Description: Hyperlipidemia is a condition where there is an abnormally high level of cholesterol and triglycerides in the blood. These high levels can block or narrow arteries and put members at risk for heart attacks, strokes, and decreased blood flow to the legs.

Causes: Many factors can affect the cholesterol levels in your blood. First, your diet has an impact as some foods have fats that raise your cholesterol level such as animal fats, saturated fats and trans- fats. Additionally, lack of physical activity and being overweight may contribute to this. In some cases, high cholesterol is inherited through your family genes.

Diagnostic Tests: Your doctor will diagnose high blood cholesterol by checking the cholesterol levels in your blood. A blood test called a lipoprotein panel can measure your cholesterol levels. Before the test, you’ll need to fast (not eat or drink anything but water) for 9 to 12 hours.

Conversation with Member:

- General opening such as: “I see that you are on a medication for high cholesterol, how are things going with taking that medication?”
- Offer information: “Can we take a few minutes to talk about high cholesterol and how important it is to take your medications to lower your cholesterol level?”
- Get more specific: “Based on your cholesterol test results, your doctor has prescribed (med list below). Do you have any barriers in taking that medication?”
- Lifestyle impacts: “Along with taking your medication regularly, you can also lower your cholesterol by eating less food with high cholesterol, saturated fat or trans fat. Exercising more often may also lower your cholesterol.”
- Medical treatment: High blood cholesterol is treated with lifestyle changes and medicines called statins. The main goal of treatment is to lower your low-density lipoprotein (LDL) cholesterol level enough to reduce your risk for coronary heart disease, heart attack, and other related health problems. Talk with your doctor about lowering your cholesterol.”
- Review the member’s plan of action: “What is your plan around to ensure that you are taking your medications to lower your cholesterol?”

National Standard: Gap for HEDIS & Stars: Taking Cholesterol Lowering Medication as Prescribed

Medication List:
Atrovastatin (Lipitor)
Lovastatin (Altoprev, Mevacor)
Simvastatin (Zocor)
Rosuvastatin (Crestor)

References:
- National Heart, Lung and Blood Institute (NHLBI)