

## **Summary of Asthma Programs Provided by Minnesota Health Plans** Minnesota Council of Health Plans, 2004\*

Health Plans support a number of asthma-related projects, activities and programs including asthma camps, action plans, disease management, research studies, courses for the public and providers. Plans also participate in collaborative activities, provide Health Plan Employer Data and Information Set (HEDIS) data on quality measures, have information on their websites about asthma, and provide specific information on formularies. The purpose of this document is to provide simplified information on programs Health Plans offer children with asthma. Plans were asked individually to provide this information. Information for children covered on commercial products (fully insured, self-insured) and government programs, which are under contract with Minnesota Department of Human Services (MinnesotaCare, PMAP, GAMC). Individual contract benefits may vary. Highlights follow:

**Actions Plans:** A document that outlines the treatment approach for an individual asthma patient that is developed in consultation with the health care provider, family members and caregiver. Most Plans support action plans.

- ◆ Medica provides a financial incentive to providers who submit action plans.
- ◆ An interactive action plan is available on the Minnesota Department of Health website ([www.health.state.mn.us](http://www.health.state.mn.us)).

### **Asthma Camps:**

- ◆ For general information, call American Lung Association of Minnesota (651) 227-8014.
- ◆ Attendance is covered by some Health Plans.
  - ∅ *Camp SuperTots:* One-day camp open to children ages 4-7 and their adult family members. To enroll contact the American Lung Association 651-227-8014; 1-800-642-LUNG. Cost: \$50.
    - Metropolitan Health Plan: A limited # of scholarships are available. To apply, note that child is an MHP member on camp registration form.
    - UCare Minnesota: UCare Minnesota sponsors current members with full financial assistance. Write child's UCare ID number on the registration form.
  - ∅ *Camp SuperKids:* One-week camp open to children ages 8-13, who have season, moderate or severe asthma. To enroll contact the American Lung Association 651-227-8014; 1-800-642-LUNG. Cost: \$365.
    - Metropolitan Health Plan: A limited # of scholarships are available. To apply, note that child is an MHP member on camp registration form.
    - UCare Minnesota: UCare Minnesota sponsors current members with full financial assistance. Write child's UCare ID number on the registration form.
    - Medica: Choice Care and Minnesota Care provide full financial assistance.

**Collaborative Activities:** Plans send representatives to asthma-related collaboratives including:

- ◆ Controlling Asthma in American Cities Project
- ◆ Healthy Learners Board, a school-based asthma project
- ◆ Minnesota Department of Health Strategic Plan for Addressing Asthma in Minnesota (April 2003)

**Disease Management:** These are programs aimed at educating, supporting and reinforcing health practices for people with specific diseases.

- ◆ Asthma disease management is provided by most Plans, although the elements of a disease management plan vary across Plans.
- ◆ Of Plans that offer disease management, enrollment is based on physician referral or Health Plan invitation.
  - ∅ Blue Cross Blue Shield/Blue Plus of Minnesota and First Plan of Minnesota
    - BluePrint for Health® – a family of programs available to Blue Cross members to inform, educate, encourage and support better health of members and all Minnesotans.  
(<http://blueprint.bluecrossmn.com>)
  - ∅ HealthPartners

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- The CareSpan asthma program provides services for adults and children with asthma, including: telephonic assessment, educational materials for member, self-management kits for patients with moderate and severe disease, ActionPath program including in-home assessments for patients with more severe disease.
- ∅ **Medica**
  - Clinical & Service Quality Review (C&SQR) program measures and evaluates medical records for strengths and opportunities in asthma patient care (July 2001).
  - CorChoices®, asthma disease management program for children; including on-line information ([www.medica.com/member](http://www.medica.com/member) resources/disease management), phone-based health library (Voice Connections<sup>SM</sup>), 24-hour nurse line (Nurse Connection<sup>SM</sup>) & quarterly wellness newsletter (*CorNews*). Free to Medica members.
- ∅ **UCare Minnesota**
  - Asthma Action Program<sup>SM</sup>, asthma disease management program. Program includes telephonic case management, 24 hour nurse line (LungLine<sup>SM</sup> 1-800-286-0402 #2), resources for physicians and educational materials for members.

