



September PO Monthly Call

*Monday, September 9th at 11am
Wednesday, September 11th at 2pm*



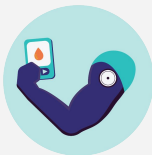
AGENDA

PCP VBR - *JAKE REISS*

DASHBOARD 2.0 RELEASE + TUTORIALS - *LARREA YOUNG*

LOW CARB DIET KEYCHAINS- *MARY WILSON*

ADMIN PORTAL UPDATES- *RYAN CARPUS*





MCT2D
PCP VBR

9/1/2024-8/31/2025



“Approved for VBR” information in portal

The PCPs that BCBSM has approved to earn VBR are now available to view in the portal. Under “People” you will see an “Approved for VBR 24-25” column.

The primary reason physicians were not approved for VBR is because they were not in the Fall 2023 PGIP list, and BCBSM requires one year on the PGIP list prior to being eligible. The few other physicians who were not approved were related to PCMH status.



Performance Measure Files- Distributed 9/6

On Friday, we distributed files with your baseline performance for your practices, as well as which practices are measured together versus separately.

Included was a data dictionary and an overview of the measure specifics- please note that a revised version was distributed in a second email.

Please reach out with any questions- we will be providing you information in your quarterly PO reports regarding performance on this measure throughout the year.

Individually Measured vs. Aggregated

Practices

Combined Practice Tab: This tab has the patients and the rate of all the aggregated practices. This is the rate that you will see in the Summary tab.

Individual Practice Tab: Each practice, whether individually measured or aggregated with other practices, has an individual tab so that you can send them their specific rate and the patients attributed to their baseline. However, the rates of individual practices that are aggregated are not specifically relevant to the performance measure.

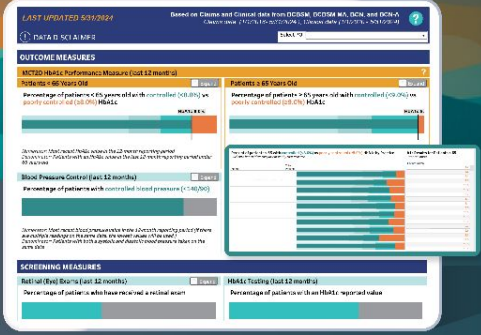
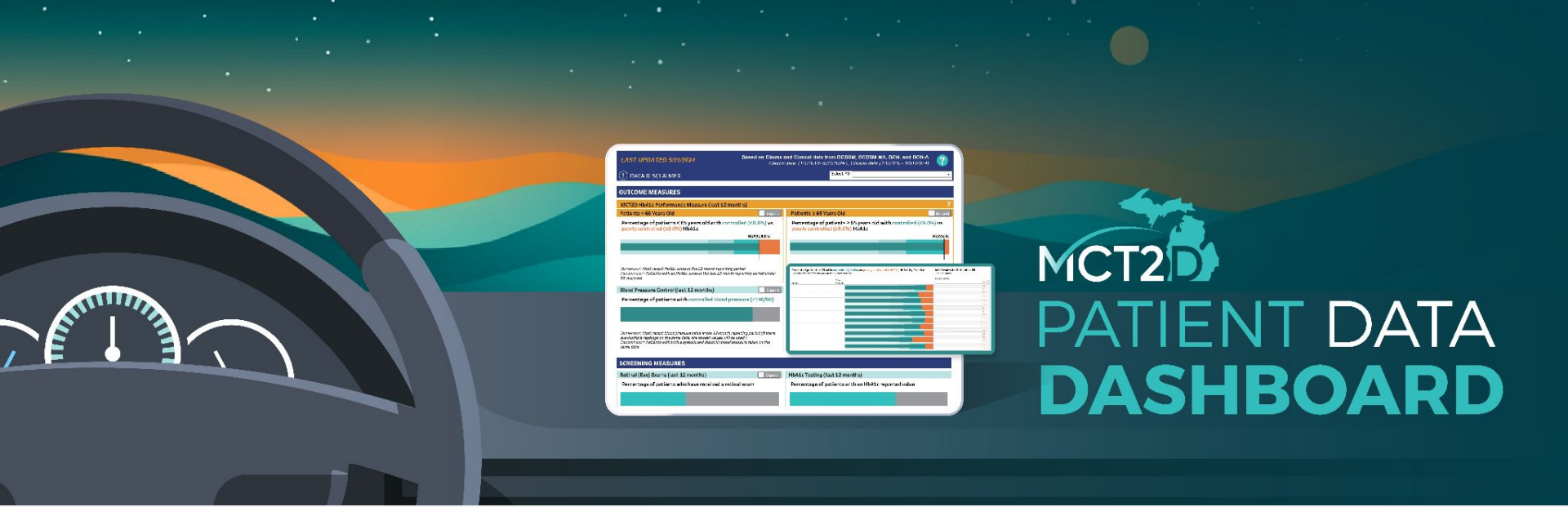
Any individual practices following the combined practice tab are part of the aggregated practices.

