

The Michigan Collaborative for Type 2 Diabetes 2023 YEAR IN REVIEW



Together we are building
something special.

As MCT2D's Directors, we express our gratitude to the 1000+ members who partnered with us this year. This collaborative is building something special. At the end of Year 2, our data is beginning to reveal the power of working together to accelerate the equitable implementation of evidence-based diabetes care for all patients in Michigan.



Lauren Oshman, MD, MPH
MCT2D Program Director

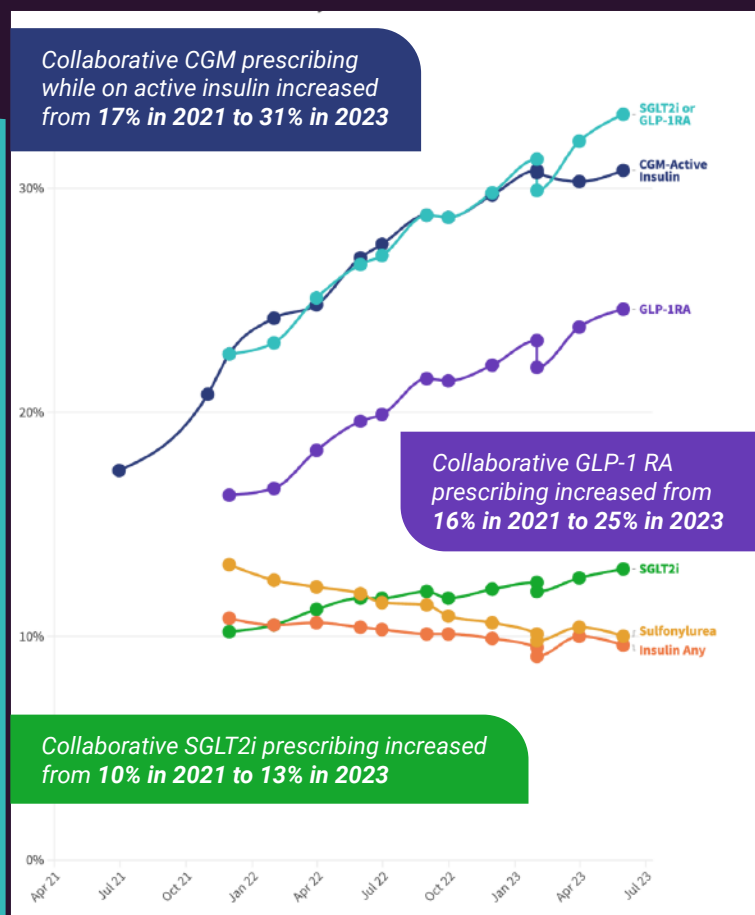


Heidi Diez, PharmD
MCT2D Program Co-Director

CELEBRATING IMPROVEMENT

This report is an opportunity to pause and celebrate the 340+ primary care, endocrinology, and nephrology practices that have made significant progress in diabetes care delivery.

Rates of SGLT2i and GLP-1 RA medications, and CGM utilization across the collaborative are trending upward, while at the same time, the use of insulin and sulfonylureas is on the decline, consistent with guideline-directed medication prescribing. We have the growing capacity to share outcome metrics and to develop quality metrics that reflect the impact of your efforts on population-level patient health. For our current performance year, physician organizations (POs) are driving quality improvement by choosing a focus initiative of CGM, medication prescribing, or low carbohydrate diet and implementing process changes in their primary care practices to improve care. **We are in this together.**



Mary Wilson, FNP



Our collaborative is lighting fires of change

For Deb, who was diagnosed with T2D in 2011, it was her provider and MCT2D participant Mary Wilson, FNP, at UM Health West who made the difference. Mary referred her patient to the Healthy Eating Jumpstart program and also started her patient on a GLP-1 RA in 2023.

"Between your program and the [new medication] and seeing the scales go down, it lit a fire in me. When I first became a diabetic, I was really into counting carbs, but then I kind of slid... Now I'm fired up to learn more... It really got me thinking."

