The Michigan Collaborative for Type 2 Diabetes

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Shifting the paradigm of care for patients with Type 2 Diabetes in Michigan

MCT2D's Initiatives



Prescribing of

GLP1 Receptor

Agonists & SGLT2

inhibitors





Supporting Low Carbohydrate **Eating Patterns**



Expanding use of Continuous **Glucose Monitoring** (CGM)

Type 2 Diabetes (T2D) is a highly prevalent, costly, and disabling disease in the United States. Approximately 11.5% of Michigan adults (~912,000 residents) have diabetes¹.

Dramatic advances in our understanding of T2D over the past 20 years has resulted in the development of new and effective strategies for prevention and treatment. New data suggests that high glycemic index carbohydrates may drive progression of T2D and that lower carbohydrate diets may be more effective than low-fat diets in patients with T2D who are trying to lose weight². New classes of antihyperglycemic medications have been shown to not only improve glucose control but also decrease mortality and cardiovascular events, slow chronic kidney disease progression and support weight loss³. Diabetes has also benefited from technological advances such as low-cost, user-friendly continuous glucose monitors (CGM). These CGM devices provide valuable data for improving glucose control and driving diet and exercise behavior change4.

MCT2D seeks to engage and empower medical providers to disseminate and implement evidence-based strategies to prevent or slow the progression of Type 2 Diabetes through:

- 1. Removing barriers to prescribing GLP-1 receptor agonists and SGLT2 inhibitors.
- 2. Low carbohydrate eating patterns.
- 3. Use of continuous glucose monitoring.

Challenges

- Insurance coverage and cost for continuous glucose monitors and SGLT2is/GLP-1RAs
- Integration of clinical workflows for **CGM** utilization
- Developing an all patient- all payor dashboard and accessing data sources
- Primary care workforce challenges

Additionally, MCT2D works with payors to advocate for better coverage of these treatments. There remain significant barriers as it relates to insurance coverage of CGMs, SGLT2is and GLP-1RAs. This work has centered on providing empirical research and anecdotal evidence to the efficacy of these therapies and their potential to not only improve the lives of patients, but also reduce total cost of care.

Recent success was found with Blue Cross Complete of Michigan, who incorporated MCT2D suggested revisions to their CGM coverage for patients with T2D, removing the requirement that patients be on insulin. **Current Enrollment**

28

Physicians

Organizations

308 Primary Care Practices

1100+

Participating Physicians Practices

Nephrology

Endocrinology Practices



MCT2D begins program planning and hiring

coordinating center staff.

MAR 21

MCT2D is announced to physician organizations (POs) at the March Physician Group Incentive Program Quarterly Meeting.

APR

and begins enrollment.

The initial 25 MCT2D participating POs join the

their structure, anticipated challenges, and needs.

clinical champions at each practice are identified. Practices complete a change readiness assessment about their current clinical practices and confidence in implementing MCT2D initiatives.

SEP 21

Live virtual trainings hosted by MCT2D content experts on CGMs, low carbohydrate eating, and newer antihyperglycemic

MCT2D recruits 16 endocrinology practices and 14

nephrology practices.

Participants being implementing MCT2D Initiatives.

APR 22

MCT2D sorts practices into different regions and hosts 7 regional meetings across the state with clinical champions to discuss implementation of MCT2D initiatives.

Year 2 recruitment begins.

POs submit a quality improvement log of progress to date. Initial MCT2D monthly Learning Community newsletter distributed.



Year 2 recruitment closes with 4 new POs and 74 new primary care practices joining the collaborative.

Next round of regional meetings takes place.

What's Next for MCT2D?

Recruit second round of endocrinology and nephrology practices

- Launch a performance measure for participating sites
- Expanding into pre-diabetes as a long-term goal of the collaborative.
- claims data into the MCT2D Patient Data Dashboard. • Launch summary statistics side of the patient data dashboard.

MCT2D hosts informational sessions on the program

JUL 21

MCT2D hosts onboarding calls with each PO to learn about

AUG 21

An initial 264 primary care practices are recruited and

MCT2D hosts a kickoff meeting with over 125 attendees.

medications for T2D.

NOV 21

The first version of the MCT2D Patient Data Dashboard goes live.

MCT2D hosts their first patient advisory board meeting.

MCT2D hosts first collaborative wide meeting with participating POs that included a panel with accelerated practices and keynote speaker Dr. David Ludwig.



- Develop consistent reporting for the practices on their performance.
- · Incorporate all payor clinical data, Medicaid claims data, and Medicare

Instituted a Patient Advisory Board with approximately 15 members that meets 6x per year to review patient facing resources and give input on the collaborative.



Launched the Patient Data Dashboard which serves as a powerful tool to identify patients who may be right for one of the three MCT2D interventions.



Initiated a longitudinal Patient Reported **Outcomes Survey** to assess patient attitudes and experiences with the three MCT2D interventions.



Hosted 36 Continuing Medical Education training sessions for clinical champions on the three MCT2D pillars.



MCT2D Key Accomplishments

Created 10 novel resources for patients and providers with countless more in development.



Developed a hands-on learning program that allowed clinical champions to try a CGM themselves, the first ever program of its kind.



Met with numerous insurance companies to advocate for increased coverage of CGMs, GLP1-RAs and SGTL2is.

Blue Cross Complete solicited MCT2D's advice on the revision of their CGM coverage criteria and fully implemented MCT2Ds suggestions.

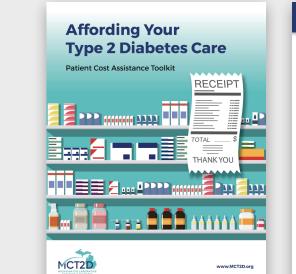
MCT2D Resource Library



Low Carb Eating Patterns Introductory 1-Pager, Blood Sugar and Meal Trackers, Low Carb Cheatsheet

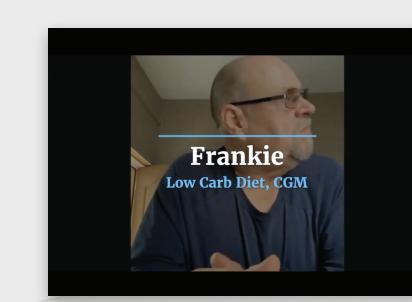


Learning Opportunities CME Courses, Panel Discussions, Live Q&A Sessions with Content Experts





Cost & Coverage Assistance Affording T2D Care Toolkit, Medications and CGM Coverage by Payer





Patient Stories and Perspectives Hear directly from patients about their experience with MCT2D's initiatives

Find these resources and more at www.mct2d.org/resource-library