



Participant is a 53-year-old who suffers from diabetes, hypertension, asthma, sleep apnea, morbid obesity and depression. Through assessment, it was uncovered that Participant was not utilizing his glucometer, was not taking insulin as prescribed, did not have a blood pressure cuff, and his depression was impacting his ability to self-care and attend his medical appointments.

To compound the situation, Participant is the full-time caregiver for his mother who suffers from late-stage dementia and has multiple chronic medical conditions.



The Interdisciplinary Care Team (ICT) convened to develop an integrated care plan that addressed both behavioral health and physical health concerns.

### INTERVENTIONS

Behavioral Health Managed Care Organization (BH-MCO) consult to secure a behavioral health provider to address depression.

Referral to community-based weight loss & nutrition program.

Disease Management Education.

Submission of request for a blood pressure cuff.

Development of a blood sugar logbook.

Independent Enrollment Broker (IEB) referral for mother.

### OUTCOMES

Participant attends behavioral health treatment for his depression and reports improved mood and energy.

Regular Continuous Positive Airway Pressure (CPAP) & blood pressure cuff use.

Adherence with glucometer, insulin and logbook which resulted in significant improvement in blood sugar levels.

Long-Term Services and Supports (LTSS) approved for mother which provides Participant respite and more self-care time.

Appointment adherence.

20-pound weight loss in 5 months.

“I can’t wait to talk to my Care Manager to tell her all the progress I am making!”