- Deb, MCT2D Patient

Co-creating with our members to build **MCT2D 2.0**

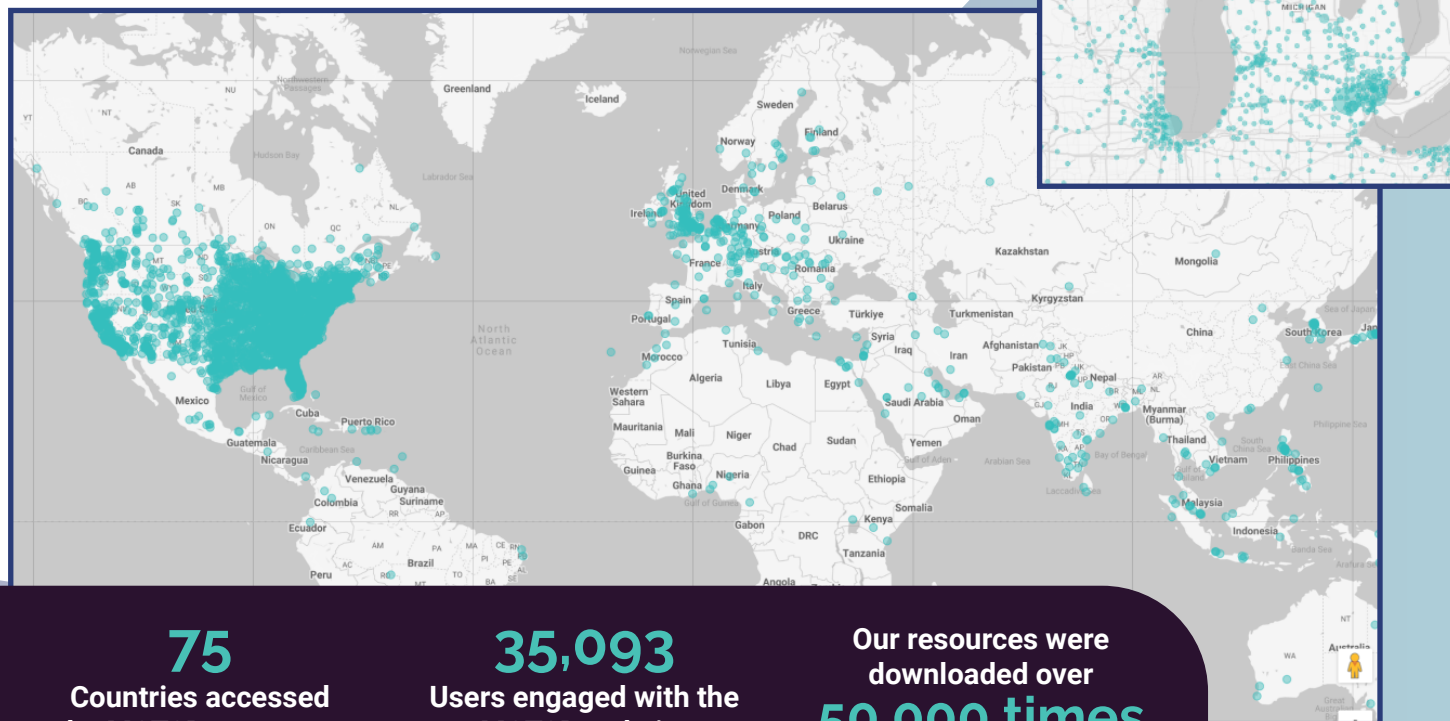
As MCT2D turned two, we used your feedback and ideas to re-envision many of our core components. We've been affectionately calling this MCT2D 2.0.

