



## Spring 2022

---

### US Family Health Plan Heart to Heart Provider Update

#### Improving Our HEDIS Measure for Controlling High Blood Pressure in Diabetic Members

US Family Health Plan recently conducted a study for the Defense Health Agency of the treatment of high blood pressure for members with diabetes. We appreciate the cooperation of providers who participated.

We found that some members with blood-pressure control issues weren't included in the HEDIS calculation. We also found that many members who had a history of elevated blood pressure and diabetes did not have documentation of a blood-pressure reading during an office visit or were not told about steps to take to improve blood-pressure control. We will notify practices that had documentation issues and expect improvement in the HEDIS measure in the future.

#### Treating Anxiety and Depression in Adolescents

The Defense Health Agency encourages outreach to providers who treat adolescents to encourage screening for anxiety and depression. During the public health emergency, the incidence of anxiety and depression in adolescents has increased dramatically.

US Family Health Plan does not require referrals for mental health counseling. We use the Tufts Health Plan network of mental health providers. To locate a mental health provider, members can call 800.206.9565 or go to

[https://web.healthsparq.com/healthsparq/public/#/one/insurerCode=TUFTS\\_I&brandCode=THPUSFHP&productCode=USFHP](https://web.healthsparq.com/healthsparq/public/#/one/insurerCode=TUFTS_I&brandCode=THPUSFHP&productCode=USFHP)

#### Continuous Glucose Monitors Available Through Our Pharmacy Benefit

Continuous glucose monitors, such as Freestyle Libre, are available through the US Family Health Plan pharmacy benefit at the Brighton Marine pharmacy. In the past they were available through the durable medical benefit. Prior authorization is required and members must meet Medical Necessity criteria. Go to [www.usfamilyhealth.org/for-providers/pharmacy-information/medication-authorization/](http://www.usfamilyhealth.org/for-providers/pharmacy-information/medication-authorization/) for Medical Necessity forms.

---

#### Tom Leonard

Provider Relations Representative

[Email](#)

617.992.1882 (cell)

*Greater Boston, North Shore, central  
and western Massachusetts*

[See our full hospital list](#)

