



Highlights of 2002 AHIP Annual Survey of Health Plans

Disease Management and Chronic Care

The number of Americans living with a chronic disease or illness is growing at an unprecedented rate. Disease management programs may play an important role in the delivery of cost-effective, quality health care for people with chronic diseases. In response, health plans have implemented a variety of disease management programs to supplement the ongoing care patients with chronic illness receive from their providers.

Compared to the previous year's AHIP Survey of Health Plans, more plans are offering disease management programs.

Diabetes:

99% in 2002, up from 97%.

Congestive Heart Failure:

93% in 2002, up from 83%.

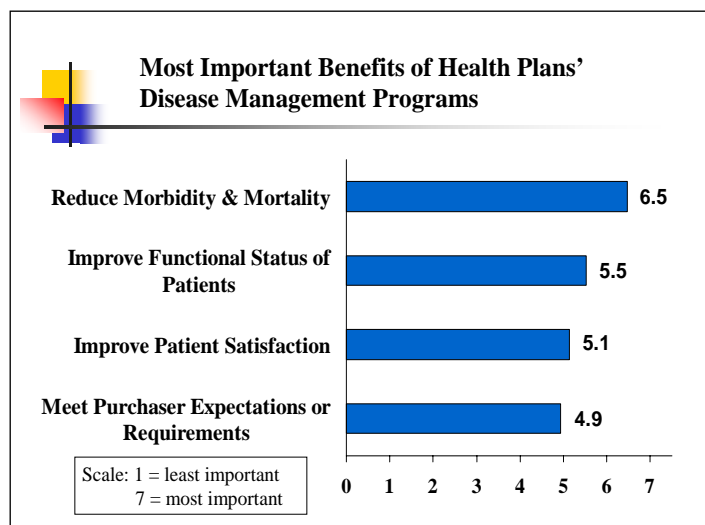
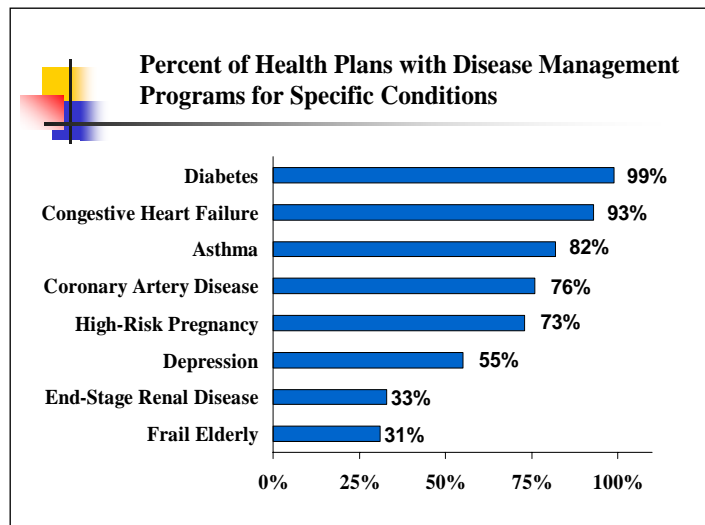
Coronary Artery Disease:

76% in 2002, up from 70%.

High-Risk Pregnancy:

73% in 2002, up from 69%.

The 2002 AHIP Survey of Health Plans, which focused on activities in HMO and POS plans, included many broad-based questions about disease management activities, but with special attention to the management of coronary artery disease, end-stage renal disease, depression, and high-risk pregnancy.



Focus on Four Disease Management Programs

Coronary Artery Disease

76% of health plans report having a disease management or chronic care program for coronary artery disease. 74% of patients with coronary artery disease are identified through physician referral. More than half of patients are identified through self-referral or a care manager.

The top two methods for identifying the risk level for intervention are pharmacy utilization and claims history. Over half of patients recently discharged from the hospital or at high risk for complications are assigned care managers.

High-Risk Pregnancy

73% of health plans have a disease management program for high-risk pregnancy. Patients are most commonly identified as being high risk through physician referral, self-referral, or care manager referral.

More than half of patients with high-risk pregnancies are evaluated for intervention by physician assessment. Almost half of patients at high risk for complications are assigned a care manager.

Depression

55% of health plans have a disease management or chronic care program for depression. Patients with depression are identified mainly through physician referral, self-referral, and care manager referral.

Physician assessment is the most common tool used to assess risk level for intervention. Almost 40% of patients recently discharged from the hospital or at high risk for complications are assigned a care manager.

End-Stage Renal Disease

63% of health plans currently offer or plan to offer within the next 12 months a disease management program for end-stage renal disease (ESRD). The top three ways patients are identified for an ESRD programs are through physician referral, claims data, or a care manager.

Physician assessment is the most common way plans assess risk level for intervention for ESRD. 26% of all patients with ESRD are assigned a care manager.

AHIP Annual Survey of Health Plans

For more than a decade, AHIP has conducted an annual survey of health plans, usually focusing on HMOs and POS plans. As in past years, the 2002 AHIP Survey provides a wealth of information regarding health plan activities in the commercial, Medicaid, and Medicare markets. In 2002, a sample was drawn to participate in the survey, with 58% of the health plans completing the survey instrument. The survey respondents represent a profile of health plans in the United States and provide information on 50 million individuals – approximately 64% of total U.S. enrollment in HMOs and POS plans.

The complete “Chart Book of Findings” from the 2002 Survey is available on the AHIP website.



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