



# KAISER PERMANENTE COLORADO HIGH BLOOD PRESSURE AND CHOLESTEROL MANAGEMENT PROGRAM

*Million Hearts™—Success in Blood Pressure Control and Cholesterol Management*

## FAST FACTS

**Location:** Denver, Colorado

**Innovations:** Establishing patient registries, promoting education and at-home monitoring, and offering incentives for successfully managing high blood pressure and cholesterol.

**Improvement:** It was estimated that this program prevented more than 135 deaths and 260 costly emergency interventions each year.

## DEMONSTRATED RESULTS

Compared with Colorado residents not enrolled in the program, researchers found that the risk of dying of a cardiac-related cause fell 88% among those who enrolled within 90 days of a heart attack. It has been estimated that more than 135 deaths and 260 emergency interventions were prevented annually. In addition, through the program, the number of patients screened for cholesterol rose from 55% to 97%, and the number of patients who met target cholesterol readings increased from 26% to 73%.

## INNOVATIVE APPROACH

The Kaiser Permanente Colorado High Blood Pressure and Cholesterol Management Program established patient registries and outreach lists to manage the care of all patients with high blood pressure and cholesterol in the company's health insurance system. The target audience for this program was members in the Denver metropolitan area who were 18 and older; most were middle-income. An integrated care model was implemented with the promotion of home blood pressure monitoring, blood pressure group visits, and patient education. Health care provider education was given on the correct blood pressure measurement technique and medication algorithm. Rewards were offered in recognition for high-performing medical offices, individual providers, and staff.