This past year, we collected feedback from hundreds of our members including physicians, care managers, PO representatives, patients, and more. This invaluable feedback came in the form of surveys, focus groups, 1:1 calls, and meeting discussions that were distilled by our team into actionable changes and data-driven enhancements that would make our tools and resources more impactful. We hope that through MCT2D 2.0, you can see the power of your voice in not only improving care but also improving the collaborative as a whole.

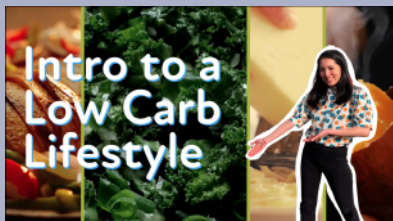
NEW AND UPDATED RESOURCES

Our resources, developed with your input, are now being used across the globe to enhance diabetes care and contribute to improved health outcomes on an international scale.

In 2023...



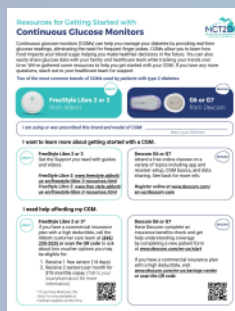
We developed 8 new resources



Intro to Low Carb Lifestyle
3-Part Video Series



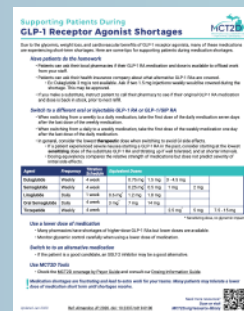
Celebrating
Food Diversity



Resources for
Getting Started
with CGMs



Lacto-Ovo 7-Day
Meal Plan



Supporting Patients
During GLP-1 RA
Shortages

Resources not pictured: Benefits of New Medications GLP-1 RAs and SGLT2is, Getting Started with Parachute Guide, GLP-1 RA Injectable videos

Made data-driven updates to
10 core resources

WEEKLY CARE & BLOOD SUGAR TRACKER

PRIVATE & PBM Coverage (PBM: RA & GP)	THERAPIES					PHARMACOLOGICAL THERAPY	WEEKLY CARE & BLOOD SUGAR TRACKER							
	TRACUITY Dapagliflozin 100mg/Day	OSIMER Semaglutide 2mg/Week	RYBELS Dapagliflozin 5mg/Day	VICTOZA Liraglutide 3.0mg/Day	HOGLANDER Tirzepatide 12.5mg/Week		MONDAY	TUESDAY	WEDNESDAY	THURSDAY				
AETNA	Preferred RA	Preferred RA	Preferred RA	Preferred RA	Not Cntd. RA	Not Cntd. RA	MONDAY Blood sugar before meal NOOD/CRISPR FIRM	CARBS	TUESDAY Blood sugar before meal NOOD/CRISPR FIRM	CARBS	WEDNESDAY Blood sugar before meal NOOD/CRISPR FIRM	CARBS	THURSDAY Blood sugar before meal NOOD/CRISPR FIRM	CARBS
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*"This was an amazing tool! I had no idea how many carbs were in certain foods. **This tool helped me make more informed food decisions which has improved my blood sugars.** I always felt overwhelmed to make diet changes, but this tool made things simple."*

- MCT2D patient, describing using the Meal and Blood Sugar Tracker

Medications and CGM Coverage Guides

Meal and Blood Sugar Tracker and Low Carb Cheatsheet

ADA/T1D/CGL-9 Risk for Type 2 Diabetes

ADA/T1D/CGL-9 Diabetes app for T2D patients with T1D or T2D. The app provides a risk score for Type 2 Diabetes based on the following factors:

- Age (18-64)
- Weight (BMI 25-35)
- Family History (First-degree relative with T2D)
- Previous T2D (Yes/No)
- Previous T1D (Yes/No)
- Previous CVD (Yes/No)
- Previous HbA1c (6.5-9.0)
- Previous FPG (100-125)
- Previous FPG (126-159)
- Previous FPG (160-199)
- Previous FPG (200-239)
- Previous FPG (240-279)
- Previous FPG (280-319)
- Previous FPG (320-359)
- Previous FPG (360-399)
- Previous FPG (400-439)
- Previous FPG (440-479)
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Clinician Decision Aid for GLP-1 RAs & SGLT2is

