

# Controlling and Managing Sickle Cell Disease (SCD)

According to the Centers for Disease Control and Prevention (CDC), children and adults with SCD often require emergency care when they cannot manage symptoms at home or do not have access to an SCD specialist. To help your patients with SCD, the CDC recommends the following:

## Annual comprehensive exams

- **Blood test** to check for other health problems, such as anemia or organ damage
- **Retinal or dilated eye exam** to detect SCD- related problems before they lead to vision loss
- **Trans-cranial doppler ultrasound screening** to identify higher stroke risk
- **Blood test** to check for other health problems, such as anemia or organ damage
- **Urine test** to detect early kidney problems or infections
- **Dental exam** every six to 12 months
- **Immunization adherence** as adapted from the Advisory Committee on Immunization Practice (ACIP)
- **Flu shot** for everyone six months and older

## Action Plan

- Create applicable action plan for patient and caregivers
- Ensure plan includes instructions for when to notify you or another healthcare provider and when to seek care at an urgent care center, via telemedicine or at an emergency department
- Educate patients and caregivers (when applicable) about potential pain crises, triggers or other symptoms, healthy behaviors and the importance of self-care and stress management

## Medication Management

- Review medication doses and directions with the patient
- Base medicine recommendations on U.S. Department of Health and Human Services National Institutes of Health (NIH) guidelines
- Complete medication reconciliation at every appointment

## Humana Healthy Horizons® in Florida

Humana Healthy Horizons in Florida is a Medicaid Product of Humana Medical Plan, Inc.

## Necessary referrals

- Refer the patient to a behavioral health provider for support
- Refer the patient to an outpatient infusion facility for crisis management

When you diagnose or see a Humana Healthy Horizons® in Florida member with SCD, please refer him or her to our care management program.

## To locate an SCD healthcare provider:

- Link to: **Find a Doctor - Humana**
- Search by **Specialty > Sickle Cell Disease**
- For additional assistance, call Care **Management** at 800-229-9880

## We derived these recommendations from current SCD clinical practice guidelines and used the following references:

- Three Tips About Sickle Cell Disease Every Emergency Provider Needs to Know, last accessed on 10/29/2025, <https://www.cdc.gov/sickle-cell/media/fact-sheets/living-well/3-tips-about-scd-providers.pdf>
- Immunization Adherence in Children with Sickle Cell Disease: A Single-Institution Experience. Infanti, Lisa M., Elder, Joshua J., et. al. The Journal of Pediatric Pharmacology and Therapeutics January-February 2020, last accessed on August 8, 2022, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6938294/>
- Evidence-Based Management of Sickle Cell Disease Expert Panel Report, 2014, last accessed on August 8, 2022, <http://scinfo.org/2015/09/30/nih-evidence-report-evidence-based-management-of-sickle-cell-disease/>

**Member referrals can be made to Humana Healthy Horizons SCD**

**Care Management Program Regions A-I:**

Email: [FL\\_MMA\\_CM\\_Referrals@humana.com](mailto:FL_MMA_CM_Referrals@humana.com)

Call: 800-229-9880, Monday - Friday, 8:30 a.m. - 7 p.m., ET

**To speak directly to an SCD Care Manager: Call: 800-322-2758**