

Women's and Men's Health Program

Cholesterol Guidelines

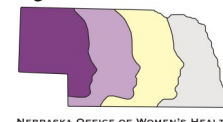
(to assist in developing your own policies and protocols)

Nebraska Department of Health & Human Services || Women's and Men's Health Programs
301 Centennial Mall South || P.O. Box 94817 || Lincoln, NE 68509-4817
402-471-0929 || 800-532-2227
Web: www.dhhs.ne.gov/womenshealth
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Funds for this project were provided through the Centers for Disease Control and Prevention Breast and Cervical Early Detection Program, Well Integrated Screening and Evaluation for Women Across the Nation and the Colorectal Cancer Screening Demonstration Program Cooperative Agreements with the Nebraska Department of Health and Human Services.

June 2023

Every Woman Matters

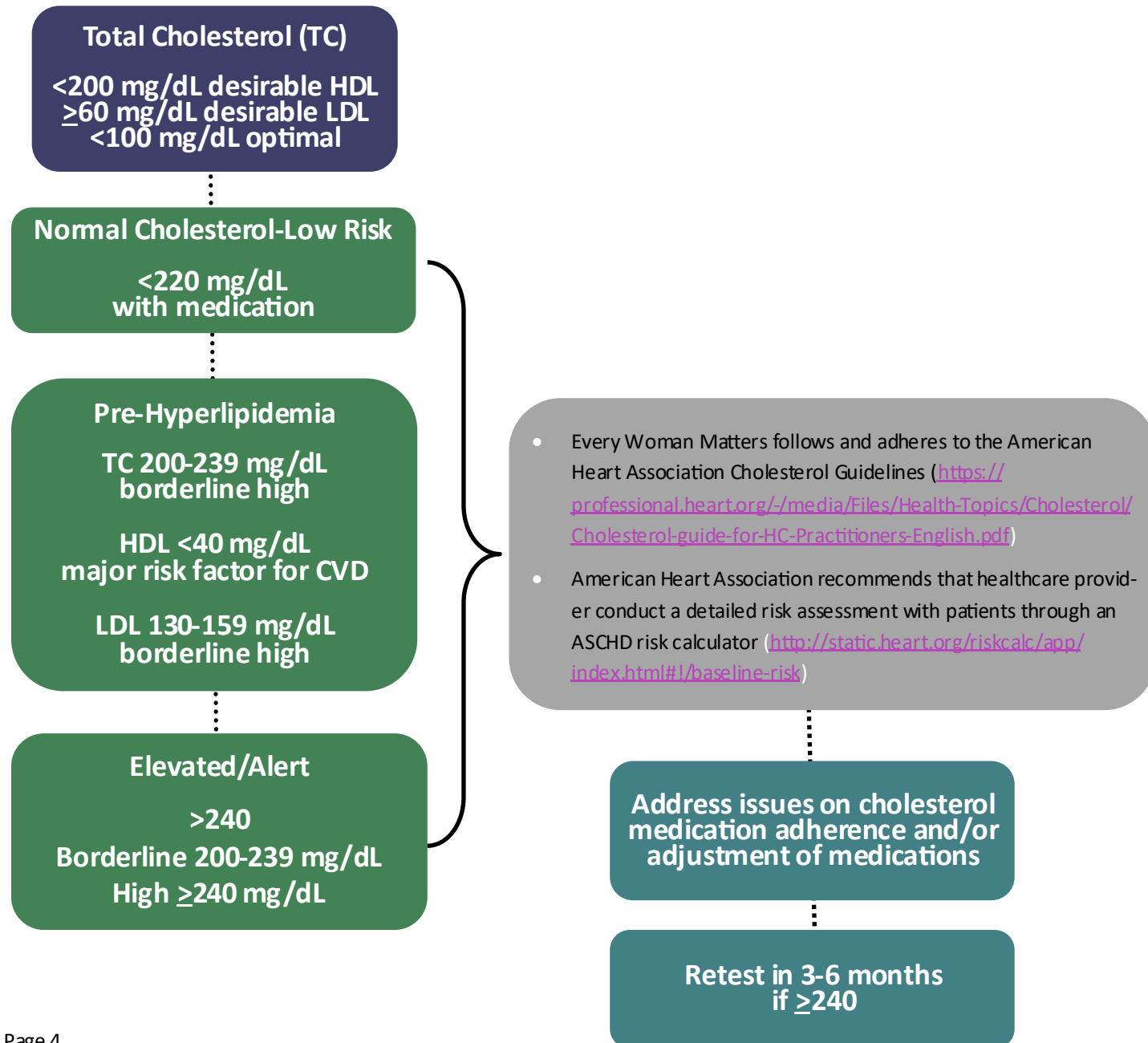


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Clinical Recommendations for Treatment and Follow-Up of Cholesterol



*Reimbursement policy on Page 4.

Local Health Department/Health Organization Recommendations for Cholesterol Control

Every Woman Matters (EWM)

Provide list of clients with elevated cholesterol to Local Health Departments/Health Organizations to follow up with Health Coaching

Local Health Departments/Health Organizations

Prioritize Health Coaching list based on screening results and refer client to Healthy Behavior Support Services (HBSS):

100% of clients actively engaged in conversation who opt out of HBSS receive at a minimum education to include the "Health Coaching Infographic"
 (<https://dhhs.ne.gov/Pages/Prevention-In-Communities.aspx> under the 3.1.3. Healthy Behavior Support)

- Health Coaching
- OR
- Living Well Program
- OR
- National Diabetes Prevention Program (NDPP)
- OR
- Walk & Talk Toolkit

3 HC w/in 12 weeks

Follow Up Assessment during 3rd HC Session

Recheck cholesterol with cholestech machine 3-6 months after initial test

Referral back to primary care if ≥ 240

