



# Osteoporosis Management

## Clinical Practice Initiatives

NaviCare® HMO SNP, a Medicare Advantage Special Needs Plan and NaviCare® SCO, a Senior Care Options program, both from Fallon Health, have endorsed the Massachusetts Health Quality Partners' (MHQP) Adult Preventive Care Guidelines for Osteoporosis. The guidelines can be found at <http://fallonhealth.org/providers/medical-management/health-care-guidelines.aspx>.

### Preventive patient education

NaviCare may provide the following educational information to your patients and their caregivers:

- Reinforcement of healthy lifestyle changes, including maintaining a healthy diet for weight management, following exercise recommendations, smoking cessation, avoidance of secondhand smoke, limiting alcohol consumption, having routine follow-up visits and taking medication(s) as prescribed.
- Talk with your doctor about having a bone mineral density (BMD) test any time after age 65, especially if there has been a recent fracture.
- Talk with your doctor about preventive measures, such as dietary calcium and vitamin D intake, and weight-bearing exercises.
- Fall prevention: Wear properly fitting shoes with non-skid soles, remove or secure loose rugs, use non-slip mats in the bath or shower, keep walking paths clear of clutter and well lit, promote assessment for proper use of assistive devices for ambulation and transfers as needed, correct deficits in vision as indicated.

### Clinical indicators

When evaluating your performance, Fallon will utilize the following indicators:

- The percentage of your female patients, age 65 years and older, who had a bone mineral density (BMD) test
- The percentage of your female patients, age 67 to 85 years as of December 31 of the calendar year, who suffered a fracture and had:
  - A BMD test in the two years prior to or six months after the fracture, or
  - A prescription for a drug to treat or prevent osteoporosis in the six months after the fracture\*

\*See chart on the next page.

(continued)

Description	Prescription
Biphosphonates	<ul style="list-style-type: none"> <li>• Alendronate</li> <li>• Alendronate-cholecalciferol</li> <li>• Ibandronate</li> <li>• Risedronate</li> <li>• Zoledronic acid</li> </ul>
Other agents	<ul style="list-style-type: none"> <li>• Albaloparatide**</li> <li>• Denosumab*</li> <li>• Raloxifen*</li> <li>• Romosozumab*</li> <li>• Teriparatide*</li> </ul>
<p>* Prior authorization required</p> <p>** Non-formulary prior authorization required</p> <p>Note: A comprehensive list of medications can be found at <a href="http://ncqa.org">ncqa.org</a>.</p>	

**1-877-700-6996**  
 Monday–Friday, 8:30 a.m.–5:00 p.m.  
**[fallonhealth.org](http://fallonhealth.org)**