

## 2006 HEDIS

HEDIS (Health Plan Employer Data and Information Set) provides health plan members with a comparison of health plan's efficiency in treating and preventing illnesses. These tools enable members and providers to have the information needed to make informed choices about health care.

Take a look at the following 2006 rates for important HEDIS measures. The first number is the percentage of HMO/POS members who received the tests, immunizations or screenings. The HMO/POS rates are based off claims data in addition to medical record review. The second number is the percentage of PPO members nationwide who received the tests, immunizations or screenings. The PPO rates are based off of claims data only.

MEASURE	HMO/POS	PPO
Childhood immunizations	94.72%	24.13%
Adolescent MMR immunization	95.25%	8.83%
Adolescent Hep B immunization	91.10%	3.04%
Adolescent chicken pox vaccine or natural immunity	81.90%	2.80%
Breast cancer screening	77.13%	64.23%
Cervical cancer screening	80.78%	73.33%
Colorectal cancer screening	53.77%	31.92%
Diabetic - HgbA1C testing	91.00%	66.95%
Diabetic - Lipid Profile testing	89.29%	73.18%
Diabetic - Retinal (eye) exam	60.10%	32.90%

### Preventive Health Guidelines for Children

Regular checkups allow your child's doctor to give immunizations, chart your child's growth and check for any health problems. Your child should visit the doctor at least seven times between birth and 18 months. Your child should visit the doctor at ages 2, 5 and 12 years, at a minimum, and at least once between ages 13 and 18.

Immunizations are a very important part of preventive health care. Until your child has all of the recommended immunizations, he or she does not have adequate protection against the disease. Refer to the document "Preventive Health Guidelines" for the recommended general health care and immunization schedules for children from birth to age 18. Keep in mind that these are general guidelines. Your child's doctor will determine the best schedule for your child.

### Preventive Health Guidelines for Adults

Though you may not like it, seeing your physician regularly is key to staying in good health. Annual exams are recommended after age 40. Up to age 39, a general physical is a good idea every three years. Preventive care is an important part of your health plan. Refer to the document "Preventive Health Guidelines". We have adopted guidelines based on national guidelines and input from local health providers. Keep in mind, these are suggested guidelines, not benefit limits. Talk to your doctor about what preventive screenings you need and when you should have them. Then, consult your benefits material for coverage details.