

# Creighton Cardiovascular and Diabetes Mellitus Risk Reduction Programs

## Frequently Asked Questions (FAQ)

### What are the eligibility criteria for the program?

To be eligible for the **Diabetes Mellitus Risk Reduction Program (DMRRP)**, participants must meet all of the following criteria:

- Employee of Creighton University
- Enrolled in Creighton University's healthcare benefit plan
- Have an existing diagnosis of diabetes
- Use the Creighton University Medical Center Clinic Pharmacy for prescription medications or willingness to transfer prescriptions

To be eligible for **Cardiovascular Risk Reduction Program (CVRRP)**, participants must meet all of the following criteria:

- Employee of Creighton University
- Enrolled in Creighton University's healthcare benefit plan
- Have an existing diagnosis of high blood pressure and/or high cholesterol but NOT diabetes
- Use the Creighton University Medical Center Clinic Pharmacy for prescription medications or willingness to transfer prescriptions

### How do I sign up for the program?

All interested and potentially eligible participants should contact Nicole Gillespie, PharmD, either by email ([nicolegillespie@creighton.edu](mailto:nicolegillespie@creighton.edu)) or by phone (280-2797) for a brief telephone screening. Participants should provide their name, Creighton phone number and email address.

### How are participants selected for the program?

Every three months 15 people will be enrolled into the program. The enrollment will alternate between cardiovascular participants (those with high cholesterol and/or high blood pressure) and diabetic participants.

### What is an ambulatist?

An ambulatist is a health care provider who specializes in lifestyle medicine, medication therapy management and care coordination. The ambulatists for the CVRRP/DMRRP are state licensed pharmacists with post graduate training in diabetes and lifestyle medicine.

### **What are some of the program benefits?**

- Assistance with the coordination of your health care needs.
- Personalized education specific to your health care needs.
- Medication therapy optimization by a pharmacist.
- Each participant's primary care physician will receive notice of participation and updates on health information and progress.
- Creighton University will pay for participant's medications that lower blood pressure, cholesterol or blood sugar. The medication benefit is further described below.
- Participants will have their cardiovascular risk assessed and monitored throughout the program via blood pressure, heart rate, blood glucose, cholesterol, body mass index, and waist circumference measurements.
- Individual eating plan.
- Individual physical activity program.
- Individual stress reduction program.
- Individual sleep success program.
- Individual weight loss plan (if needed).
- Tobacco cessation program (if needed) (Provided by The Cardiac Center of Creighton University Medical Center's Tobacco Treatment Program).
- Group diabetes education courses and an initial one-on-one nutrition consultation with a dietician (for DMRRP participants only).
- Each participant will receive a home blood pressure monitor (if diagnosed with hypertension).
- Each participant will receive the *Lifestyle Journal* to track their progress.
- Each participant will receive a pedometer.
- Each participant will receive take home educational materials.
- Each participant will have access to a support group specifically for this program.
- Each participant will receive a monthly program newsletter.

### **Is there a fee for participating in the program?**

No. The program is free charge to the participants.

**How do I retain the medication benefit?**

Program participants will receive free blood pressure, cholesterol and diabetes medications for the first six months of participation. After six months, the medication benefit will be retained if the participant meets four of the following six criteria:

- 1) Participant is at or below target systolic AND diastolic blood pressure
- 2) Participant is at or below target A1c
- 3) Participant is at or below target LDL cholesterol
- 4) Participant maintains a BMI  $\leq$  29.9 OR shows and maintains a 10% weight loss from baseline
- 5) Participant consistently obtains 150 minutes of moderate exercise per week OR 75 minutes of vigorous exercise per week as documented in the lifestyle journal
- 6) Participant consistently obtains 5 or more fruits and vegetables (combined) daily as documented in the lifestyle journal

**What is the length of the program?**

The philosophy of this program is that there is a start date, but not an end date. Participants can be in the program for as long as they wish.

**How often will I meet with the ambulatist?**

Monthly.

**Is the program voluntary?**

Yes. The program is completely voluntary and those taking part in the program can withdraw at any time.

**Is my personal health information shared with Creighton University Human Resources or with United Healthcare?**

No. Human Resources will know that you are participating in the program but will not have access to your personal health information that is collected while you are in the program. All information will be kept confidential between the Medical and Clinical Directors and your primary care physician.

**Where are the appointments located?**

There are three locations on the Creighton University campus for this program. These locations include the Kiewit Fitness Center (rm 102), the CUMC Clinic Pharmacy, and The Cardiac Center of Creighton University.

**What are the days and times for the appointments?**

Appointments will be made Monday – Friday during normal business hours.

**Do participants need to use the exercise facilities here on campus?**

No. Participants are encouraged to exercise when and where it is most convenient for them.

**Will my doctor need to provide permission for me to participate in the program?**

Yes. We will be contacting your physician to obtain permission for you to participate.

**Are spouses or family members of Creighton employees eligible for the program?**

No. Not at this time.

**Do I need to have Creighton's health insurance to be eligible?**

Yes. Creighton University is committed to your personal health and well being. The University understands that since we are a self insured organization, the best way to decrease insurance rates for ourselves is to try to prevent diseases from initially occurring. We believe programs such as this are a significant step towards preventing disease, improving overall health and well being, and decreasing our own medical costs.

**Who do I contact if I have specific questions about this program?**

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