

Midwest Health Plan, Inc.
Provider Newsletter
October 2008



Medical Director's Report
Dr. Mark Tucker

Influenza

The Influenza season is here. Hopefully, this year there will not be issues with either quantity or quality of Influenza vaccine. The bi-weekly bulletins from the CDC do not, to date, give any indication of problems with quality or quantity.

Influenza vaccine is a covered benefit for "at risk" Midwest Health Plan (MHP) members. The CDC recommendations should be utilized to identify "at risk" individuals.

MHP has surveyed each manufacturer of influenza vaccine for the retail price of a multi-dose vial. MHP has revised the fee schedule for Influenza vaccine. The intent of the revised fee is to cover the acquisition cost of the vaccine material. A table containing the revised fee schedule can be found in this issue of the Provider Newsletter.

If you have any questions about Influenza vaccine, please let me know via E-mail (mtucker@midwesthealthplan.com) or telephone (313.586.6060).

Mark Tucker, MD
Medical Director

Midwest Health Plan Receives Pinnacle Award Recognition from the Michigan Association of Health Plans (MAHP)

Midwest Health Plan is pleased to announce that it received an Honorable Mention at MAHP's annual Pinnacle Awards reception on September 16, 2008. The honor was for Midwest's health fair "At the Heart of the Community's Health". The health fair was carried out in collaboration with ACCESS, Midwest Health Center, Oakwood Hospital Asthma Education Department, and BCN. Promoting community wellness and decreasing cultural disparities were goals. Over 911 people attended in 2007. Members were routed for:

- 500 blue pressure readings
- 120 bone density screenings
- 120 vision screenings
- 6 dilated retinal eye exams
- 160 foot exams
- 90 hearing screenings
- 28 arterial blood flow tests, and
- 12 mammograms

Educational presentations were conducted around asthma, women's health, and men's health. Education occurred around fire safety by the Dearborn Fire Department, child finger print identification by the Dearborn Police Department, healthy eating, body mass index, and cancer by the American Cancer Society. Massages were also available. Free give-aways were available for participants. Arabic speaking representatives from MHP and ACCESS were available.

Midwest extends its thanks to all who helped to make the health fair a huge success in 2007 and 2008. We are proud to be an integral part of the Dearborn community and proud to be recognized by the Michigan Association of Health Plans.

Dr. Stephen M. Swetech wins Pinnacle Award from the Michigan Association of Health Plans

Midwest Health Plan would like to congratulate Dr. Stephen M. Swetech, a Midwest PCP, for being recognized by MAHP with a Pinnacle Award for his Diabetes Program, "Sweets Survey of Sugar Supervision from Head-to-Toe". A key to the program was to have the staff remind the physician and patient about the necessity of compliance and alert them to the presence of diabetes. Parameters considered included:

- Dilated retinal eye screen {HEAD} searching for diabetic retinopathy;
- Smoking cessation;
- Blood pressure control desiring a level \leq 130/80 mg/dl;
- ACE inhibitor initiation for uncontrolled blood pressure;

- Lipid management limiting the LDL cholesterol to < 130 mg/dl;
- Glucose control maintaining Hemoglobin A1c below 7.0%;
- Nephropathy vigilance monitoring microalbuminuria; and
- Foot-care evaluation using inspection and a Semmes-Weinstein monofilament test {TOE}.

DISEASE MANAGEMENT

Diabetes Microalbuminuria Screening and Management

A chart from the National Kidney Foundation diagrams care management for people with diabetes who test positive for microalbuminuria, or microscopic protein in the urine. The chart walks health care providers through the recommended screening and monitoring tests for people with microalbuminuria and includes notations for when to refer them to a nephrologist. Different colors help elucidate the decision-making grid. The laminated card is available from the National Kidney Foundation Medical Department, 30 East 33rd Street, New York, NY 10016, 1-800-622-9010, 212-689-9261 (fax).

For more resources about diabetes, visit the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) Reference Collection at <http://catalog.niddk.nih.gov/resources>. This free, online, searchable database helps health care professionals, health educators, patients, and the general public find educational materials not typically referenced in most databases.

