

Staying Healthy and Living with Illness

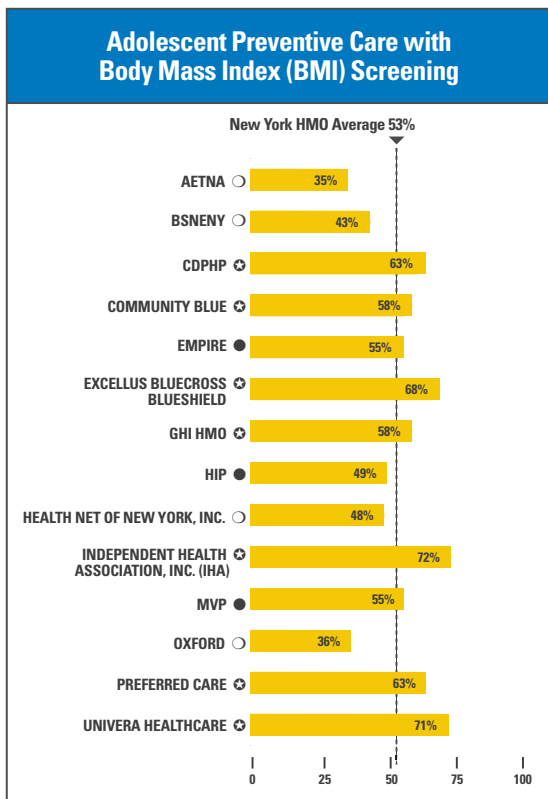
Data source: DOH

New York HMOs were rated on how well they help people maintain good health and recover from illness.

Understanding These Charts

The circles in the charts show how each HMO compares to the average for all New York HMOs. Look for HMOs with a “⊕” in the chart; they performed better than the New York HMO average. In other words, they had a greater percentage of members who received these services.

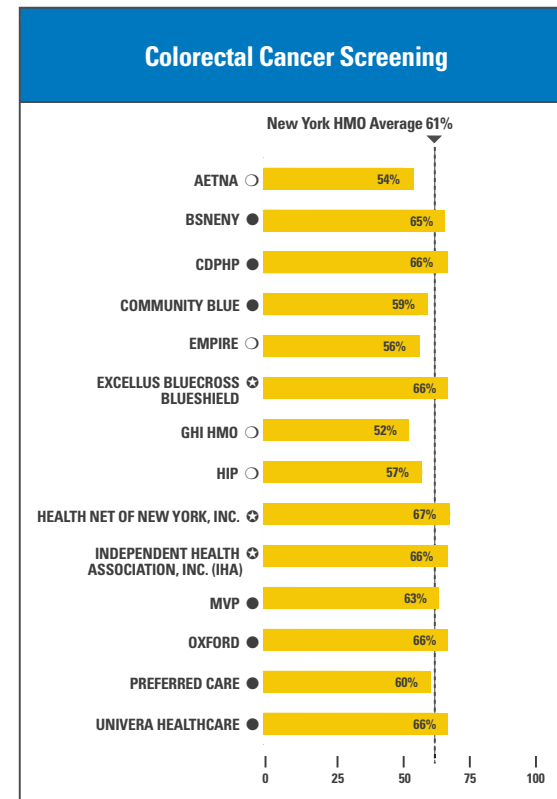
Note: Symbols show statistically significant differences between each health insurer’s score and the New York average. Statistically significant means scores varied by more than could be accounted for by chance. Plans showing the same percentage can have different circles, and thus perform at different levels, either because the actual rates are rounded for display purposes or because plans’ eligible-population size differences (i.e., denominators) were used to calculate the rates.



The Centers for Disease Control and Prevention (CDC) states that overweight children and adolescents are more likely to become obese as adults. Assessing body mass index (BMI) allows health care professionals to identify adolescents at high risk and implement preventive care. HMOs were rated on the percentage of adolescents ages 14–18 who had a least one well-care visit with a PCP or OB/GYN during 2007 and had documentation of a BMI or BMI percentile.

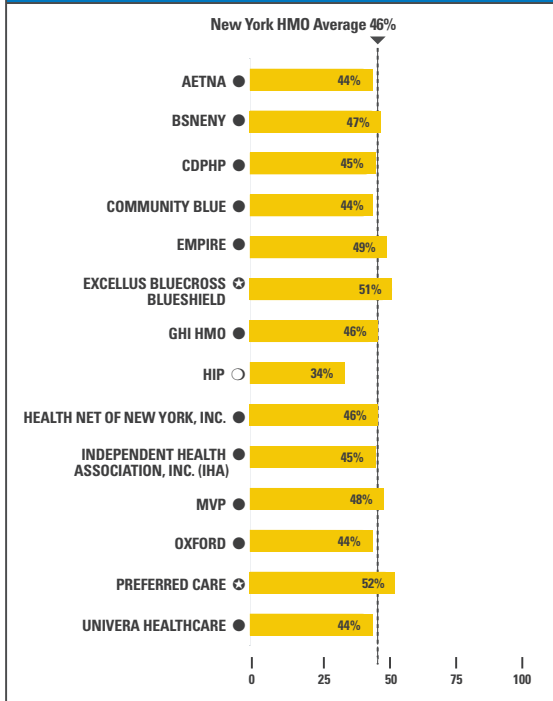
Performance Compared to the New York HMO Average

