

A Collaborative Guideline for the Management of the Adult Patient with Diabetes Mellitus

MVP Health Care®, as part of its continuing Quality Improvement Program, adopted diabetes guidelines based on the most recent recommendations of the American Diabetes Association (ADA).

Statistics –Morbidity & Mortality

Diabetes

- **Total:** 38.4 million people have diabetes (11.3% of the US population); 1 in 5 don't know they have it.
- Diabetes is the number 1 cause of kidney failure, lower-limb amputations and adult blindness.
- In the last 20 years the number of diagnoses has more than doubled.
- Medical costs and lost work and wages for people diagnosed with diabetes total about \$413 billion yearly.

Prediabetes

- **Total:** 98 million people aged 18 years or older have prediabetes (38.0% of the adult US population)
- **65 years or older:** 27.2 million people aged 65 years or older (48.8%) have prediabetes

Source: Centers for Disease Control and Prevention. *National Diabetes Statistics Report, 2021*. Atlanta, GA: U.S. Department of Health and Human Services; 2020. Available: [Diabetes Basics | Diabetes | CDC](#)

Key Guideline Messages

The ADA 2024 updates to the Clinical Practice Recommendations include some changes due to new evidence released since 2021:

The CDC and the ADA encourage a team approach to the management of Diabetes with a focus on whole person care.

At every health care visit, the diabetic member should be encouraged to manage their diabetes effectively by:

- [Promoting Ear Health | Diabetes | CDC](#)
- [Promoting Eye Health | Diabetes | CDC](#)
- [Promoting Foot Health | Diabetes | CDC](#)
- [Promoting Medication Management | Diabetes | CDC](#)
- [Promoting Oral Health | Diabetes | CDC](#)

Please refer to the Standards of Medical Care in Diabetes 2024:

[Volume 47 Issue Supplement 1 | Diabetes Care | American Diabetes Association \(diabetesjournals.org\)](#)

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1996, 1997, 1999, 2001, 2003, 2005, 2007, 2008, 2009, 2011, 2012, 2013, 2015, 2017, 2020, 2021, 2022, 2023, 2024



[Summary of Revisions: Standards of Care in Diabetes—2024 | Diabetes Care | American Diabetes Association \(diabetesjournals.org\)](#)

Guideline Availability and Other Support

Guidelines for our New York practitioners were developed in collaboration with other health plans across the state. This one-page document that is easy to reference has been provided in this manual. Also included is a diabetes documentation flow sheet. Available at: <https://nyshealthfoundation.org/resource/guidelines-for-adult-diabetes-care/>

In Vermont, MVP endorsed the Vermont consensus guideline created by the Vermont Department of Health. This guideline is also based on the ADA guidelines. These recommendations can be found at: <https://www.healthvermont.gov/wellness/diabetes> . Again, our goal is to ease your administrative burden with respect to clinical practice guidelines.

In conjunction with these guidelines, MVP Health Care offers a Condition Health Management program for our members with a diagnosis of Diabetes. If you would like to refer one of your patients to this program, please call the Health Care Operations Department at **(866) 942-7966**. More information on this and MVP's other health programs may also be found on MVP's website:

[Case Management | MVP Health Care](#)

This guideline is not intended to replace the role of clinical judgment by the physician in the management of this, or any other disease entity. It is an educational guideline to assist in the delivery of good medical care. All treatment decisions are ultimately up to the physician. Where medication recommendations are made, please refer to each health plan's formulary for coverage considerations.

MVP Health Care updates its clinical guidelines at least every two years. The review process is also initiated when new scientific evidence or national standards are published. Practitioners are alerted via the web site, and by written notices from the plan via fax or newsletter. A hard copy of the clinical guideline can be requested by calling the MVP Quality Improvement Department at **(800) 777-4793**.