

Controlling Blood Pressure services/programs for SecureBlue MSHO Members (Care Coordinator Reference Document)

Effective 7/1/2024, certain SecureBlue MSHO members have access to the following controlling blood pressure programs:

1. QMedic Blood Pressure Monitoring Service and
2. Omada Hypertension Management Program

Overview:

QMedic Blood Pressure Monitoring Service: Member receives a digital blood pressure device designed to inform the member/caregiver of the member's blood pressure over time. Eligible members are SecureBlue MSHO members who do not live in a nursing facility and have a cardiovascular disorders (including HTN), chronic heart failure, ESRD or stroke.

Omada Hypertension Management Program: Member receives a digital blood pressure device and a SMART scale (excludes members within normal BMI). The program includes education to the member on lifestyle changes, blood pressure self-monitoring, medication management, and routine health maintenance visits. The program also includes support from a Health Coach, a Hypertension Specialist and peer groups.

Who is eligible for services?

QMedic: MSHO members who do not live in a nursing facility and have a cardiovascular disorders (including HTN), chronic heart failure, ESRD or stroke

- **Omada:** Any MSHO member may apply to see if they meet eligibility criteria. The member completes a 5-10 minute online application to determine if they meet clinical inclusion criteria and whether they have any clinical exclusion criteria (i.e. medical conditions that would preclude participation).

How will members know about the program?

QMedic: Members receive information about the service in their member materials (Handbook, Summary of Benefits, etc) and from their care coordinator. The care coordinator must submit a referral for services.

Omada: BCBS will provide member eligibility files to Omada. Omada will outreach to members through messaging indicating the opportunity to apply to enroll in the program. Outreach may include direct mailing or emails, to eligible members.

How will members enroll in the program? Enrollment in the programs is elective and the choice of each member.

QMedic: Care coordinators submit a referral directly to QMedic

Omada: Members will be contacted by Omada offering the opportunity to apply for enrollment, and if interested/eligible, the member will enroll directly with Omada.

Can members enroll in both programs? The member may receive information about both programs and may enroll in both programs, however, because there is overlap in the programs, the member does not need to enroll in both programs. See the Program Comparison Chart below.

What is the difference between the programs? The primary difference between the QMedic and Omada programs is the member education component offered by Omada. QMedic is a tool for the member to monitor and keep track of their blood pressure. Omada includes digital education and chat-based coaching to make lifestyle changes to impact the member’s blood pressure. See the Program Comparison Chart below. The QMedic device is a standalone device that does not require any WiFi, Bluetooth or smart phone/tablet/computer. Omada requires a smart phone/tablet or computer to access the program.

Who should members contact if they have questions about the program(s)?

QMedic: Blue Cross Member Services or their care coordinator

Omada: Blue Cross Member Services or their care coordinator or contact Omada directly

- Phone Number: 888-409-8687
- Email Address: support@omadahealth.com
- Omada Website: www.omadahealth.com/blueplus

Program Comparison Chart

Feature	QMedic Program	Omada Hypertension Management Program
Program Focus	Informing the member of their blood pressure readings	Comprehensive care including lifestyle changes, blood pressure self-monitoring, medication management, and routine health maintenance visits via electronic visits
Eligibility	MSHO members living in the community (not a nursing facility) with cardiovascular disorders, chronic heart failure, ESRD or stroke	Participants diagnosed with Hypertension and who do not live in a nursing facility
Tools Provided	Standard upper arm cuff system, Dashboard data monitoring, text messages, email or mail reports	Health Coach and Hypertension Specialist support, Digital tools, Blood Pressure Cuff, SMART scale (for members outside normal BMI range)

Feature	QMedic Program	Omada Hypertension Management Program
Accessibility	<p>No need for Bluetooth, WiFi or smartphone/computer/tablet</p> <p>Device transmits data to QMedic through embedded cellular connection</p>	<p>Digital platform accessible via computer website and/or mobile app</p> <p>Member must have an email address</p>
Support	<p>Easy to reach, knowledgeable support team</p>	<p>A personal Health Coach and Hypertension Specialist, and a condition-specific peer support group</p>
Program Availability	<p>Available as a supplemental benefit to qualifying MSHO members</p>	<p>Available as a benefit to all PMAP, MnCare and MSHO members. Member must meet eligibility criteria.</p>
Additional Features	<p>QMedic supports the member through telephonic outreach to ensure compliance and provide technical support for using the blood pressure monitor</p>	<p>Engaging on-demand lessons with relevant content, support for, blood pressure, weight management and stress.</p>