**Health Plan Employer Data and Information Set (HEDIS):** HEDIS is a tool created by the National Committee for Quality Assurance (NCQA) that reports quality care services data on health plans. To learn more about HEDIS data, visit the MN Dept. of Health website at [www.health.state.mn.us/divs/hpsc/mcs/hedishome.htm](http://www.health.state.mn.us/divs/hpsc/mcs/hedishome.htm) or the NCQA website at [www.ncqa.org](http://www.ncqa.org).

**Pharmacy:** Formulary coverage and other information can be found on individual health Plans' websites and the Minnesota Council of Health Plans website.

- ∅ **Blue Cross Blue Shield/Blue Plus of Minnesota:** [www.bluecrossmn.com/public/providers/formulary.html](http://www.bluecrossmn.com/public/providers/formulary.html)
- ∅ **HealthPartners:** [www.healthpartners.com/Menu/0,1598,14482,00.html](http://www.healthpartners.com/Menu/0,1598,14482,00.html)
- ∅ **Medica:** [www.medica.com/medica/default.aspx?section=member&page=drug\\_formulary](http://www.medica.com/medica/default.aspx?section=member&page=drug_formulary)
- ∅ **Metropolitan Health Plan:**  
[www.hennepin.us/vgn/portal/internet/hcdetailmaster/0,2300,1273\\_100333242\\_100040802,00.html](http://www.hennepin.us/vgn/portal/internet/hcdetailmaster/0,2300,1273_100333242_100040802,00.html)
- ∅ **Minnesota Council of Health Plans:** [www.mnhealthplans.org](http://www.mnhealthplans.org)
- ∅ **PreferredOne:** [www.preferredone.com](http://www.preferredone.com)
- ∅ **UCare Minnesota:**  
[www.advancerx.com/advpcsr\\_x\\_pmwroot/pmwroot/Formulary/00634/IndexForm.jsp?com=ucare&reset=yes](http://www.advancerx.com/advpcsr_x_pmwroot/pmwroot/Formulary/00634/IndexForm.jsp?com=ucare&reset=yes)

Health Plan	Website	Action Plans	Disease Management	Asthma Camp
Blue Cross Blue Shield/Blue Plus of MN & First Plan of Minnesota	<a href="http://www.bluecrossmn.com">www.bluecrossmn.com</a> <a href="http://www.firstplan.org">www.firstplan.org</a>	Yes	Yes <a href="http://www.blueprint.bluecrossmn.com">www.blueprint.bluecrossmn.com</a>	No
HealthPartners	<a href="http://www.healthpartners.com">www.healthpartners.com</a>	Yes	Yes	No
Medica	<a href="http://www.medica.com">www.medica.com</a>	Yes	Yes <a href="http://www.search.medica.com">www.search.medica.com</a>	Yes
Metropolitan Health Plan (MHP)	<a href="http://www.mhp4life.org">www.mhp4life.org</a>	Yes	Implementing	Yes
PreferredOne	<a href="http://www.preferredone.com">www.preferredone.com</a>	No	No	No
UCare Minnesota	<a href="http://www.ucare.org">www.ucare.org</a>	Yes	Yes	Yes

**Notes:**  
 \* Minnesota Council of Health Plans: Blue Cross Blue Shield/Blue Plus of Minnesota, First Plan of Minnesota, HealthPartners, Medica, Metropolitan Health Plan, PreferredOne, UCare Minnesota.  
 ♦ Information in this document was gathered in March 2004 and is subject to change.  
 ♦ This document was prepared by the Minnesota Council of Health Plans, as part of a CDC cooperative agreement, "Controlling Asthma in American Cities," administered by the American Lung Association of Minnesota. For more information, contact Janny Brust [brust@mnhealthplans.org](mailto:brust@mnhealthplans.org).