

July 15, 2025

Osteoporosis Screening for Eligible Members

Dear Provider,

The Health Plan of San Mateo (HPSM) needs your help in increasing osteoporosis screening rates for our members to prevent fractures and falls and to reduce complex hospital visits. The United States Preventive Services Task Force (USPSTF) recommends screening for osteoporosis in all women 65 years or older and postmenopausal women younger than 65 years who are at increased risk for an osteoporotic fracture. However, in 2024, only 57% of female HPSM CareAdvantage members age 65–75 years of age received at least one osteoporosis screening since turning 65.

What is osteoporosis? Osteoporosis is a common disease which causes bones to become weak and break. Osteoporosis increases a person's risk for fractures, which can lead to chronic pain, disability, and decreased quality of life. Screening for osteoporosis with a bone mineral density test can help treat osteoporosis early and prevent fractures.

HPSM providers enrolled with Stellar Health can receive a financial incentive for osteoporosis management. Learn more about this incentive here:

<https://www.hpsm.org/provider/incentive-payments/incentive-payments-for-primary-care-providers>

Here are additional resources for osteoporosis screening and fracture prevention:

- US Preventive Services Task Force Osteoporosis Screening Guidelines:
<https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/osteoporosis-screening>
- Centers for Disease Control and Prevention's Fall Prevention Guidelines:
<https://www.cdc.gov/falls/prevention/>
- Food and Drug Administration's Osteoporosis Screening Information:
<https://www.fda.gov/consumers/womens-health-topics/osteoporosis>
- HPSM's Member Health Tips for Older Adults: <https://www.hpsm.org/member/health-tips/older-adult-health/preventing-falls>

- National Institute of Arthritis and Musculoskeletal and Skin Diseases' Osteoporosis Screening
Resource: <https://www.niams.nih.gov/health-topics/osteoporosis/diagnosis-treatment-and-steps-to-take>

Please direct questions to HPSM Provider Services at PSInquiries@hpsm.org.

Thank you,
The Health Plan of San Mateo