

Adult Preventive Health

- ✓ **All patients** should receive a physical at least once a year
- ✓ **Cervical cancer screenings** every three years for women under 30 or every 5 years with HPV check for women over 30
- ✓ **Breast cancer screenings** every 2 years for all women over 50
- ✓ **SSI Adult**—all members in the SSI program need to be seen at least once a year

Heart Health

- ✓ **Statins:** members with cardiovascular disease should receive at least one high-intensity or moderate-intensity statin medication throughout the year and remain on the medication 80% of the treatment period
- ✓ **BP:** members with hypertension should strive to keep blood pressure below 140/90

Diabetics

- ✓ **Eye Exam:** receive a dilated eye exam at least once every two years if they negative for retinopathy
- ✓ **BP:** Blood pressure has to be < 140/90
- ✓ **HbA1c:** HbA1c levels monitored every 3 months should be <7
- ✓ **Statins:** 40-75 years of age should receive at least one statin medication of any intensity and remain on the medication 80% of the treatment period.

Pregnant Women

- ✓ Need **1 prenatal visit** during the **first trimester**
- ✓ Need **1 flu shot** between **July 1st** of the previous year and their **delivery date**
- ✓ Need **1 Tdap** during their pregnancy
- ✓ Need **1 post-partum visit** on or between **7 and 84 days** after delivery

Asthmatics

- ✓ Need to fill their asthma controller medication more often than their albuterol/levalbuterol inhaler

Opioids

- ✓ Confirm with your patient that they are going to one prescriber and one pharmacy for their opioids
- ✓ Do not go over the average morphine milligram equivalent dose (MME) ≥ 90
- ✓ Ensure that your patient days' supply run out before prescribing more opioids
- ✓ For first time opioid prescriptions, always give a 7-day supply. If more is needed do not exceed a 14-day supply

Antibiotics

- ✓ Patients diagnosed with bronchitis, bronchiolitis or an upper respiratory infection should NOT be prescribed antibiotics unless there is an additional diagnosis
- ✓ Patients diagnosed with pharyngitis should NOT be prescribed antibiotics UNLESS they receive a strep test and/or there is an additional diagnosis