Insurance Coverage Worksheet for Patients

CGM Use Case Guide for Type 2 Diabetes

Patient Assistance Program Guide

Getting Started on a Low Carb Lifestyle

Resources not pictured: Low Carb Cheatsheet, Affording your Diabetes Care Toolkit, Medication Copay Savings Card Programs Reference Guide

WEBSITE 2.0

We revamped their website based on member feedback, aiming to enhance the user experience and streamline the access to key tools and resources. Some highlights include:


RESOURCE LIBRARY

The new resource library offers better organization and new features, including improved bookmarks, filtering options, and curated collections.

MEMBER DASHBOARD

The member dashboard offers a one-stop-shop for all information related to MCT2D participation requirements, news, events, and more!


[NEWS](#)
[ABOUT](#)
[SPECIALTY CARE](#)
[MY RESOURCES](#)
[ADMIN PORTAL](#)
[PATIENT DATA DASHBOARD](#)




[RESOURCES](#)
[MEMBERS](#)
[EVENTS](#)
[PATIENTS](#)
[SEARCH](#)

THE MICHIGAN COLLABORATIVE FOR TYPE 2 DIABETES


Shifting the paradigm of type 2 diabetes care through dissemination of best practices and partnering to remove barriers to care.



Increasing use of continuous glucose monitoring devices




Aligning medication prescribing with guideline directed care



Promoting low carbohydrate eating patterns

[EVENTS](#)
[More Events](#)

FEB 6




Upcoming Event

Monthly PO Call - February 2024 (Option 1 - Monday)

[Register](#)

[NEWS](#)
[More News](#)

OCT 3



Recent News

2023 Updates to the Clinician Decision Aid for SGLT2is and GLP-1 RA's

MCT2D is proud to share an updated 2023-2024 Clinician Decision Aid for SGLT2is and GLP-1 RA's for Type 2 Diabetes. The guide has been updated to incorporate the latest clinical guidelines from the American Diabetes Association, with a simplified, color-coded layout, with text cues for improved usability.

[Learn More](#)

ADMIN PORTAL 2.0


The MCT2D Admin Portal allows PO users, and now practice users as well, to understand where they stand with meeting the MCT2D requirements. Instead of reaching out to the coordinating center and waiting for a response, they have on-demand, up-to-date information. Additionally, the administrative portal sends automated reminders of deadlines and hosts our contact information for the hundreds of members of MCT2D.

Home

Support

Login

Log out for an account



MCT2D
Medical Case Training
Development

CQI Admin Portal

Quick Links

/BR Requirements

Reports

Practice Level

Provider Level

LC Quizzes

New Case Summary Nephro

New Case Summary Endo

New LC Recording Survey

New Patient Tool Feedback

New Physician Tool Feedback

Physician Tool Feedback Form

Please note the following!

This form is for provider-focused tools and meets the physician-level learning community VBR.

To submit feedback that meets the practice-level learning community VBR, please gather feedback from a patient [and use this form](#)

Physician Organization *

Practice: *

Physician: *

Physician Email

Which tool did you use? *

Leveraged the creativity of the collaborative to create Member Designed Posters



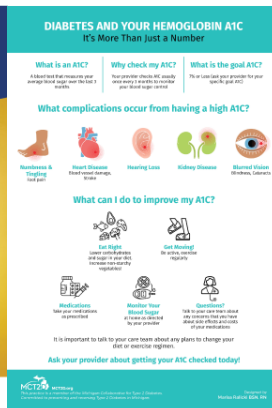
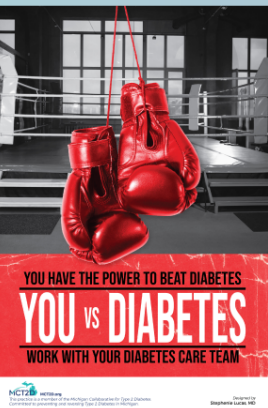
In the spring, we engaged our member practices, inviting them to share their creative concepts for a patient-facing type 2 diabetes poster they would want to hang in their clinics. The response was remarkable, with members contributing innovative ideas such as memorable slogans like "ditch the sticks," vibrant low carb rainbows, and practical tips for diabetes management. **Together, we produced a collection of stunning posters to reach patients across our 340+ practices.**