HEALTH OUTREACH

IMMUNIZATION INCENTIVES FOR MEMBERS

Midwest Health Plan would like to remind you that we offer a \$5 gift card to parents of members who have completed all of the recommended immunizations by age 2 or age 13. To be eligible, the member must *currently* be 2, 12 or 13 years old and have completed all of the immunizations needed before their 2nd or 13th birthday. If you have any questions about our immunization incentives, please call the Health Outreach Department at (313) 586-6071.

“I CAN QUIT” SMOKING CESSATION PROGRAM

Smokers are much more likely to quit smoking when they are advised to do so by their primary care physician. That’s why Midwest Health Plan would like you to join us in encouraging all of our smoking members to quit. Please advise your patients who are Midwest members that we offer a free smoking cessation program called “I Can Quit.” Midwest members can verify their eligibility for this program by calling the Health Outreach Department at (313) 586-6071. “I Can Quit” is a telephonic smoking cessation program in which participants are paired with a Health Coach. The Health Coach

assesses the member's readiness to quit, helps the member set a quit date, and calls the member to provide support throughout the quitting process. If you have any questions about the "I Can Quit" program, call the Health Outreach Department at (313) 586-6071. Members may self-refer by calling 1-888-889-8602.

Michigan Quality Improvement Consortium (MQIC)

The Michigan Quality Improvement Consortium along with Midwest Health Plan establishes a core set of clinical practice guidelines. These are used to promote uniform treatment of certain chronic diseases and performance of preventive health measures. To view the guidelines, including the prevention care message for Early Detection of Breast, Cervical, and Colorectal Cancer, please visit our website at www.midwesthealthplan.com

ROSEBUD PRENATAL EDUCATION PROGRAM

Midwest Health Plan would like to remind you of our telephonic case management and education program for pregnant members and their infants. ROSEBUD® is staffed by nurses who specialize in perinatal care and case management.

The Perinatal Case Management program targets women at risk for complications during pregnancy. The program supports the healthcare providers plan of care as well as provide ongoing education to the expectant mother and her family.

You may refer members to this program, by calling the Health Outreach Department at 313-586-6071. You may also fill out the Notification of Pregnancy form and fax it to 313-581-2780, Attention: Andrea Fogarty. Thank you for your help!

QUALITY IMPROVEMENT

HEDIS UPDATE

Appropriate Testing for Children with Pharyngitis

This administrative measure is taken from claims/encounter data. It's the percentage of children age 2-18 who were diagnosed with pharyngitis, dispensed an antibiotic, **and** received a group A streptococcus (strep) test for the diagnosis. Midwest Health Plan was at 19% for 2008. Midwest has had the lowest of all the health plans for the past 2 years. The lowest rate among all Medicaid health plans in the State. We reimburse offices \$10 for a Group A strep test. This includes primary care providers for the Medicaid members only.

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Codes to Identify Pharyngitis: ICD-9-CM: acute pharyngitis 462, acute tonsillitis 463, streptococcal sore throat 034.0.

Codes to Identify Visit Type: CPT: Outpatient 99201-99205, 99211-99215, 99217-99220, 99241-99245, 99382-99385, 99392-99395, 99401-99404, 99411, 99412, 99420, 99429, 99499.

Codes to Identify Group A Streptococcus Test: CPT: 87070, 87071, 87081, 87430, 87650-87652, 87880.

Lead Screening

This is a new hybrid measure for HEDIS that started 1/1/07. It's the percentage of children two years of age who had one or more capillary or venous lead blood tests for lead poisoning by their second birthday. Midwest will reimburse you \$12 for every lead test conducted.

