

## Medicare 5 Stars Tip Sheet

1. **Adults' Access to Preventive/Ambulatory Health Services** – Medicare Advantage members must have a preventive care visit at least annually.
2. **Influenza Vaccine** – Medicare Advantage members must receive an influenza vaccine annually.
3. **Pneumonia Vaccine** – Medicare Advantage member must receive a pneumonia vaccine.
4. **Breast Cancer Screening** – Females members age 40-69 need a mammogram once during the past 2 years.
5. **Colorectal Cancer Screening** – Medicare Advantage members aged 50-75 require appropriate screening for colon cancer.
  - a. FOBT annually
  - b. Flexible Sigmoidoscopy every 5 years
  - c. Colonoscopy every 10 years
6. **Glaucoma Testing**- Medicare Advantage members age 65 or older without a diagnosis of glaucoma must receive an annual glaucoma eye exam for early detection.
7. **Diabetes Care – Cholesterol Screening** – Medicare Advantage members with diabetes must have a test for “bad” (LDL) cholesterol at least annually.
8. **Diabetes Care (Eye Exam)** – Medicare Advantage members with diabetes must receive an eye exam to check for damage from diabetes at least annually.
9. **Diabetes Care (Kidney Disease Monitoring)** – Medicare Advantage members with diabetes must have a kidney function test at least annually.
10. **Diabetes Care (Blood Sugar Controlled)** – Medicare Advantage members with diabetes must have an HbA1c lab test during the year that with a lab value of  $\leq 9$ .
11. **Diabetes Care (Cholesterol Controlled)** – Medicare Advantage members with diabetes must have an LDL-C test at least annually that is  $<100$ .
12. **Cholesterol Screening for Patients with Heart Disease** – Medicare Advantage members with heart disease must have had a test for “bad” (LDL) cholesterol at least annually.
13. **Appropriate Monitoring for Patients Taking Long Term Medications** – Medicare Advantage members who received a 6 month (or longer) prescription for a drug known to have possibly harmful side effects among seniors if used long-term, must have at least one monitoring event. (medications: Angiotensin Converting Enzyme (ACE) inhibitors, Angiotensin Receptor Blockers (ARB), digoxin, diuretics, anticonvulsants and statins)
14. **Rheumatoid Arthritis Management** – Medicare Advantage diagnosed with Rheumatoid Arthritis must receive at least 1 or more prescription(s) for disease modifying anti-rheumatic drug (DMARD).
15. **Osteoporosis Testing** – Medicare Advantage females age 65 or older must have one DEXA scan to screen for osteoporosis.
16. **Osteoporosis Management in Women Who Had a Fracture** – Medicare Advantage female members age 67 or older who broke a bone must have a DEXA scan or begin treatment for osteoporosis within 6 months.
17. **Testing to Confirm Chronic Obstructive Pulmonary Disease and Diagnosis of COPD** – Medicare Advantage members with newly diagnosed or newly active Chronic Obstructive Pulmonary Disease must receive a spirometry testing to confirm the diagnosis.