



## Quality

### ADHD Medication Adherence during Summer Break

WellCare of Nebraska is writing to support you in managing your patients prescribed attention-deficit/hyperactivity disorder (ADHD) medication during the summer months.

Studies show that children that continue taking their ADHD medication: complete their work, participate in extracurricular activities, pay attention while driving, help teens resist engaging in risky behavior such as cigarette smoking, substance use, and impulsive choices.

If side effects of ADHD medications require a period off medication (“drug holiday”) or a reduced dose, it could be done during vacation periods, i.e. summer vacations or on long weekends, to minimize impact on critical role performance. Clinical observations are that interrupting psychostimulants every weekend may in fact increase side effects.

Before stopping ADHD medications, recommendations are that a discussion occur with the child and the child’s caregivers in order to review the demands of social situations, work, and safe driving. Discontinuing ADHD non-stimulants also requires considering that non-stimulants often need to be taken daily for extended periods before benefit can be achieved; missing doses of non-stimulants may undermine benefits and may also result in withdrawal effects.

We hope you and your patients have a great summer season. Thank you for all you do for the wellness of our members.

### The Effects of Vaping

Though some users may vape as a way to quit smoking, vaping is still harmful. It’s not approved by the FDA as a helpful way to stop smoking. Plus, since vaping is quite new, researchers are still learning about its health effects.

What researchers do know is that e-cigs are bad for everyone who uses them. They are not safe for kids, teens, pregnant women or other adults.

#### They can contain chemicals like:

- Nicotine:**  
This is the same addictive drug found in cigarettes.  
**Nicotine is:**
  - Highly addictive
  - Toxic to unborn babies
  - Harmful to kids’ brain development
- Aerosol:**  
The liquid in e-cigs produces a vapor that’s inhaled.  
**That vapor may include:**
  - Chemicals known to cause cancer
  - Tiny particles that are bad for the lungs
- Other substances:**  
Studies show that e-cigs sometimes contain substances other than the ones they claim.  
**This may include:**
  - Heavy metals like lead and nickel
  - Certain flavorings linked to a serious lung disease



#### Caution!

E-cigs have been known to explode. Some defective batteries have started fires and led to serious injuries.

### Join the Conversation on Social Media

Join our digital and social communities for up-to-date information on how we’re working with you and others to help our members live better, healthier lives.





## Updating Provider Directory Information

We rely on our provider network to advise us of demographic changes so we can keep our information current.

To ensure our members and Care Management staff have up-to-date provider information, please give us advance notice of changes you make to your office phone number, office address or panel status (open/closed). Thirty-day advance notice is recommended.

### New Phone Number, Office Address or Change in Panel Status:

Please call us at **1-855-599-3811**. Thank you for helping us maintain up-to-date directory information for your practice.



## Electronic Funds Transfer (EFT) through PaySpan®

Five reasons to sign up today for EFT:

- 1 **You** control your banking information.
- 2 **No** waiting in line at the bank.
- 3 **No** lost, stolen, or stale-dated checks.
- 4 Immediate availability of funds – **no** bank holds!
- 5 **No** interrupting your busy schedule to deposit a check.

Setup is easy and takes about five minutes to complete. Please visit [www.payspanhealth.com/nps](http://www.payspanhealth.com/nps) or call your Provider Relations representative or PaySpan at **1-877-331-7154** with any questions.

We will only deposit into your account, **not** take payments out.

## Provider Resources



1-855-599-3811



[www.wellcare.com/Nebraska/Providers](http://www.wellcare.com/Nebraska/Providers)

### Provider News – Provider Portal

Remember to check messages regularly to receive new and updated information. Access the secure portal using the Secure Login area on our homepage. You will see *Messages from WellCare* on the right. Provider Homepage - [www.wellcare.com/en/Nebraska/Providers](http://www.wellcare.com/en/Nebraska/Providers).

### Resources and Tools

You can find guidelines, key forms and other helpful resources from the homepage as well. You may request hard copies of documents by contacting your Provider Relations representative.

Refer to our *Quick Reference Guide*, for detailed information on many areas such as Claims, Appeals, Pharmacy, etc. These are located at [www.wellcare.com/en/Nebraska/Providers/Medicaid](http://www.wellcare.com/en/Nebraska/Providers/Medicaid).

### Additional Criteria Available

Please remember that all Clinical Guidelines detailing medical necessity criteria for several medical procedures, devices and tests are available on our website at [www.wellcare.com/en/Nebraska/Providers/Clinical-Guidelines](http://www.wellcare.com/en/Nebraska/Providers/Clinical-Guidelines).

### Provider Relations Team

Kayla Baumberger	Kayla.Baumberger@wellcare.com
Christine French	christine.french@wellcare.com
Michelle Hartman	michelle.hartman@wellcare.com
Dana Hinkle	Dana.Hinkle@wellcare.com
Kami Hudson	kami.hudson@wellcare.com
Angi Tran	angela.tran@wellcare.com