Codes to Identify Lead Tests: CPT 83655

Antidepressant Medication Monitor

Midwest Health Plan uses the "Antidepressant Medication Management" HEDIS measure to evaluate pharmacological management of members with major depression. The measure assesses three different facets:

- *Optimal Practitioner Contacts for Medication Management.* The percentage of members 18 years of age and older as of April 30 of the measurement year who were diagnosed with a new episode of major depression and treated with antidepressant medication, and who had at least **three follow-up contacts** with a practitioner coded with a mental health diagnosis during the 84-day (12-week) Acute Treatment Phase. At least one of the three follow-up contacts must be with a prescribing practitioner.
- *Effective Acute Phase Treatment:* The percentage of members 18 years of age and older as of April 30 of the measurement year who were diagnosed with a new episode of major depression, **were treated with antidepressant medication and remained on an antidepressant drug during the entire 84-day** (12-week) Acute Treatment Phase.
- *Effective Continuation Phase Treatment:* The percentage of members 18 years of age and older as of April 30 of the measurement year who were diagnosed with a new episode of major depression and treated with anti-depressant medication and who **remained on an antidepressant drug for at least 180 days.**

HEDIS results are provided below. As indicated, Midwest HEDIS 2008 rates for Antidepressant Medication Management measures fell below NCQA benchmarks.

Treatment Outcome Category Antidepressant Medication Management	HEDIS 2007	HEDIS 2008	Benchmark NCQA 75th% 2007
Category I: Optimal Practitioner Contacts (3 follow up visits during a 12	12.6%	12.7%	37%

wk period)			
Category II: Effective Acute Phase Treatment (remained on antidepressant meds for 12 wks)	47.3%	45.3%	52%
Category III: Effective Continuation Phase Treatment (remained on antidepressant meds for 180 days)	34.7%	29.8%	38%

If you are prescribing medications for patients with depression, please be sure to follow the clinical guidelines for effective pharmacological management. Be sure to **schedule at least 3 follow-up visits in the first 12 weeks, one of which can be telephonic**. If you have patients that are being treated by a behavioral health care provider for depression, be sure to remind the patient to follow-up with their behavioral health provider and to take their antidepressant medications. Keep in mind that **“depression is the chief reason for patient non-adherence with physician chronic care management treatment plans, resulting in increased hospitalization and ER utilization.”** Furthermore, **“people who get treatment for depression often experience an improvement in their overall medical condition, better compliance with general medical care and a better quality of life.”** (Les C. Meyer, MBA, Health Integrated, MAHP 18th Annual Summer Conference, July 2003).

Clinical Guidelines for Management of Adults with Major Depression and screening tools can be found on Midwest Health Plan’s website and on the Michigan Quality Improvement Consortium (MQIC) website. Go to www.midwesthealthplan.com or www.mqic.org for more information. If you would like copies or have questions, please contact Kathy Harkness at #313-586-6063.

Postpartum Depression Screening

Several depressive conditions may follow childbirth. “Postpartum blues” affects 50-85% of mothers in the first 2 weeks after delivery. It is characterized by mood swings, tearfulness, anxiety and sleep disturbance but usually does not result in functional impairment. No specific treatment is required. If the patient remains significantly depressed 3 to 4 weeks following delivery, it should be considered serious and treated, including eliminating medical causes of depressive symptoms such as postpartum thyroid disorders or anemia. The first 2 to 3 months postpartum is the period of greatest risk for the development of major depression (*Gitlin, 1989, Wisner, 1996, Karasu 1993*).

MHP conducted a Postpartum Depression review as part of its 2008 HEDIS ® medical record review of postpartum care, to determine if providers were assessing depression at the postpartum visit and whether they were being referred for behavioral health services. We examined the records of only those women who had a positive postpartum visit (as

defined by HEDIS ®). A total of 42 charts were reviewed for depression screening. Sixty-two (62%) percent of the records found patients were screened for depression and of those, 23% were referred to a behavioral health provider. It's noted that some members are prescribed antidepressants and not referred for behavioral health services. A goal of 90% was established for depression screening at the postpartum visit.