Example

SUMMARY LEE_INTERNAL_MEDICINE_ASSOCIAT Combined Practices BLUESKY_HEALTH REBECCA_L_PATRIAS_MD_PLLC JOEL_WELLNESS_CLINIC

Patient Needs Assessment Flyers

- On Monday, we mailed each PO 50 flyers per newly onboarded practice. We will also email you a digital PDF version Friday that you can use to print more copies if you need them.
 - We will also be sending you a form to request a mail or phone survey for patients who are not comfortable with using the online survey system.
- Please distribute these flyers to your practices so that they can start recruiting patients to complete the survey.
- Patients will receive \$15 for completing the survey.
- You will be able to track where your practices are with getting their 10 responses on the Admin Portal.



MCT2D PATIENT DATA DASHBOARD


DASHBOARD 2.0

First released on 9/9!

Landing Page


MDC_PROJECT	
CQI: MCT2D	Patient Data Dashboard
CQI: MCT2D 2.0	Patient Data Dashboard 2.0 

The Michigan Collaborative For Type 2 Diabetes
PATIENT DATA DASHBOARD


Legacy Dashboard 

LAST UPDATED 5/31/2024 Based on Claims and Clinical data from BCBSM, BCBSM MA, BCN, and BCN-A
Claims data (1/1/2018- 5/31/2024) ; Clinical data (1/1/2020 - 5/31/2024)


Click the icons below to navigate to a dashboard view.




Patient List
Filter a list of your patients included in the MCT2D dashboard - *Coming soon!*




Patient Profile
Access diabetes-related health information for a specific patient - *Coming soon!*




Summary Measures
View summary measures for your organization



Follow Up Lists
Access pre-filtered patient lists and save custom lists - *Coming soon!*



Pre-populated Reports
Real-time reports on critical topics
Coming soon!





User Guide
Get help navigating the dashboard

Landing Page

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CQI: MCT2D	Patient Data Dashboard
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Coming soon!



User Guide
Get help navigating the dashboard

Summary Measures Page

SUMMARY MEASURES

All Practices

Select your view:

Overview

Pre-populated Reports
coming soon!

Build Comparisons



Based on Claims and Clinical data from BCBSM, BCBSM MA, BCN, and BCN-A
Claims data (1/1/2018 - 5/31/2024); Clinical data (1/1/2020 - 5/31/2024)



! DATA DISCLAIMER

Select PO

OUTCOME MEASURES

MCT2D HbA1c Performance Measure (last 12 months) ?

Patients < 65 Years Old Expand

Percentage of patients < 65 years old with **controlled (<8.0%) vs poorly controlled (≥8.0%) HbA1c**



Numerator: Most recent HbA1c value in the 12-month reporting period
Denominator: Patients with an HbA1c value in the last 12-month reporting period under 65 years old

Patients ≥ 65 Years Old Expand

Percentage of patients ≥ 65 years old with **controlled (<9.0%) vs poorly controlled (≥9.0%) HbA1c**



Numerator: Most recent HbA1c value in the 12-month reporting period
Denominator: Patients with an HbA1c value in the last 12-month reporting period aged 65 or older

Blood Pressure Control (last 12 months) Expand

Percentage of patients with **controlled blood pressure (<140/90)**



Numerator: Most recent blood pressure value in the 12-month reporting period (if there are multiple readings on the same date, the lowest values will be used.)
Denominator: Patients with both a systolic and diastolic blood pressure taken on the same date

PRESCRIBING MEASURES

CGM Prescribing (last 12 months) Close

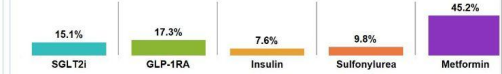
Percentage of patients who have been prescribed a CGM



Numerator: Patients prescribed a CGM in the 12-month reporting period
Denominator: Patients with pharmacy coverage through BCBSM