"It's funny how many times our coworkers have said, 'The patient saw your poster; they want a CGM.'"

- Lindsey Loepp, RN, poster designer and MSU nurse care manager



2500+ posters ordered



Working collaboratively to increase access to care.

In 2023, because of our collaborative efforts, diabetes medications and continuous glucose monitors are now more accessible to thousands of patients.

EXPANDED CGM USER EXPERIENCE PROGRAM

Building on early success, this year we expanded our CGM user experience program to include 133 participants and counting. This unique program that allows for off-label use of CGMs without a prescription received unanimously positive feedback from participating MCT2D members.

133 clinician participants
tried a CGM in 2023

Medicare & Medicaid Expanded Coverage for Continuous Glucose Monitors (CGM)

MCT2D members advocated for improved clarity and access in Michigan Medicaid coverage guidelines, resulting in policy change.

Patient Empowerment Toolkit

BCBSM launched the Patient Empowerment Toolkit consisting of six CGM sensors, a Wi-Fi enabled scale, and a Wi-Fi enabled blood pressure monitor.

This is a great new benefit that MCT2D participating providers can prescribe to their qualifying Commercial PPO BCBSM members. The toolkit is a perfect way to help patients kickstart their journey to better control of their diabetes whether that includes medication titration, pairing with dietary counseling, or both!

"Clinicians who have first-hand experience with a CGM allows them to educate patients in a real-world, tangible way... Aside from gaining perspective of what the patient may experience, wearing the trial CGM gave me valuable information about my own health!"

- Blair Hunt, Bronson Medical Group speaking about her CGM user experience



Accelerating learning through our learning community and more!

MCT2D is leveraging events such as webinars, panels, meetings, posters, and more to accelerate collaborative learning, promote knowledge sharing, and ultimately improve patient care.

LEARNING COMMUNITY EVENTS

We hosted live learning sessions, on topics generated by members and led by experts in their fields—like Updates to the ADA Standards of Care, Cardiology and Type 2 Diabetes, and the Role of Antiobesity Medications in Type 2 Diabetes.

10

Learning community events

645

Live participants

1,800

Asynchronous participants

REGIONAL MEETINGS

The MCT2D team travels around the state two times each year to meet with clinical champions from each of our seven regions! At these meetings, we share new tools and resources, provide updates about the collaborative, and feature speakers who share cutting-edge best practices.

Spring 2023 meetings focused on

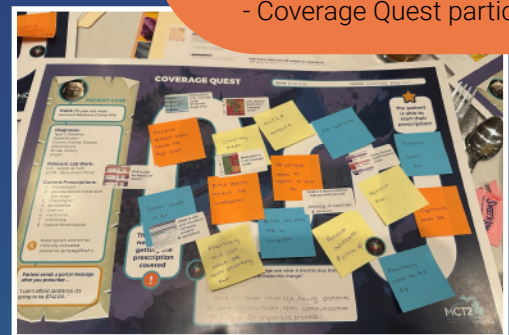
Insurance Coverage Barriers

The MCT2D team wanted an out-of-the-ordinary experience to engage our members while developing a deeper, more detailed view of barriers to coverage for patients. Our team took a creative leap and created Coverage Quest, a mythical game with the goal of getting a patient's prescription covered.

Participants used sticky notes to map their process of getting the patient's meds covered while identifying barriers, best practices, and areas for improvement. MCT2D is using the information shared by participants to help guide future insurance coverage initiatives.

