Improving Kidney Disease Outcomes

Did you know Cigna-HealthSpring’s Disease Management (DM) Program will work with Cigna-HealthSpring members to control their diet, healthy lifestyle, and activities that can assist in managing their chronic kidney disease and any underlying causes? (i.e. uncontrolled diabetes or heart failure)

*It’s simple* – Our DM Case Managers will identify our members and invite them to enroll in the program. We will send their primary care physician and treating nephrologist (as applicable) a letter informing them that a Case Manager will be providing member education and assisting our member with scheduling appointments to monitor their labs and kidney function. Centers for Medicare & Medicaid Services (CMS) require that members receive education about treatment options from a qualified provider. Once the DM Case Manager has assisted to schedule that appointment with a qualified provider he/she will discuss treatment options such as:

- Dialysis – including Home Dialysis
- Kidney Function Monitoring
- Patient Education
- Diet Management
- Medication Adherence

To refer a Cigna-HealthSpring member to the Disease Management Program, complete the Disease Management Patient Referral Form found on Cigna-HealthSpring’s CarePlan (MMP) website at: http://a-qa.cigna.com/medicare/healthcare-professionals/tx-mmp.

Program staff is available by phone if providers would like additional information about the program. Referrals can be submitted by fax or email. Phone: 877-725-2688 Fax: 855-803-3526 Email: TXSTARPLUSDM@healthspring.com

CMS require that providers offer patient education material to members as outlined in the Kidney Foundation Handout. Visit: cms.gov for more information.

Request a copy of the educational materials by emailing: TXSTARPLUSDM@healthspring.com or you can find them on Cigna-HealthSpring’s CarePlan (MMP) provider website: http://a-qa.cigna.com/medicare/healthcare-professionals/tx-mmp

Please include the following:

- Member Name
- Member ID
- Copies Needed (Qty.)

If you have questions please call Provider Services at 1-877-653-0331, Monday to Friday, 8 a.m. to 5 p.m. Central Time.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including HealthSpring Life & Health Insurance Company, Inc. The Cigna name, logos, and other Cigna marks are owned by Cigna Intellectual Property, Inc. Cigna-HealthSpring CarePlan is a health plan that contracts with both Medicare and Texas Medicaid to provide benefits of both programs to enrollees.