

Oregon

Reimbursement for Costs of Chronic Disease Self-Management

Public Health Problem

The goal of stopping cardiovascular events is urgent. Policies that support self-management of chronic disease are necessary to make this happen.

Program Example

The Oregon Heart Disease and Stroke Prevention (HDSP) program and other chronic disease programs support a train-the-trainer approach to Living Well, a chronic disease self-management program based on the Stanford Chronic Disease Self-Management Program. This program focuses on self-management of chronic conditions such as high blood pressure and high cholesterol.

Promotion of the Living Well Program by the Oregon HDSP program and its partners has led to the adoption of this program by several major health insurance carriers in the state. Because of its recognized success in keeping people's conditions managed, along with decreased emergency room visits, insurance plans now offer reimbursement for members who participate in the Living Well self-management workshops. They cover rural Oregonians, the state's high risk population, and those with pre-existing conditions. In addition, the state's largest Medicaid insurance contractor is pilot testing reimbursement for its members who attend the workshops at clinics of one large county's health department. Promotion of Living Well by the Oregon HDSP program and other partners has resulted in articles in member newsletters produced by Oregon's chapter of the AARP and the Family Health Insurance Assistance Program.

Implications and Impact

State programs can influence health insurance policies to support chronic disease self-management. Using evidence-based programs, such as the Stanford Chronic Disease Self-Management Program, is key to garnering support from the insurance carriers.