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**CARDI•OH**  
Ohio Cardiovascular and Diabetes Health Collaborative

# Cardi-OH Update



The Ohio Cardiovascular & Diabetes Health Collaborative (Cardi-OH) is a statewide initiative of health care professionals who share knowledge to improve Medicaid patient outcomes and eliminate health disparities across Ohio.

## April 2025 Statewide Webinar: *Register Now!*

*Identifying and Addressing Food Insecurity in the  
Medical Setting*

**Wednesday, April 30, 2025**  
**12-1 p.m. ET**

### KEYNOTE SPEAKER

David H. Holben, PhD, RDN, LD, FAND  
Director, Office of Food and Nutrition Security  
The University of Mississippi

### OBJECTIVES

- State the prevalence of food insecurity in Ohio and the U.S.
- Provide evidence-based screening for food insecurity
- Recognize national and local resources available to address food insecurity
- Educate others on the impact of food insecurity on health and well-being.

**No-cost CME credit available.**



**Cardi-OH**  
**WEBINAR**



David H. Holben, PhD, RDN,  
LD, FAND

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# Tune in to Cardi-OH Radio

## Podcast 53 - Using Health-Promoting Technology to Enhance Care and Improve Outcomes

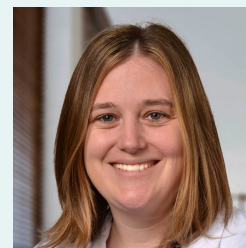
Listen to Patricia Ryan, MD, from The Ohio State University.

Cardi-OH Radio podcasts highlight national, state, and local leaders discussing timely topics for primary care clinicians.

Want to be the first to know when a podcast is released? [Subscribe to our channel.](#)



## Cardi-OH RADIO



Patricia Ryan, MD

# Pearls for Clinical Practice

## Capsule 52 - Advances in Continuous Glucose Monitoring

### Did You Know?

Continuous glucose monitors are now available without a prescription for adults who do not use insulin.

**Capsules** provide busy clinicians brief summaries of best practices that are ready to be implemented in clinical care.

## Cardi-OH CAPSULE

**Advances in Continuous Glucose Monitoring**

Several new prescription and over-the-counter continuous glucose monitor (CGM) options have recently entered the market. These devices use real-time technology and have a combined sensor and transmitter.

**Prescription Devices**

The newest prescription CGMs covered by Ohio Medicaid for patients diagnosed with diabetes include:

- FreeStyle Libre 3 Plus\***
  - \* Smaller, thinner sensor compared to the Libre 2.
  - \* Approved for use in patients age 2 years and older (previously 6 years and older for earlier models).
  - \* Requires a new prescription but works with existing Libre 3 systems, including the mobile app and reader.
- Dexcom G7\***
  - \* Smaller than the G6 and eliminates the need for a separate transmitter.
  - \* Features a quick 30-minute warm-up, significantly faster than its predecessor and other CGMs.

**Over-the-Counter Devices**

New over-the-counter CGMs, such as Dexcom Stelo, Lingo by Abbott, and FreeStyle Libre Rio, are designed for general health and wellness and can be purchased without a prescription. Primarily marketed to individuals monitoring blood sugar for health and wellness rather than managing diabetes with insulin.

- \* Over-the-counter biosensors must be paired with mobile apps.\*\*
- \* Not covered by insurance, with prices varying by device.

**Table 1. CGM Device Features and Characteristics\***

| Device                    | FreeStyle Libre 3 Plus | Dexcom G7              | Dexcom Stelo           | FreeStyle Libre Rio    | Lingo by Abbott        |
|---------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|
| Measurement interval      | every 1 minute         | every 5 minutes        | every 1 minute         | every 5 minutes        | every 5 minutes        |
| Measurement range         | 50 to 300 mg/dL        | 50 to 300 mg/dL        | 50 to 300 mg/dL        | 50 to 300 mg/dL        | 50 to 300 mg/dL        |
| Longevity (weeks)         | 14                     | 10                     | 14                     | 14                     | 14                     |
| Prescription data sharing | Yes                    | Yes                    | No                     | No                     | No                     |
| Longevity (days)          | 14                     | 10                     | 14                     | 14                     | 14                     |
| Marketed indications      | Patients with diabetes | Patients with diabetes | Patients with diabetes | Patients with diabetes | Patients with diabetes |

For more information, access Cardi-OH's expanded resources on CGMs and interpretation.

# What You Need to Know

## Supporting Patient Success With Continuous Glucose Monitors

Continuous glucose monitor (CGM) use in people with diabetes has many demonstrated benefits including lowered hemoglobin A1C (HbA1C), prevention of hypoglycemia, and improved glycemic control, resulting in improved patient satisfaction and quality of life. Read about considerations for choosing and obtaining a CGM and tips for troubleshooting when getting started with a new device.

**Articles** focus on high-priority topics in cardiovascular and diabetes care designed for primary care clinicians.



## Cardi-OH ARTICLES

**Supporting Patient Success With Continuous Glucose Monitors**

Continuous glucose monitors (CGMs) provide real-time blood glucose readings to patients, reducing the need for multiple daily finger sticks.

CGM use in people with diabetes has many demonstrated benefits including lowered hemoglobin A1C (HbA1C), prevention of hypoglycemia, and increased knowledge about how various foods, medications, and activities impact glucose levels, resulting in improved patient satisfaction and quality of life. Additionally, CGM use enables providers to monitor glucose trends remotely for improved patient care.

Choosing the right CGM for each patient is best done in consultation with a health care provider. Table 1 outlines the characteristics of a variety of CGMs and can support informed decision making between patients and providers.

**Cardi-OH.org | Supporting Patient Success with Continuous Glucose Monitors | 1**

## News You Can Use

### *AHA Recommends New Terminology and Personalized Approach for Managing Elevated BP in Inpatient Settings*

*Currents* provide brief summaries of the latest advances in medicine or clinical practice related to diabetes or hypertension and include links to additional resources.



## Cardi-OH ECHO QI: Apply by March 14!

### *Quality Improvement Cardiovascular Series*

**April 2025-May 2026**

Cardi-OH is recruiting Ohio primary care practices to participate in an innovative quality improvement (QI) initiative using the Project ECHO model.

#### **WHY JOIN**

- Professional development and continued learning.
- Increased QI knowledge and support from a dedicated coach.
- Expanded knowledge network and collegiality with practices across the state.
- Improved patient care delivery.
- No-cost CME credits available and support for MOC.



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## February is American Heart Month!

Help your patients take care of their hearts and improve cardiovascular risk reduction with these Cardi-OH resources:

**Stay active.** *Helping Patients Achieve an Active Lifestyle*

**Eat healthy.** *Podcast 48 - Talking With Your Patients: Overcoming Obstacles to Healthy Eating*

**Manage stress.** *Talking With Patients About Stress*

**Improve sleep quality.** *Heart Health and the Science of Sleep*



Be sure to check out these new tools from Million Hearts®:

*Hypertension in Pregnancy Change Package*

*Cholesterol Management Change Package*

*Cardiac Rehabilitation Change Package (Second Edition)*

# Using the Cardi-OH Web App is Simple!

- Access Cardi-OH's library of cardiovascular and diabetes care resources.
- Bookmark your favorites.
- Share best practices with colleagues.



[Download Web App →](#)

## *Learn More*

Visit [Cardi-OH.org](https://Cardi-OH.org) to read more about the collaborative and our latest best practices.



## *Sharing best practices to improve cardiovascular and diabetes health*

In partnership with



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