

Chronic Condition Case Study: Member Engagement and Hypertension Management

Executive Summary

Remote patient monitoring (RPM) benefits can help women beneficiaries manage long term conditions such as hypertension. Modivcare conducted a hypertension analysis of approximately 1,000 members enrolled in a Woman’s Health Medicaid Plan. The study focused on members who had a hypertension diagnosis, a prescription for hypertension, and a recent visit to the emergency department. At the time of enrollment in our RPM services, over half of the members studied were above HEDIS control. Over a six-month period, members saw an average blood pressure reduction of 6mmHg in systolic pressure and 4mmHg in diastolic blood pressure. A 5mmHg drop in systolic blood pressure can reduce the risk of a major cardiovascular event by 10%. The results were even more significant when looking specifically at the population with initially uncontrolled blood pressure. These members saw an average reduction of 19 mmHg systolic and 13 mmHg diastolic pressure. Additionally, 48% of initially uncontrolled patients that were active for at least two months in our monitoring services were brought under HEDIS control within 6 months.

Population analyzed over a 6-month period

Member population analyzed had a hypertension diagnosis, recent emergency department visit, and a prescription for hypertension medication

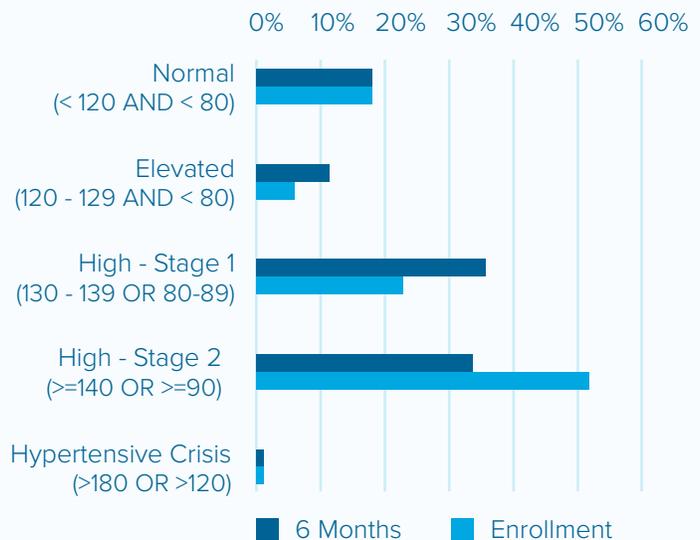
979

members with blood pressure readings analyzed

52%

of members are above HEDIS control at enrollment

American Heart Association Categories - Enrollment and 6 Months



Blood Pressure Trends

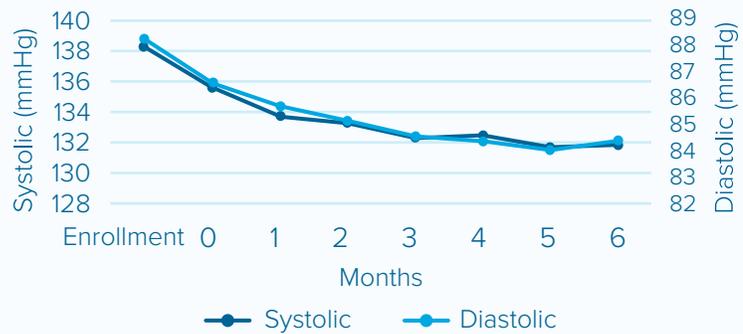
N = 328 members

Average reduction in blood pressure:

6 mmHg
Systolic

4 mmHg
Diastolic

Average Blood Pressure (N=328)



*5 mmHg drop in systolic blood pressure reduces risk of major cardiovascular event by 10%¹

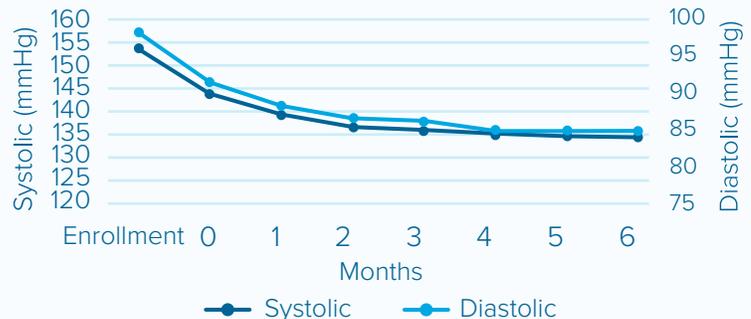
N = 174 members

Average reduction in blood pressure:

