

Osteoporosis Management

Clinical Practice Initiatives

Fallon Health Weinberg-HMO SNP is a Medicare Advantage Special Needs Plan and Fallon Health Weinberg-MLTC, a Managed Long-Term Care plan, both from Fallon Health Weinberg.

Preventive Patient Education

Fallon Health Weinberg may provide the following educational information to your patients and their caregivers:

- Reinforcement of healthy lifestyle changes including a healthy diet for weight management, following exercise recommendations, smoking cessation and avoidance of secondhand smoke, limiting alcohol consumption, having routine follow-up visits and taking medication as prescribed
- Talk with your doctor about having a Bone Mineral Density (BMD) test any time after age 65 or 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 bath or shower, keep walking paths clear of clutter and well lit

Clinical Indicators

Fallon Health Weinberg may utilize the following information to assess the percentage of female members who have had the following:

- A Bone Mineral Density (BMD) test at age 65 or older
- The percentage of your female patients 67 to 85 years of age on December 31 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 the chart on the next page.*

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Description	Medication	
Biphosphonates	Alendronate Ibandronate Risedronate	Ibandronate injection* Zoledronic acid injection*
Other agents	Calcitonin Raloxifene	Teriparatide* Denosumab*

** Prior authorization required*

Note: A comprehensive list of medications can be found at www.ncqa.org.

1-855-665-1112

Monday–Friday, 8:30 a.m.–5:00 p.m.

fallonweinberg.org