Diabetes Medication Prescribing (last 6 months) Exp

Percentage of patients who have been prescribed a SGLT2i, GLP-1 RA, insulin, sulfonylurea, or metformin



Numerator: Patients with pharmacy coverage through BCBSM and prescribed one of these diabetes medication
Denominator: Patients with pharmacy coverage through BCBSM

Percentage of patients who have been prescribed a CGM by Practice

Name	Total Patients	Percentage
	389	9.5%
	302	7.9%
	287	9.4%
	236	9.7%
	157	5.7%
	156	5.8%
	128	5.3%
	91	8.8%
	84	2.4%
	57	3.8%

CGM Prescribing by Service Date

Patient Count: 1,887

Patient Name	Service Date
	5/30/2024
	5/30/2024
	5/30/2024
	5/29/2024
	5/23/2024
	5/21/2024
	5/21/2024
	5/21/2024
	5/21/2024
	5/21/2024
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	5/20/2024
	5/20/2024
	5/20/2024
	5/20/2024
	5/20/2024
	5/20/2024

Statin Prescribing (last 6 months) Expand

Percentage of patients who have been prescribed a statin of ANY potency



Percentage of patients aged 40 - 75 who have been prescribed a statin of ANY potency Expand

Percentage of patients aged 40 - 75 who have been prescribed a statin of ANY potency



Download Summary Measures Overview Download

We recommend the following settings for an easy-print and share PDF:
Include: This View
Scaling: At most 1 page wide
Paper Size: Letter

Coming soon!

SUMMARY MEASURES

All Practices

Select your view: **Overview** Pre-populated Reports *coming soon!* Build Comparisons

MCT2D

LAST UPDATED 5/31/2024 Based on Claims and Clinical data from BCBSM, BCBSM MA, BCN, and BCN-A
Claims data (1/1/2018- 5/31/2024); Clinical data (1/1/2020 - 5/31/2024)

! DATA DISCLAIMER Select PO

OUTCOME MEASURES

MCT2D HbA1c Performance Measure (last 12 months)

Patients < 65 Years Old

Percentage of patients < 65 years old with **controlled (<8.0%)** vs **poorly controlled (≥8.0%) HbA1c**

HbA1c 8.0%

Numerator: Most recent HbA1c value in the 12-month reporting period
Denominator: Patients with an HbA1c value in the last 12-month reporting period under 65 years old

Patients ≥ 65 Years Old

Percentage of patients ≥ 65 years old with **controlled (<9.0%)** vs **poorly controlled (≥9.0%) HbA1c**

HbA1c 9.0%

Numerator: Most recent HbA1c value in the 12-month reporting period
Denominator: Patients with an HbA1c value in the last 12-month reporting period aged 65 or older

Blood Pressure Control (last 12 months)

Percentage of patients with **controlled blood pressure (<140/90)**

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Option to narrow the HbA1c measure population (current) to the MCT2D performance measure population (future).

Pre-populated reports including trends, data completeness, and more!

Redesigned patient list, patient profile, and follow-up lists pages.

Dashboard Informational Page

Dashboard 2.0 Tutorials

1. Getting Started



Getting Started - MCT2D Patient Data Dashboard 2.0

Tutorial 1 of 3 - Developed September 3, 2024

Before we can show you features from the new Dashboard 2.0, you have the following homework assignments:

1. Request an MCT2D Patient Data Dashboard user account.
2. Login to the MCT2D Patient Data Dashboard 2.0 via the Michigan Data Collaborative (MDC).
3. Access the Dashboard User Guide PDF.

Noa Kim | 6 Steps | 15 seconds



→ Get Started



www.mct2d.org/patient-data-dashboard

Tutorials, important links, and other information about the patient data dashboard!



Low Carb Diet Keychains

Mary Wilson, FNP-BC, ADM-BC, CDCES

Metro Health Integrated Network

Are you wondering what to eat on a low carb lifestyle? Look no further! Here's an example of a 7-day meal plan.



Sample Low Carb Meal Plan

Building Your Plate

Use this simple 4-step process to create a delicious, low carb meal.



BUILDING YOUR PLATE

How to Build a Healthy Plate for Your Low Carb Lifestyle

STEP 1	STEP 2	STEP 3	STEP 4
VEGETABLES Fill half your plate with non-starchy vegetables. Examples include leafy greens, broccoli, cauliflower, zucchini, and asparagus.	PROTEIN Add a palm-sized portion of lean protein. Examples include chicken, turkey, beef, pork, fish, and eggs.	HEALTHY FAT Add a thumb-sized portion of healthy fat. Examples include olive oil, avocado, nuts, and seeds.	LOW CARB STARCH Add a fist-sized portion of low carb starch. Examples include cauliflower rice, zucchini noodles, and almond flour.