19 mmHg
Systolic

13 mmHg
Diastolic

Blood Pressure Trends - Initially Uncontrolled (N=174)



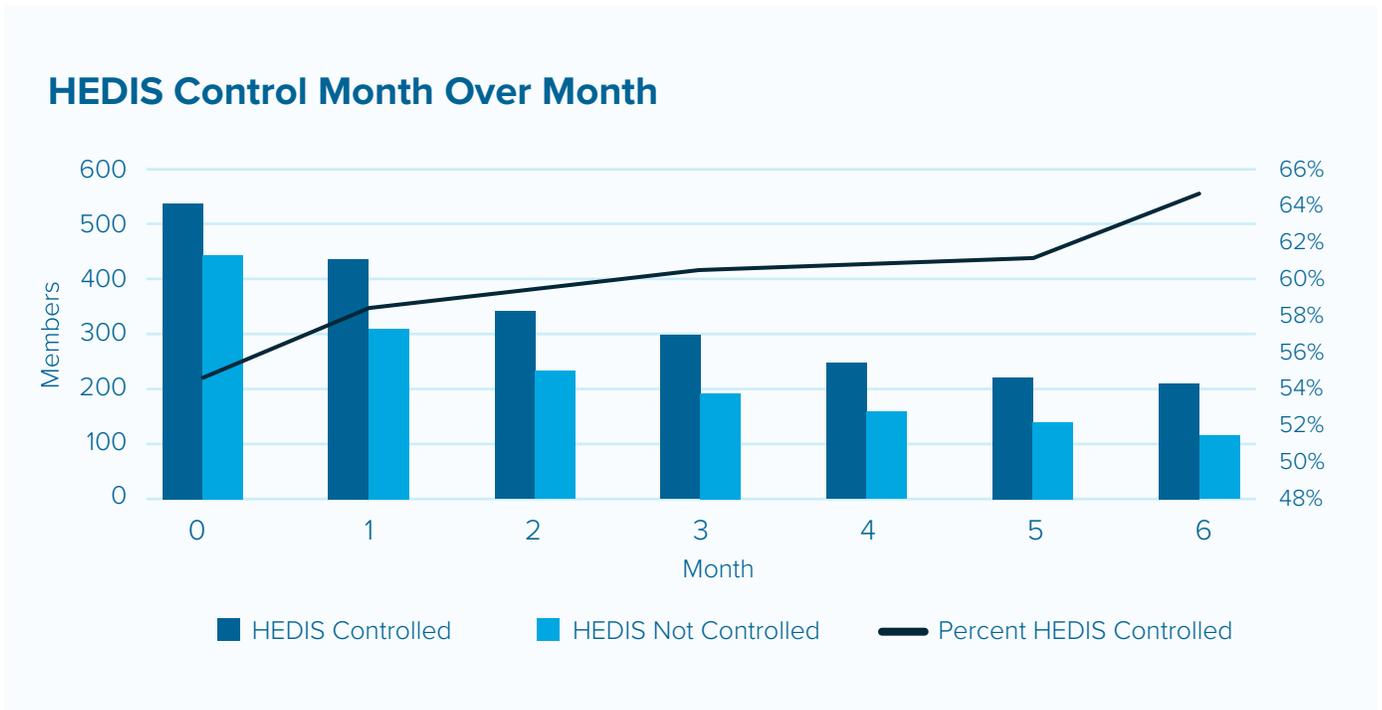
48% of initially uncontrolled patients active for at least 2 months are brought under HEDIS control within 6 months.

¹ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8102467/>

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HEDIS Control By Length of Program Activity



We Found:

48% of initially uncontrolled patients active for at least 2 months are brought under HEDIS control within 6 months

