



# 5 Ways to Help Improve Patient Outcomes



Here are some key areas you can focus on to have a positive impact on your patients' overall health, well-being and experience in your care.

## 1. Help patients control high blood pressure to <140/90.

Only 54% of Americans with high blood pressure have it under control, according to the Centers for Disease Control and Prevention, so we need to be more aggressive with prevention measures.

## 2. Diagnose diabetes.

As people age, they have a higher risk of diabetes. More than 7.3 million adults age 18 and up have diabetes and are undiagnosed, according to NIDDK.

## 3. Applaud adherence.

According to the FDA, 50% of patients do not take their medication as prescribed, which can lead to disease progression, hospitalizations, increased costs and even death. Help improve your patients' adherence – and health – by considering obstacles like cost, side effects, pharmacy access and lack of reminders.

## 4. Keep patients' past medical history and active problem list up to date.

Code to the highest level of specificity for all persisting chronic conditions. Support your documentation with MEAT: Monitor, Evaluate, Assess, Treat. For more helpful coding and documentation tips, visit your provider portal.

## 5. Encourage patients to make the most of their healthcare coverage.

We offer free care coordination, disease management programs and many other perks. Please remind patients to take advantage of these valuable services by calling the number on the back of their health plan member ID card.

These steps can improve the quality of care you provide your patients. Our teams are here to help! Please encourage your patients to enroll in our care coordination or health coaching programs to better support them with their chronic conditions. You can refer a patient by contacting us [here](#).

Our goal is to have the top network of providers and to achieve the top decile of patient satisfaction and quality in the nation. You and your staff are the ones who make this possible. Thank you!