10 min Silver Plate

Low Carb Jumpstart Blog

The Jumpstart Blog is a collection of articles addressing commonly asked questions, like how to navigate the budget, and more!

This practice is a Commitment

This practice is a Commitment

Explaining your low carb lifestyle and helps you impact your blood sugar throughout the week.



Are you wondering what to eat on a low carb lifestyle? Look no further! Here's an example of a 7-day meal plan.



Getting Started on a Low Carb Lifestyle for Type 2 Diabetes



What is a low carb lifestyle? A low carb lifestyle limits your intake of carbohydrates (carbs) from foods like bread, pasta, rice, potatoes and other starchy vegetables, sweets, baked goods, sugary beverages, and fruits and emphasizes proteins, non-starchy vegetables, and healthy fats.



Meal with ~15g of carbs

4-5 oz Grilled Fish or Chicken 10 carbs
3 oz Mixed Salad 10 carbs
1 oz Fats Cheese and Olives 10 carbs
2 tbsp Ranch Dressing 10 carbs
1/2 Avocado 10 carbs



Meal with ~47g of carbs

1/2 cup Brown Rice 22g carbs
1/2 cup Black Beans 13g carbs
4-5 oz Steak 10 carbs
1-2 cups Steamed Vegetables 10g carbs



Meal with ~150g of carbs

2 slices Pepperoni Pizza 70g carbs
4 oz Mozzarella Shreds 30g carbs
1/2 cup Marinara Sauce 10g carbs
17 oz Regular Soda 80g carbs

How does a low carb lifestyle help my diabetes? Reducing your carb intake also reduces your body's blood sugar and insulin levels. When your insulin levels are low, your body stops storing extra sugar as fat, and starts using stored fat for energy. This can make it easier to lose weight and have more energy!

The benefits of a low carb lifestyle



WEIGHT LOSS



REDUCED BLOOD PRESSURE



REDUCED HUNGER & CRAVINGS



BLOOD SUGAR CONTROL



INCREASED ENERGY

What are carbs? Carbs (i.e., carbohydrates) are a nutrient that is broken down by the body into sugar (glucose). There are 3 types of nutrients: carbs, fat, and protein.

What is blood sugar (or blood glucose)? Blood sugar is the level of sugar in your blood after your body breaks down nutrients into glucose for energy.

What is insulin? Insulin is a chemical released when you eat carbs. Everyone needs insulin to live.

Updated April 2020

The American Diabetes Association supports individualized eating plans for people with type 2 diabetes. Reducing your carbohydrate count can help you control blood sugar and reduce medications.

Want to learn more?
Scan or visit
MCT2D.org/patients



Getting Started on a Low Carb Lifestyle

This handout is an introduction to a low carb lifestyle including visual guides, start-up tips, food swaps, and more!



Building Your Plate

Use this simple 4-step process to create delightful, low carb meals.



BUILDING YOUR PLATE

Follow the 4-step process to create delightful low carb meals



STEP 1 Add a Protein

Choose a high-quality protein source like chicken, fish, seafood, beef, eggs, or soy.

STEP 2 Add Non-starchy Vegetables

Fill half your plate with non-starchy vegetables like salad greens, broccoli, or Brussels sprouts.

STEP 3 Add Some Fat

Add some fat from oil, saucers, or full-fat dairy like cheese, butter or sour cream.

STEP 4 Add 1-2 Servings of Complex Carbs

Include 1-2 servings of high-quality carbs like starchy vegetables, fruits, legumes/beans or whole grains.



