

## Reduce the Number of Heart Attacks and Strokes

### Help prevent these events with a cardio-protective medication bundle for patients with diabetes over age 55

A standard medication routine may help your at-risk patients live their best lives without fear of a heart attack or stroke.

The following cardio-protective medication bundle can prevent cardiovascular events.

- Angiotensin-converting enzyme (ACE)-inhibitors
- Statins
- Aspirin

Unless contraindicated, prescribe this bundle to patients who fit all of these requirements:

- Have suffered a heart attack or stroke.
- Are at high risk for a heart attack and/or stroke.
- Have diabetes and are age 55 or over (and thereby more than twice as likely to have a cardiovascular event).

Aspirin may be used in the bundle according to the individual's risk factors at the physician's discretion if no contraindication.

### Success of SHAPE project

The Stroke and Heart Attack Prevention Every Day (SHAPE) project incorporates the cardio-protective medication bundle into the bigger goal of improving your patients' health and wellness. This is done through:

- The use of health care coaches, such as diabetes educators, nutritionists, dieticians, etc.
- With follow-up visits to members by telephone.
- A dedicated pharmacy program where pharmacists and technicians try to close any medication related gaps through telephonic outreach.
- Providing lists of your patients potentially eligible for the cardio-protective bundle based on their cardiac event history and pharmacy utilization.

THIS UPDATE APPLIES TO  
MEDI-CAL PROVIDERS:

- Physicians
- Participating Physician Groups
- Hospitals
- Ancillary Providers

### PROVIDER SERVICES

1-888-893-1569

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Aligning with the SHAPE Project by including the cardio-protective medication bundle when applicable can also help improve your related Healthcare Effectiveness Data and Information Set (HEDIS®) measure scores.

See the difference SHAPE has made so far.

SHAPE findings in March 2018	SHAPE success to date
<ul style="list-style-type: none"><li>• 67% of members with diabetes were not getting the cardio-protective medication bundle.</li><li>• Over two-thirds of all diabetes-related coronary events fell under the class of stroke and/or coronary artery disease</li></ul>	<ul style="list-style-type: none"><li>• The medication adherence rate to the cardio-protective bundle has increased by 43% for those members with diabetes that were not receiving the suggested cardio-protective medication bundle at the start of the SHAPE program.</li><li>• Increased attention to the cardio-protective medication bundle.</li><li>• Increased patient engagement.</li><li>• Decreased emergency room use rates around cardiovascular events.</li><li>• Decreased per member per month (PMPM) costs through savings.</li></ul>

### What's next?

We are currently evaluating how we can better connect with members through new technology.

We also want to find other ways to bring new information to providers. This may include events, such as dinner conferences and webinars that offer continuing medical education (CME) credit.

### Right Care Initiative supports medication routines

We participate in the Right Care Initiative administered by the University of California Berkeley School of Public Health. This program focuses on cardiovascular disease and diabetes with a focus on heart attack and stroke prevention. Our goal is to:

- Decrease and prevent cardiovascular events in this targeted high-risk population.
- Educate at-risk members with coronary artery disease and diabetes over age 55 about their medication routine and wellness.
- Achieve cost savings PMPM in the target population with this cardio-protective medication bundle intervention.

### Additional information

We share the goals of decreasing the devastating effects of heart attacks and stroke in your practice population, and look forward to improving the health of members.

For questions about SHAPE, contact Warren Luu, Project Manager, at [Warren.m.lulu@healthnet.com](mailto:Warren.m.lulu@healthnet.com) or Dr. Jean Shahdadpuri, VP Medical Affairs, at [Jean.X.Shahdadpuri@healthnet.com](mailto:Jean.X.Shahdadpuri@healthnet.com). For more information about the Right Care Initiative Cardio-Protective Medication Bundle Protocol, visit the Right Care Initiative website at <https://rightcare.berkeley.edu>.

For all other questions, contact CalViva Health at 1-888-893-1569.