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# 2016 Update

## *Complexities of Diabetes focus of Education Summit*

“The challenges that we are facing with diabetes are much bigger than any one of us and our organizations,” said Pat Montoya, executive director of the New Mexico Coalition for Healthcare Value, as she kicked off the group’s fall education summit, “Employers Role in Carrying Diabetes Prevention and Management to New Heights,” in Albuquerque Nov. 18.

“None of us has the capacity of people, time and money to address the problem,” she continued. “We have to collaborate, share and learn from each other and reexamine what we have been doing.”

Montoya admitted that the group did not, “have all the answers and there was no silver bullet coming out,” but she said her hope for the summit was to “create that alignment, take a big step forward on collaborating on moving forward and perhaps designing something unique perhaps a roadmap for diabetes in New Mexico.”

Montoya was joined

at the lectern by medical directors from four healthcare plans – Eugene Sun, MD, Blue Cross, Blue Shield; Kiko Torres, MD, New Mexico Health Connections, Tom Rothfeld, MD, Presbyterian, Arik Olson, MD, Molina Health Plan and Denise Leonardi, MD, UnitedHealthcare of New Mexico.

In addition, speakers (in alphabetical order) included:

- Marjorie Cypress, PhD, CNP, CDE, Consultant;
- Judith Gabriele, Program Manager, New Mexico Department of Health Diabetes Prevention and Control Program;
- Lynne Gallagher, Secretary of Health Designee, New Mexico Department of Health;
- Dion Gallant, MD, Presbyterian Medical Group;
- Karla Giese, NP, Lovelace Medical Group;
- Phil Jameson, MD, physician with Sandia National Laboratories Health Management Clinic and President of N.M. Diabetes Association Community Leadership Board;
- Emily King, PharmD, Specialty Clinical Pharmacist, Walgreens;



**NMCHCV Board Member  
Mark Tyndall**

- Charm Lindblad, MHA, MBA, Executive Director, New Mexico Takes on Diabetes and Prescription Trails;
- Christopher Lucero, Health Educator Supervisor, New Mexico Department of Health Diabetes;
- N.M. Senator Jerry Ortiz Y Pino, Chairman of Interim Health and Human Services Committee;
- Mark Saiz, HR Benefits Director, City of Albuquerque and Chair of New Mexico Coalition for Healthcare Value;
- Lynda Shey, CNS, UNM Medical Group;
- Donna Tomky, CNP, ABQ Health Partners; and
- Mark Tyndall, New Mexico Retiree Healthcare Authority.

All the presentations will be posted on the Coalition website so keep watching it.

## *The New Complexity of Diabetes — Prevention, Treatment and Care*

“The New Complexity of Diabetes,” a presentation by Phillip Jameson, MD, physician with Sandia National Laboratories kicked off the New Mexico Coalition for Healthcare Value’s fall education summit in Albuquerque Nov. 18.

Jameson’s presentation was one of several giving the Summit’s 100 participants, a trip through the history of the disease, traditional and new medications used in treatment, patient education, prevention, as well as population groups most prone to the disease, costs and he referenced what experts term “a growing epidemic.”

Many of the presenters focused on prevention, detailing that diabetes can be directly linked to a poor diet, obesity and a lack of exercise.

Marjorie Cypress, PhD., said that one in 10 people will have the disease and that only a small percentage of those have Type 1 diabetes. In New Mexico she said, it is the sixth leading New Mexico cause of death. In addition, she shared data and statistics and the staggering costs saying that the total cost is more than \$245 billion.

Judith Gabriele, New Mexico Department of Health Diabetes Prevention and Control Program said that prevention was an area of concern and provided information aimed at helping employers help their workers manage the disease.

One of the brighter spots was detailed by Charm Linkblad, executive director, New Mexico Takes on Diabetes and Prescription Trails – a pro-



*Dr. Kiko Torres, Dr. Eugene Sun and Dr. Denise Leonardi participated in the November education summit focused on diabetes.*

gram aimed to get people up and moving along New Mexico’s scenic trails, parks and open spaces.

Karla Giese, NP, Lovelace Medical Group talked about diabetes management from a provider’s perspective focusing on patients with a complex diagnosis saying that “it was necessary to listen to the patient’s needs and values and that their goal for every patient is to leave feeling supported in their disease process.”

Dion Gallant, MD, medical director, Presbyterian Medical Group, said that his organization focuses on the triple aim – improve the patient’s experience of care, improve the health of the population and reduce per capita cost of healthcare stating that: diabetes care is population health.”

Lynda Shey, UNM Medical Group, said that her emphasis is avoiding complications as [these cause] the greatest expense.”