Results

Questions	HEDIS 2007	HEDIS 2008
HEDIS Postpartum Rate	51%	62%
At the postpartum visit, was the member screened for depression.	47% (30/68)	62% (26/42)
At the postpartum visit, if they were screened for depression were they referred to a behavioral health care provider.	37% (11/30)	23% (6/26)

The results indicate an opportunity to improve the rate of women screened for postpartum depression. Please remember to screen for postpartum depression and refer patients as needed to a behavioral health care provider. MHP encourages the use of the Edinburgh Postnatal Depression Screening tool. For a copy of the tool, go to: http://www.aap.org/practicingsafety/Toolkit_Resources/Module2/EPDS.pdf . If you have questions regarding the Edinburgh Postnatal Depression Screening tool, please contact Kathy Harkness at (313) 581-6063.

PROVIDER SERVICES

PROVIDER MEETING

Attention all Primary Care Physicians: Midwest Health Plan's Provider Meeting will be sponsored by **Sanofi Aventis** on **Thursday, October 16, 2008** at 6 P.M. to 8 P.M. at **The Fairlane Club**, located at **5000 Fairlane Woods Drive, Dearborn, Michigan 48126, 313-336-4400**. Please complete the attached invitation for your reservations. We hope to see you there!

Consultation Request Form (CRF) Change:

WHEN COMPLETING THE CRF PLEASE CHOOSE THE BOX NEXT TO THE MEMBER'S COVERAGE (Midwest Health Plan - HMO, Health Choice, Adult Benefit Waiver, Macomb Care Connect (Plan B) and Midwest Advantage)

Please be advised that Midwest Health Plan has changed our Consultation Request Form (CRF) from the four-copy form to a one-copy form. This new form can be used for all our product lines; including. **We ask that all PCP offices use your remaining supply of four-copy forms before requesting the one-copy form.**

THE PROCESS TO FAX ALL CRFS TO MIDWEST HEALTH PLAN HAS NOT CHANGED. PLEASE USE FAX NUMBER 313-586-6045.

WIN CANDY

Your office will have the chance each month to win a free box of candy. All you have to do is answer the questions on the last page of the newsletter and fax the page to us at 313-581-2780. If your answers are correct, the candy will be mailed to your office. Please refer to our website at www.midwesthealthplan.com for the list of winners. **If you do not answer the questions correctly, you will not receive the candy.** So keep up the good work and keep responding. If you're not participating, you should. It's quick and easy and all you have to do is read the newsletter and answer the questions. Please try it. **Congratulations** to those offices who responded correctly. We hope you are enjoying the candy! The **September** office winners include.

Children's Eye Care – Detroit
Park Family Health Center – Roseville
Park Family Health Center-Detroit
Park Family Health Center – Corp. Office
Park Family Health Center-Lincoln Park
Dr. Madan Gupta
Hollywood Pediatric Clinic
Kamala Vanaharam, M.D.
C.A. Murphy Family Health Clinic
Marcia Vanderbroek, D.O., P.C.
My Family Doctor
Stephen Swetech, D.O.

October 2008 MHP Candy Contest

1. Midwest Health Plan is pleased to announce that it received an Honorable Mention at MAHP's annual Pinnacle Awards for Midwest's health fair _____ (name of event).
2. Midwest Health Plan would like to remind you of our telephonic case management and education program for pregnant members and their infants called _____®.
3. Midwest Health Plan would like to congratulate Dr. _____, a Midwest PCP, for being recognized by MAHP with a Pinnacle Award for his Diabetes Program, "Sweets Survey of Sugar Supervision from Head-to-Toe".
4. Midwest Health Plan's Provider Meeting will be sponsored by Sanofi Aventis on _____.

Your Name: _____
From the office of Doctor: _____ **PIN** _____
Office Site Name: _____
Phone Number: _____

Please fax this completed sheet to (313) 581-2780

Answers For
September Candy Contest

- 1. True** Lead Screening, is a new hybrid measure for HEDIS that started 1/1/07.

- 2. True** “I Can Quit” is a telephonic smoking cessation program in which participants are paired with a Health Coach.

- 3.** Midwest Health Plan would like to remind you that we offer a \$5 gift card to parents of members who have completed all of the recommended immunizations by age **2** or age **13**.

