



HEALTHPARTNERS MINNESOTA

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

FAST FACTS

Location: Minneapolis, Minnesota

Innovations: Education, counseling, and periodic consultation with nurses as means to target high blood pressure and cholesterol control.

Improvement: Participants receiving optimal care increased by 50%, fewer participants went to the hospital, and the program saved money.

DEMONSTRATED RESULTS

Between 2003 and 2007, the percentage of HealthPartners members receiving optimal cardiovascular disease care increased by 50% (from 30% to 45%). Participants in the HealthPartners program experienced 31% fewer emergency department visits and 17% fewer hospital admissions than did non-participants. In addition, HealthPartners' cardiovascular disease management program calculated \$5 million in savings during 2009.

INNOVATIVE APPROACH

In Minnesota, only about one-third of patients with cardiovascular conditions receive optimal care resulting in an improved risk profile for the ABCS. Specifically, this low-risk profile consists of a LDL cholesterol level lower than 100 mg/dL, blood pressure lower than 140/90 mm Hg, daily aspirin use, and documented tobacco-free status.

Partners for Better Health of HealthPartners of Minnesota implemented a disease management approach involving the chronic care model and targeting high blood pressure and high cholesterol control but with a larger focus on comprehensive care. HealthPartners established such measurable goals as reducing heart attacks and controlling risk factors for members, and it created a registry of at-risk patients for diabetes or heart disease. Educational materials were provided to patients with mild conditions, and patients with more severe conditions received educational materials, access to telephonic nursing assessments, and counseling. Doctors received decision-making support and access to medical education courses.