Donna Tomky, CNP ABQ Health Partners, outlined the

group’s “multidisciplinary approach.” that she said includes primary care clinicians, diabetes educators and endocrinologists. ABQ Health Partners is still using fee for service payment methodology for their non-Medicare population.

Walgreen’s Emily King, PharmD, said, “Pharmacist play an integral part in Diabetic Care and that pharmacists help in whatever way is needed.”

“We have incredible tools to help [patients to handle] diabetes, to help assist in lifestyle change and help them manage their care,” she said.

## Managed Care Guide now available online from NMCHCV

The New Mexico Coalition for Healthcare's 2016 Employers Guide to Managed Care is now available.

The guide shows how the managed healthcare plans from Coalition members Blue Cross Blue Shield, Presbyterian Health Plan and United Healthcare, who all provided data for the plans, compare to one another in key performance areas.

New Mexico Health Connections, also a Coalition member and guide supporter, was not doing HEDIS® reporting in 2015.

The guide is divided into easy, to read and understand sections. The guide contains terms and definitions and ex-

planations of the data presented.

“Healthcare is going through many transitions and employers as purchasers need to be educated and engaged to be part of the solution,” Mark Tyndall, NMCHCV board member said.

“The guide is an educational tool that employers, like those who comprise the membership of the Coalition, can use in their healthcare conversations and they need this data to make informed decisions when choosing a health plan for their employees.”

He said members are now looking for health plan partnerships that focus on improving the health of their

employees, improving outcomes and reducing costs and they want information.

The charts are organized to provide a quick look at the areas measured and the how effective each of the participating health plans are at:

- preventative care
- access to care
- care for those patients
- behavioral health

## *Two new diabetes publications available on Coalition website*

The New Mexico Coalition for Healthcare Value has two new publications available for review on its website.

The first publication, “Type 2 Diabetes Report, 2016-17 is part of the SANOFI Managed Care Series. The report is an overview of the key demographics, financials, utilization, pharmacotherapy and health outcome measure for Type 2 diabetes patients in Albuquerque, Santa Fe and Las Cruces.

In addition, the report provides state and national benchmarks which help providers and employers identify better opportunities to serve the needs of their patients.

IMS Health uses claims data to assemble the report.

The second publication is “Key Diabetes Trends Across New Mexico 2016-2017.

Novo Nordisk, a Coalition member, produced the publication which provides a snapshot of trends focusing on the prevalence, scope, quality of care, and economic burden of diabetes. It highlights standards of medical care, healthcare resource costs attributable to Type 2 diabetes, and includes a call to action for stakeholders.



To access the reports, go to the New Mexico Coalition for Healthcare Value website, [nmhealthcarevalue.org](http://nmhealthcarevalue.org).

Click on the button that corresponds to the report you want to review..

# *A healthy New Mexico is Coalition's goal for 2017*

By Mark Saiz, Coalition Chair

Since its inception in May 2015, the New Mexico Coalition for Healthcare Value has worked to fulfill its mission and create a vision of health for all New Mexicans.

I'm proud to update you and let you know about our 2017 accomplishments as we head into another year.

This newsletter focused on our recent educational summit covering diabetes and it was a great success. Those attending the meeting provided us with positive feedback and suggestions for upcoming sessions.

I especially want to point out and thank our supporters and exhibitors including Presbyterian and Presbyterian Health Plan, Walgreens, Merck, Novo Nordisk, Albuquerque Public Schools, Janssen and the New Mexico Department of Health.

We have hosted three very successful education seminars including: Depression in the Workplace, Comprehensive Care In Joint Replacement Initiative and the Diabetes Summit.

Our new Employer Guide to Managed Care is out and contains some very valuable information that can be used to help navigate choosing health plan for employees.

The Coalition website is regularly updated with information about the NMCHCV and so members can foster learning, sharing



*Mark Saiz, Coalition Chair*

and implementation.

We entered a partnership with Consumer Reports' *Choosing Wisely*<sup>®</sup> program aimed at educating providers and patients about their healthcare options, which includes the *Choosing Wisely* program. We look forward to getting new health information from *Choosing Wisely* when it comes our way.

Earlier this year, the Coalition joined with RightDirection to address depression in the Workplace.

We have attracted new members and continue to invite any organization with an interest in positioning New Mexico as a national leader in healthy lifestyles and quality care to join.

In addition to the work we are doing, the New Mexico Chapter of the Public Relations Society of America awarded a first place to our Coalition brochure, another indication of the good work we are doing.

Visit the Coalition website to learn all about activities, membership and more.

Happy Holidays and make a resolution to join the Coalition in 2017!



We're on the web  
at  
[www.nmhealthcare  
value.org](http://www.nmhealthcarevalue.org)

Please watch the  
website for the  
Diabetes Summit  
presentations  
Videotaped and  
the  
follow-up steps  
and plan of action  
generated by the  
participants.