  - Heart Failure
  - Peripheral Vascular Disease (PAD)
  - Cerebrovascular Disease (CVD)
  - Diabetes
  - Asthma
- **Case Management** – Telephonic case management for chronic kidney disease, end stage renal disease, transition of care with medication therapy management, and other poorly controlled health conditions

2018 Population Health Management Services

- The Plan will continue to offer online resources for members including:
  - **Health Assessment** – a health and lifestyle questionnaire that provides members with their health risk status
  - **Health Trackers** – a variety of wellness and condition trackers ranging from weight to cholesterol trackers
  - **Digital Health Coaching** – self-paced health and lifestyle modules on a variety of topics to help members live a healthier, happier life
  - **Health Library** – wellness webinars, healthy recipes, videos, interactive tools and audio files on a wide range of topics

2018 Population Health Management Communications

Communications: The Plan will also continue to send targeted communications to members about important health information such as age and gender specific preventive screenings.

2018 Population Health Management Initiatives

Partnerships: The Plan will also continue to partner with other entities to bring valuable services to our members at the local level. An example of a new partnership currently in the works is the Check. Change. *Control*.® Self-Monitoring Blood Pressure Control Program with the American Heart Association.

American Heart Association. life is why™

- **Purpose:** Identify members who are undiagnosed and at risk for developing hypertension, promote heart healthy behaviors, and help members with hypertension achieve target blood pressure results.
- **Goal:** Emphasize the importance of blood pressure control and to provide opportunities for action to Active members in their workplace.
- **Delivery:** Leverage existing workplace wellness interests to deliver hypertension messages, provide worksite wellness leader training, help worksites create a blood pressure monitoring station, provide members with an electronic-based blood pressure tracking tool, use tracking tool entries to intervene early with members, and measure program success.
- **Outcome**: Identify new members with prehypertension and hypertension and for members to achieve target blood pressure results.