

Congestive Heart Failure Self-Management for **Health Partners Medicare Patients**



Congestive heart failure (CHF) is one of the most common causes of ED visits and death. As a patient's trusted primary care provider (PCP) or cardiologist, you know that patient self-management, such as eating a healthy diet, getting regular physical activity, avoiding smoking, and maintaining a healthy weight and blood pressure, is crucial to staying healthy. PCPs and cardiologists are encouraged to prescribe home monitoring tools.



You can partner with Health Partners Plans (HPP) to offer eligible patients home monitoring solutions that can help your patients lead a healthier life. Patients in stage C or D heart failure are more symptomatic and may benefit most from self-management equipment.



Help with home monitoring:

Your patients may be eligible for free home monitoring equipment.

- **Medicare patients diagnosed with CHF** are eligible for a free scale to track their weight.
- **Medicare patients diagnosed with CHF and hypertension (HTN)** are eligible for a free scale and digital blood pressure cuff.

You must write a prescription that includes the patient's diagnosis, height and weight to order the equipment. Contact Continuum at **215-743-1100** to learn more.

Identify gaps in care for your most high-risk patients:

HPP can send you Patient Care Gap Reports. These reports indicate if services or medications recommended for patients have been performed or filled. Contact your Network Account Manager (NAM) to request a report.



Care coordination:

Care coordination provides support for patients who are experiencing complex health issues or multiple chronic conditions like CHF and HTN. You may contact the patient's care coordinator at **1-888-991-9023**.

Keep patients up to date on vaccines:

Encourage patients with CHF to get an annual flu shot and a one-time pneumococcal vaccine as indicated.*

The American College of Cardiology/American Heart Association classifies heart failure in four stages:

Stage A: Patients at risk for heart failure who have not yet developed structural heart changes (e.g., individuals with diabetes, coronary disease without prior infarct)

Stage B: Patients with structural heart disease (e.g., reduced ejection fraction, left ventricular hypertrophy, chamber enlargement) who have not yet developed symptoms of heart failure

Stage C: Patients who have developed clinical heart failure

Stage D: Patients with refractory heart failure requiring advanced intervention (e.g., biventricular pacemakers, left ventricular assist device, transplantation)



For more information, contact your NAM or the Provider Services Helpline at **1-888-991-9023**.

*Pneumococcal Vaccine Timing for Adults,
<https://www.cdc.gov/vaccines/vpd/pneumo/downloads/pneumo-vaccine-timing.pdf>