- 4. True** We reimburse offices \$10 for a Group A strep test. This includes primary care providers for the Medicaid members only.

**MIDWEST HEALTH PLAN
FLU VACCINE COVERAGE AND BILLING INSTRUCTIONS**

2008/2009 FLU SEASON

PROCEDURE CODES AND CORRESPONDING FEES

Procedure Code	Description	Age <19	AGE ≥19
90669	Pneumococcal Vacc, PED<5 years old	0.00 (VFC* covered code)	Not Applicable
90655	Flu Vaccine no preserv 6-35 months old	0.00 (VFC covered code)	Not Applicable
90656	Flu Vaccine no preserve 3 years and older	0.00 (VFC covered code)	\$15.82
90657	Flu Vaccine, 3 years old IM	0.00 (VFC covered code)	Not Applicable
90658	Flu Vaccine, 3 years and older IM	0.00 (VFC covered code)	\$12.06
90660	Flu Vaccine, Nasal	0.00 (VFC covered code)	\$21.18
90732	Pneumococcal Vacc, age >5 years old	(VFC covered code)	\$27.03

*VFC is Vaccine for Children. If the grid lists “VFC covered code”, that means you must obtain this vaccine from the Vaccines for Children program. VFC is for children less than 19 years old.

Fee For Service providers can bill for the administration of the vaccine,
For Capitated providers the administration fee is part of your capitation.

For all providers: As of **1/1/2007** an administration charge of \$7.00 can be billed for the administration of any of the above vaccines using the appropriate procedure code for separate reimbursement **except** procedure code 90660-Nasal Flu vaccine.



Members With Completed Immunizations By Age 2 or 12 & 13

Patient name: _____

Parent's/Guardian's Name: _____

Patient's date of birth: _____

(To be eligible for the childhood immunization incentive, the patient must currently be 2 years old or younger. To be eligible for the adolescent immunization incentive, the patient must currently be either 12 or 13 years old)

Address of Patient: _____

Telephone number of Patient: _____

Provider's/Doctor's name: _____

Provider's Address: _____

Provider's Telephone number: _____

Contact at office: _____

Fax this completed form along with the immunization record for this patient to (313) 581-2780, and your patient will receive a \$5 gift card to Target!!

**MIDWEST HEALTH PLAN
NOTIFICATION OF PREGNANCY**

MEMBER ID: _____

MEMBER NAME: _____

ADDRESS: _____

CITY: _____ ZIP: _____

PHONE NUMBER: _____

EDC: _____ DATE OF OFFICE VISIT: _____

RISK FACTORS: _____

PCP NAME: _____

PCP ID #: _____

PCP PHONE: _____

OB NAME (or OB being referred to): _____

OB PROVIDER # (if known): _____

OB PHONE #: _____

**PLEASE FAX COMPLETED FORM TO
HEALTH OUTREACH AT (313) 581-2780.**

Thank you for notifying us of our pregnant members, if you have any questions please call the Health Outreach Department at 313-586-6071.



Meeting Sponsor: Sanofi Aventis
Topic: Use of Basal Insulin in Type 2 Diabetes

September 22, 2008

Dear Primary Care Physician:

Midwest Health Plan cordially invites you to attend the Provider Meeting on:

Thursday, October 16, 2008 from 6 P.M. to 8 P.M. at **The Fairlane Club** located at **5000 Fairlane Woods Drive, Dearborn, Michigan 48126, 313-336-4400**. Dinner will be served promptly at 6 P.M. For directions please refer to the club website at: www.fairlaneclub.com

Please complete the following information and return by fax to **313 581-2780**.
PLEASE NOTE THIS MEETING IS FOR PHYSICIANS ONLY.

NAME (please print) _____

OFFICE NAME / PIN NUMBER _____

TELEPHONE # _____ *FAX #* _____

Midwest Health Plan appreciates your attendance, therefore if you stay until the conclusion of the meeting and sign out, you will receive a stipend.

Please note we will pay one \$100.00 stipend per contracted tax identification number.

We look forward to seeing you there!

Sincerely,

Midwest Health Plan