"I liked the game and thought process. It helped to breakdown areas needing improvement."

- Coverage Quest participant



Fall 2023 meetings tackled

Quality Improvement and Physician Burnout

Members mapped their quality improvement process using driver diagrams to generate ideas for change. We tossed "balls of joy" across the room in an out-of-the-box exercise with burnout specialist and family physician, Dr. Kim Yu.

In June 2023 we hosted the

Collaborative Wide Meeting

The meeting covered critical topics such as health equity, and featured presentations from MSHIELD, Dr. Amir Ghaferi, MD, MSc, MBA (Professor of Surgery), and a patient's CGM journey under the direction of a MCT2D participant.

"I enjoy listening to the patient stories & how MCT2D initiatives have helped them improve their health and overall quality of life."



NATIONAL PRESENTATIONS

American Diabetes Association (ADA)

From June 23-26, the MCT2D team traveled to San Diego to present at the American Diabetes Association 83rd Scientific Sessions. MCT2D presented two posters on barriers to CGM implementation and low carb diets. MCT2D content experts also championed diabetes care including the presidential address given by Rodica Pop-Busui, MD, PhD (MCT2D Endocrinology Lead and ADA President), Dr. Dina Hafez Griauzde, MD, MSc's presentation on low carb eating patterns in a debate-style session, and Dr. Kara Mizokami-Stout, MD's panel on diabetic foot neuropathy.



North American Primary Care Research Group (NAPCRG)

In November, the MCT2D team traveled to San Francisco for the 51st Annual NAPCRG meeting, showcasing preliminary results from the Healthy Eating JUMPSTART Program and leading a workshop on utilizing design methods for innovation in healthcare.



Engaging our community in lower carbohydrate lifestyles.

That's a wrap!

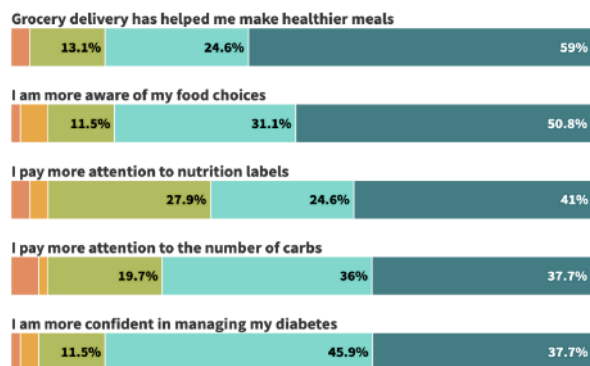
Healthy Eating JUMPSTART

The JUMPSTART program concluded in spring of 2023 after providing a healthy grocery delivery and low carb education to 83 patients with type 2 diabetes and food insecurity. Data from the program is now being analyzed, and an initial protocol paper is under review. Stay tuned for what happens next in 2024!



Nearly 82% of JUMPSTART participants reported **greater confidence in managing their diabetes.**

Strongly disagree Somewhat disagree Neither agree nor disagree Somewhat agree Strongly agree



Partnership with Breadless.

MCT2D teamed up with Breadless, a new restaurant in Detroit serving low carb sandwiches and bowls packed with delicious ingredients and condiments. By replacing bread with nutrient-dense greens, Breadless has created a line of mouth-watering sandwiches that fit perfectly into a low carb lifestyle and partnered with MCT2D to offer two dietician-approved meals for patients with type 2 diabetes called the "BLT2D Sandwich" and the "Take My Bread Away Bowl."



Support for The Michigan Collaborative for Type 2 Diabetes (MCT2D) is provided by Blue Cross and Blue Shield of Michigan as part of the BCBSM Value Partnerships program.

Although Blue Cross Blue Shield of Michigan and MCT2D work collaboratively, the opinions, beliefs and viewpoints expressed by the author do not necessarily reflect the opinions, beliefs and viewpoints of BCBSM or any of its employees.