10 Inch Dinner Plate

WEEKLY CARB & BLOOD SUGAR TRACKER		MONDAY		DATE:	TUESDAY		DATE:	WEDNESDAY		DATE:
TARGET RANGES		BREAKFAST			BREAKFAST			BREAKFAST		
PRE-MEAL	POST-MEAL	Blood sugar <i>before</i> meal:			Blood sugar <i>before</i> meal:			Blood sugar <i>before</i> meal:		
		FOOD / DRINK ITEM		CARBS	FOOD / DRINK ITEM		CARBS	FOOD / DRINK ITEM		CARBS
		Blood sugar 1 hour after meal:			Blood sugar 1 hour after meal:			Blood sugar 1 hour after meal:		
OPTIONAL GOALS		LUNCH			LUNCH			LUNCH		
Carbohydrate at beginning of meal:		Blood sugar <i>before</i> meal:			Blood sugar <i>before</i> meal:			Blood sugar <i>before</i> meal:		
Daily water intake:		FOOD / DRINK ITEM		CARBS	FOOD / DRINK ITEM		CARBS	FOOD / DRINK ITEM		CARBS
Minutes of physical activity:										
Daily blood sugar checks:		Blood sugar 1 hour after meal:			Blood sugar 1 hour after meal:			Blood sugar 1 hour after meal:		
REFLECTIONS		DINNER			DINNER			DINNER		
This week my energy level was:		Blood sugar <i>before</i> meal:			Blood sugar <i>before</i> meal:			Blood sugar <i>before</i> meal:		
Low (1-3) Very Low (4-6) High (7-9) Full (10)		FOOD / DRINK ITEM		CARBS	FOOD / DRINK ITEM		CARBS	FOOD / DRINK ITEM		CARBS
This week my food cravings were:		Blood sugar 1 hour after meal:			Blood sugar 1 hour after meal:			Blood sugar 1 hour after meal:		
Low (1-3) No cravings (4-6) High (7-9) Full (10)		SNACK			SNACK			SNACK		
		FOOD / DRINK ITEM		CARBS	FOOD / DRINK ITEM		CARBS	FOOD / DRINK ITEM		CARBS
NOTES:		Blood sugar <i>before</i> bed:			Blood sugar <i>before</i> bed:			Blood sugar <i>before</i> bed:		
		Total carbs for the day:			Total carbs for the day:			Total carbs for the day:		
		PHYSICAL ACTIVITY		DURATION	PHYSICAL ACTIVITY		DURATION	PHYSICAL ACTIVITY		DURATION
		How do you feel about the meals you ate today?		😊 Good	How do you feel about the meals you ate today?		😊 Good	How do you feel about the meals you ate today?		😊 Good
				😐 Neutral			😐 Neutral			😐 Neutral
				😞 Not good			😞 Not good			😞 Not good



Cheat Sheet and Blood Sugar Tracker

This combo tool shows examples of foods categorized by carb content and helps you understand how foods impact your blood sugar throughout the week.



Low Carb Recipes and Snacks

Check out 50+ delicious low carb recipes and filter them by cost, meal type, carbs per serving and prep time.



LOW CARB RECIPES

Explore our curated list of low carb recipes and shoppable lists for tasty options that fit your carb goals!

[Recipes](#) [Shoppable Lists](#)

CLEAR FILTERS

MEAL

- BREAKFAST
- LUNCH
- DINNER
- SALAD
- DESSERT

PROTEIN

- HEALTHY
- BEEF
- PORK
- CHICKEN
- SEAFOOD
- TOFU
- VEGETARIAN
- VEGAN

Dinner
Low carb egg roll in a bowl
1g of carbs 30 1:30 mins

Dinner
Crispy tofu sticks with green bean fries and chipotle mayo
10g of carbs 30 1:30 mins

Low carb cloud bread
1g of carbs 4 1:00 mins

Sample Low Carb Meal Plan

*Are you wondering what to eat on a low carb lifestyle?
Look no further! Here's an example of a 7-day meal plan.*



Low Carb Grocery List

Stock your fridge and pantry with this list of low carb foods!





BLOG

News, tips, and more about low carb!

WE'RE ALL MADE OF
SOMETHING DIFFERENT

Low Carb Spotlight: Breadless

There's a new restaurant tucked away in the Rivertown neighborhood of Detroit called Breadless, serving on-the-go low-carb sandwiches and bowls packed with delicious ingredients and dressings, taking the city by storm with their innovative idea of using hearty leafy greens to wrap their sandwiches in place of more conventional lettuce wraps.

[Read More >](#)

Macronu

Foods con-
proteins, an
what foods
bodies use
macronutri
and where

Low Carb Jumpstart Blog

The Jumpstart Blog is a collection of articles addressing commonly asked questions like how to navigate the holidays, low carb fast food options, tips for shopping on a budget, and more!



*This practice is a member
Committed to pr*



Intro to Low Carb Video Series

A 3-part video series explaining the basics of a low carb lifestyle.





Admin Portal Updates

Ryan Carpus, MCT2D