



# Cardiac Rehabilitation (CRE)

HEDIS® Measurement Year 2023

**Measure Description: The percentage of members 18 years of age and older, who attended cardiac rehabilitation following a qualifying cardiac event. Four rates are reported:**

- **Initiation:** The percentage of members who attended 2 or more sessions of cardiac rehab within 30 days after a qualifying event.
- **Engagement 1:** The percentage of members who attended 12 or more sessions of cardiac rehab within 90 days after a qualifying event.
- **Engagement 2:** The percentage of members who attended 24 or more sessions of cardiac rehab within 180 days after a qualifying event.
- **Achievement:** The percentage of members who attended 36 or more sessions of cardiac rehab within 180 days after a qualifying event.

*\*Care must be captured via claims. Medical record review is not applicable, and record submission will not count.*

## Eligible Population

- Members 18 years of age and older with a cardiac event (see below). The following age stratifications are reported: 18-64 years, 65+, and a total.
- Members who are in hospice or palliative care are excluded from the eligible population.

## Qualifying Cardiac Events

Qualifying cardiac events occur between July 1 of the year prior to the measurement year through June 30 of the measurement year. The date of discharge or a direct transfer is used as the date the cardiac event occurred. Cardiac events include:

- Myocardial infarction (MI)
- Percutaneous coronary intervention (PCI)
- Coronary artery bypass grafting (CABG)
- Heart and heart/lung transplantation
- Heart valve repair/replacement

## Numerator Codes

The complete NCQA approved code set list can be referenced in the coding guide at [healthplan.org/providers/patient-care-programs/quality-measures](http://healthplan.org/providers/patient-care-programs/quality-measures).

For questions, please contact your practice management consultant. To identify your practice management consultant please refer to [healthplan.org/providers/overview/meet-practice-management-consultant](http://healthplan.org/providers/overview/meet-practice-management-consultant).

Code Type	Code	Description
CPT	93797;93798	Cardiac Rehabilitation
HCPCS	G0422	Intensive cardiac rehabilitation; with or without continuous ecg monitoring with exercise, per session
HCPCS	G0423	Intensive cardiac rehabilitation; with or without continuous ecg monitoring, without exercise, per session
HCPCS	S9472	Cardiac rehabilitation program, non-physician provider, per diem



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## Tips to Achieving a Successful Cardiac Rehabilitation Program

- Encouraging patients to give up tobacco products
  - If a member is interested in tobacco cessation agents, he or she will need to see their PCP for a prescription. THP offers members a tobacco cessation program to help stop smoking, rubbing, or chewing. Coverage for tobacco cessation program is free for most members and may vary for self-funded members.
  - For more information on the tobacco cessation program, call a cessation counselor at **1-888-450-6023**.
- Offer techniques to manage stress levels, anxiety, depression:
  - Medication
  - Yoga
  - Coordinated care with a behavioral health provider as needed
- Encourage physical activity when the patient is well enough to exercise:
  - Suggest doing activities the patient likes to do such as dancing, hiking, and swimming
  - Physical activity does not have to be in a gym
- Encourage patients to utilize support to help them cope and be successful with rehab:
  - Family and friends
  - Counseling for stress, anxiety, or depression
  - Healthcare team

- Let patients know it is okay to ask questions and discomfort comfort levels regarding the rehabilitation process.

*The Health Plan has a team of member advocates, health coaches, social workers and nurses who can assist you and your patients to remove or overcome any barriers to care through benefit assistance, community resource referrals or enrollment in a THP clinical program. To refer a patient who is a THP member for assistance, call **1.877.903.7504** and let us know what we can do to help your patient receive and adhere to your recommended plan of care.*