- ⊕ Higher than the NY HMO average
- Not different from the NY HMO average
- Lower than the NY HMO average

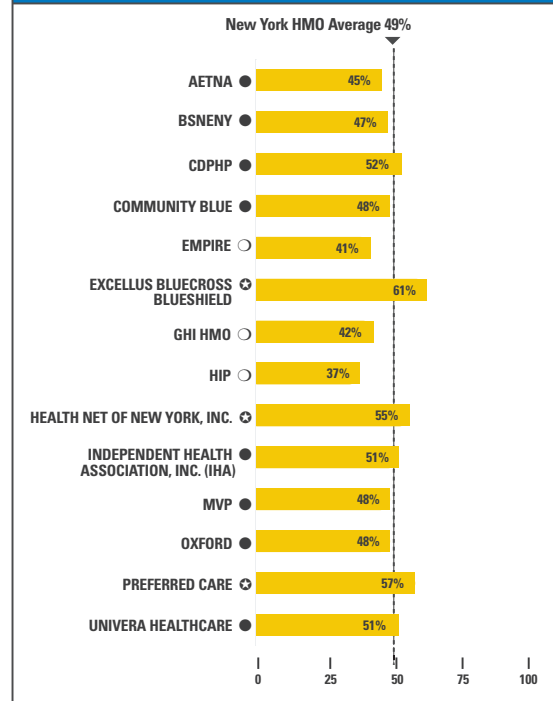


Colorectal cancer affects both men and women of all racial and ethnic groups, and is most often found in people ages 50 or older. Screening can find precancerous polyps—abnormal growths in the colon or rectum—so that they can be removed before turning into cancer. Screening also helps find colorectal cancer at an early stage when it can be successfully treated. HMOs were rated on the percentage of adults, ages 50–80, who had appropriate screening for colorectal cancer.

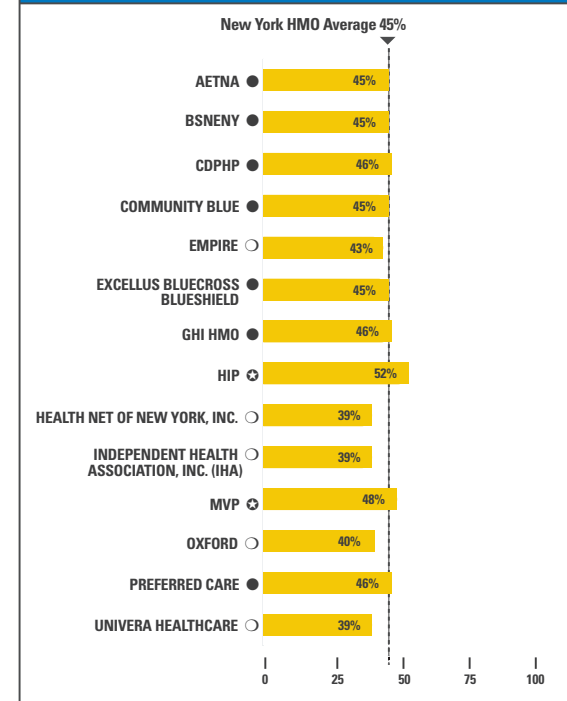
Antidepressant Medication Management: Effective Continuation Phase Treatment



Flu Shots for Adults Ages 50-64



Chlamydia Screening for Females Ages 16-20



Depression, even the most severe cases, is a highly treatable disorder. Patients should take regular doses of antidepressants for at least 3 to 4 weeks in order to experience the full beneficial effects. Patients should continue taking the medication for the time specified by their doctor, even if they are feeling better, in order to prevent a relapse of the depression. HMOs were rated on the percentage of members ages 18 and older who were diagnosed with depression and remained on medication for at least 6 months.

The single best way to prevent the flu is for individuals to get an influenza vaccination (flu shot) each fall. Patients should try to get the flu shot in September or as soon as the vaccine is available. HMO members ages 50–64 who reported that they had an influenza vaccination after September 1, 2007.

Chlamydia is a common sexually transmitted disease (STD) caused by bacteria. Even though symptoms of Chlamydia are usually mild or not present, serious problems that cause irreversible damage, including infertility, can occur “silently” before a woman ever knows she has an infection. When found, Chlamydia can be easily treated and cured with antibiotics. HMOs were rated on the percentage of sexually active young women ages 16–20 who had at least one test for Chlamydia.