



# ROCKY MOUNTAIN HEALTH PLANS®

Good health. That's the plan.

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## ***NEWS RELEASE***

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### **Rocky Mountain Health Plans Improves Diabetes Outcomes in Mesa County**

*Innovative pilot program wins 2006 AHIP  
Foundation Innovation and Excellence Award for Chronic Care*

(Grand Junction, Colo.) – An innovative pilot program from Rocky Mountain Health Plans (RMHP) is improving outcomes for diabetes patients in Mesa County.

In recognition of its success, RMHP received the 2006 America's Health Insurance Plans (AHIP) Foundation Innovation and Excellence Award: Chronic Care for its *Improving Diabetes Outcomes in Mesa County* initiative. The award was presented to RMHP Chief Medical Officer David Herr, M.D., last night in Washington, D.C.

The RMHP initiative, selected from a large number of proposals submitted, is a cooperative effort between Rocky Mountain Health Plans and primary care physicians to develop a unique approach to managing patients with diabetes in Mesa County. After two years, it has resulted in significant improvement in the measurable health outcomes of nearly 2,000 RMHP Members with diabetes.

For example:

- A five percent increase in the number of members with Hemoglobin A1c of less than 7 percent. This is a three month measurement of blood sugar control
- A 13 percent improvement in the number of diabetic enrollees with LDL of less than 100. This is a measurement of bad cholesterol
- A nine percent increase in the number of enrollees with a blood pressure of less than 130/80
- A 26 percent increase in the number of enrollees taking daily aspirin.

(more)

## Rocky Mountain Health Plans Improves Diabetes Outcomes 2-2-2

“We are extremely proud to receive this national award,” said John Hopkins, president and CEO of RMHP. “We are even more proud to make a real difference in the lives of patients with diabetes. We plan to expand this model to communities throughout Colorado.”

Participating primary care physicians received training and support to re-design his or her practice. They also received financial incentives based on clinical measurements chosen by a physician committee.

The program emphasizes patient self-management, patient registries, planned visits and effective utilization of community resources. After two years, patients were more likely to know their treatment goals, and patients and providers recorded high levels of satisfaction.

“Diabetes impacts millions of Americans, including a significant percentage of our members,” said David Herr, M.D., chief medical officer for RMHP. “We are confident that our chronic care model can reduce health care costs and improve outcomes not just for diabetes patients in Mesa County, but for millions of patients with other chronic conditions across Colorado and nationally.”

### **About Rocky Mountain Health Plans**

Rocky Mountain Health Plans (RMHP) provides medical benefit plans and services more than 194,000 enrollees. The organization was founded in 1974 and offers a wide range of medical benefit options, including PPO, HMO, shared-funding, and partially self-funded medical plans. It also provides health plans for Medicare and Medicaid-eligible persons and children who receive care under Colorado’s Child Health Plan Plus program.

In the 2005 *Health Matters Quality Report* by the Colorado Business Group on Health, RMHP received one of the highest ratings in overall health care. It also received top approval ratings in helpful customer service, speedy approval times, and trouble-free access to specialty care.

For more information, contact Rocky Mountain Health Plans at 800-843-0719 or visit [www.rmhp.org](http://www.rmhp.org).

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