- Every Woman Matters follows and adheres to the American Heart Association Cholesterol Guidelines (<https://professional.heart.org/-/media/Files/Health-Topics/Cholesterol/Cholesterol-guide-for-HC-Practitioners-English.pdf>)
- Cholestech Training Video for the Alere Cholestech LDX is located on website at <https://dhhs.ne.gov/Pages/Prevention-In-Communities.aspx> under the 3.1.1. Collaborative Impact Project and Special Project Templates tab. Refer to the training video so appropriate cholesterol procedures are followed.
- Cholesterol educational materials are available on the EWM website at: <https://dhhs.ne.gov/Pages/Prevention-In-Communities.aspx>. The materials are located under the Resources, News and Updates tab in the Cholesterol Resources section.

Every Woman Matters Internal Guidelines for Cholesterol Control

Every Woman Matters (EWM)

Provide list of clients with elevated cholesterol to Local Health Departments/Health Organizations to follow up with Health Coaching

Run report of Client ≥ 240 after Health Coaching (monthly)

100% of women with ≥ 240 after completed Health Coaching will be offered one clinical follow-up

Letter and Cholesterol card is sent to client with a one month expiration

1:1 correspondence should include:

- Assessment of medication assistance
- Assessment of structural barriers
- Assessment of knowledge regarding condition
- Assessment of access to primary care

- Every Woman Matters follows and adheres to the American Heart Association Cholesterol Guidelines (<https://professional.heart.org/-/media/Files/Health-Topics/Cholesterol/Cholesterol-guide-for-HC-Practitioners-English.pdf>)
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Every Woman Matters Reimbursement for Cholesterol

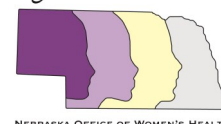
- Initial screening visit.
- Health Coaching sessions to Community Health Hubs
- Follow up total cholesterol by the Community Health Hub ≥ 240
- One clinical follow-up visit if client total cholesterol is ≥ 240 after Health Coaching is complete.

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