

Provider Newsletter

Nebraska | 2018 | February



Closing the Gap for BMI

The pediatric body mass index (BMI) is one of the HEDIS measures that will require our focus this year. We appreciate the care that you provide to our members whether they are sick or well.

Our members usually receive a height and weight check with each office visit. However, if there is no BMI percentile with the proper code, the Care Gap remains open. We are aware that you are providing the service, and we want you to get credit for it. Close the gap by coding the BMI percentile for each office visit the member receives.

Please remember Medical record documentation for Pediatric BMI must be reported as an exact percentile or plotted on an age-growth chart for iHOP submissions. (CPT codes and ranges are not acceptable.)

Pediatric BMI (Ages 3-17)

Less than 5th percentile for age
ICD-10 Code: Z68.51

5th percentile to less than
85th percentile for age
ICD-10 Code: Z68.52

85th percentile to less than
95th percentile for age
ICD-10 Code: Z68.53

Greater than or equal to
95th percentile for age
ICD-10 Code: Z68.54

CDC Recommendations for the Prescribing of Opioid Pain Medications

In March 2016, the Centers for Disease Control and Prevention (CDC) published its “CDC Guideline for Prescribing Opioids for Chronic Pain” to provide recommendations for the prescribing of opioid pain medication for patients 18 and older in primary care settings. Recommendations focus on the use of opioids in treating chronic pain (pain lasting longer than 3 months or past the time of normal tissue healing) outside of active cancer treatment, palliative care and end-of-life care.

The CDC Guideline is part of a comprehensive approach to address the opioid overdose epidemic and is a step toward a more systematic approach to the prescribing of opioids, while ensuring that patients with chronic pain receive safer and effective pain management. According to the CDC, The Guideline’s 12 recommendations, published in August 2017, are based on three key principles:

- Non-opioid therapy is preferred for chronic pain outside of active cancer, palliative and end-of-life care. Opioids should only be used when their benefits are expected to outweigh their substantial risks.
- When opioids are used, the lowest possible effective dosage should be prescribed to reduce risks of opioid use disorder and overdose. Clinicians should start low and go slow.
- Providers should always exercise caution when prescribing opioids and monitor all patients closely. Clinicians should minimize risk to patients, whether checking the state prescription drug monitoring program or having an ‘off-ramp’ plan to taper.

A copy of CDC’s publication entitled, “Guideline for Prescribing Opioids for Chronic Pain: Recommendations” may be found at: www.cdc.gov/drugoverdose/pdf/Guidelines_Factsheet-a.pdf.

Additionally, an Interactive Training Webinar for providers who prescribe opioids may be found at: www.cdc.gov/drugoverdose/training/index.html.

Healthy Rewards Program

The Healthy Rewards Program rewards members for taking small steps toward healthier lives. When they complete primary care provider (PCP) visits, prenatal visits and certain health checkups, members earn rewards that are placed on reloadable Visa® cards. Members can use these cards at a variety of locations to purchase items including milk, bread, diapers and over-the-counter (OTC) items. The more services members complete, the more they earn. Providers can encourage their patients to take part in this program by signing and including their provider ID on applicable activity reports.

| Population Segment | Focus Area | Activity Criteria | Incentive Type | Incentive Value |
|---------------------------|--|--|-------------------------------|---|
| Programs | Medically approved stop smoking program | Attend and complete a stop smoking program | Visa Debit Card, or Gift Card | \$20 |
| | Medically approved alcohol or substance abuse recovery program | Attend and complete an alcohol or substance use program | Visa Debit Card, or Gift Card | \$20 |
| New Enrollees | Health Risk Assessment | Complete a Health Risk Assessment form with the health plan upon enrollment within 90 days of enrollment | Visa Debit Card, or Gift Card | \$10 |
| Children's Health | 0-15 Months | Well child visit per periodicity schedule (6 visits) | Visa Debit Card, or Gift Card | \$10 per visit for a total of \$60 |
| | 3-6 years | Annual Child health check-up visit | Visa Debit Card, or Gift Card | \$25 |
| | 7- 21 years | Annual Adolescent check-up visit | Visa Debit Card, or Gift Card | \$30 |
| Healthy Pregnancy | Prenatal Care Visits | Attend 6 or more prenatal visits before the birth of the baby | Merchandise Reward | Choice of a stroller, portable playpen, six packs of diapers or car seat. |
| | Postpartum Care Visit | Attend 1 postpartum visit 21-56 days after the birth of the baby | Visa Debit Card, or Gift Card | \$25 |
| | Completion of Both | Completion of prenatal + Postpartum visits = total incentive | Visa Debit Card, or Gift Card | \$25 |
| Diabetes | Diabetes | Complete eye exam (members with diabetes ages 18-75) | Visa Debit Card, or Gift Card | \$20 |
| | | Complete HgbA1C lab test (members with diabetes ages 18-75) | Visa Debit Card, or Gift Card | \$20 |
| Well Women | Cervical Cancer Screening | Complete an office visit for cervical cancer screening (pap smear) (ages 21-64) | Visa Debit Card, or Gift Card | \$25 |
| | Screening Mammogram | Completion of screening mammogram (ages 40-65) | Visa Debit Card, or Gift Card | \$25 |
| Adult Health (NEW) | Annual Adult Health Screening | Complete annual adult screening (Wellness Visit - members >21 years old) | Visa Debit Card, or Gift Card | \$10 |
| Dental | Preventative Dental Visit | Any preventive dental visit for all WellCare members age 5-21 | Visa Debit Card, or Gift Card | \$25 |

For more information on the Healthy Rewards Program, contact your Provider Relations representative or call the Provider Services phone number at the end of this newsletter.