

Promoting Prevention in Medicaid and CHIP

Working with Managed Care Organizations to promote prevention in Medicaid and CHIP

May 21, 2013, 3:00-4:00 p.m.

Webinar Summary

See slide deck for additional details

Welcome

Stephen Cha, MD, Chief Medical Officer, Center for Medicaid and CHIP Services

- CMCS is committed to finding new ways to work better with partners to improve the health of the population, improve the patient experience and reduce the cost of care.
- Population health is about how we can improve the health of all the beneficiaries we serve.
- Payers, public health and others are coming to the table as partners in prevention to create a seamless set of services and help all of us achieve our bottom line goals.
- Managed care is a great lens to think about this, not only because so many of our beneficiaries are in managed care, but there has been more flexibility under managed care to do more to promote and support prevention.

New Jersey: Methods to promote preventive care

Cynthia Rogers and Patricia LeMunyon, New Jersey Department of Human Services

- New Jersey uses several methods to promote preventive care through managed care contract mechanisms. This presentation highlights their work in five key areas of preventive health care: dental; well child; immunizations; lead screening; and elderly and disabled initiatives.
- For each of the five areas, New Jersey sets performance standards and imposes sanctions if the standard is not met. (See slides for details on the requirements.)
- New Jersey uses Quality Improvement Projects (QIPs) to promote preventive health care. Examples: Well-child ER diversity and dental care for young children and pregnant women.
- Performance-based contracting is underway to motivate MCOs to initiate and sustain improvement in New Jersey's health care priority areas: NCQA accreditation; maternity care and outcomes; diabetes; and obesity.
- The health plans conduct outreach to beneficiaries about preventive health services. Outreach examples include: easy-to-read health tips in newsletters; reminder calls and letters with a focus on adolescents; and flyers about EPSDT and Lead Screening.

Michigan: The FitKids 360 Initiative

Patricia Graham, Director of Medicaid Products, Priority Health

- [FitKids360](#) is a healthy lifestyle program for children and their parents/caregivers that combines education and activities to help overweight children practice healthier behaviors and improve overall health.
- The program began in 2010 through partnerships with pediatric offices, community agencies, and Priority Health (health plan).

- The goals are to increase physical activity, improve diet and reduce screen time in order to maintain a healthy BMI, level of body fat and waist circumference over time.
- The evidence-based curriculum consists of six 2-hour weekly sessions taught by experts in childhood obesity and weight management. Each class includes behavioral counseling, nutrition education, and physical activity.
- Evaluation metrics include: physical measures; physical activity; propensity to complete the program; and the Family Nutrition and Physical Activity (FNPA) assessment.
- Evaluation of the pilot programs demonstrated increased physical activity and healthier home environments. More evaluation data will be available later this year.

Medicaid Prevention Learning Network

Mary Beth Hance, Senior Policy Advisor, Center for Medicaid and CHIP Services

- CMCS is developing a Medicaid Prevention Learning Network made up of CMS and states.
- The goals of the Learning Network are to assist states in building the knowledge and networks necessary to improve effective, integrated delivery of preventive healthcare services and to increase reporting and performance on the Medicaid and CHIP prevention-related quality measures for children and adults.
- The Learning Network will provide states the opportunity to learn from each other and to receive enhanced technical assistance from CMS and other organizations (e.g. CDC, HRSA, ACF, ASTHO) to support their prevention efforts.
- Participating states will be asked to submit a one-page plan that identifies their proposed prevention goals and activities and to participate in monthly calls.
- CMCS would like to hear from states how this network can be most useful to them.
- To join the network or request more information, send your name and contact information to the CMS Prevention mailbox: MedicaidCHIPPrevention@cms.hhs.gov
- Additional information on the Medicaid Prevention Learning Network will be posted at: <http://medicaid.gov/Medicaid-CHIP-Program-Information/By-Topics/Benefits/Prevention.html>

Discussion: Questions and Answers

Q: What are the sanctions for health plans that do not meet the performance standards in New Jersey?

A: There are times when plans do not meet the 80%. We use an algorithm to calculate the sanction that takes into account multiple factors. A member refund is an example of a sanction.

Q: What kind of stakeholder engagement did NJ do to build support of MCOs for these new requirements? Did they support the contract changes, or did they push back?

A: As a whole, New Jersey works to have a very collaborative relationship with our MCOs. When we look to make changes in the contract that we know will have a significant impact, we meet regularly with them in work group sessions. We listen to them as to what is feasible for them to do and have found that having them own what the change is has been very successful. We meet regularly with our plans through various venues. For stakeholder input we meet routinely. We have a Medical Assistance Advisory Committee which meets quarterly includes organizations throughout the state that have an interest in managed care.

Q: What are the incentives for PCP/OB referral of prenatal patient for dental care?

A: The monetary value varies. MCOs provide a nominal dollar amount between \$5 and \$35. This will depend on how the MCO designs their improvement project and whether it is the initial referral or the confirmation that a visit occurred.

Q: Does the FitKids360 have any data regarding the success of their pilot evaluation they could share?

A: We are seeing a change in the trajectory when we're looking at FNPA scores and also BMI and waist circumference. The trouble is it is a short program and up until now we haven't had the long term evaluation. We are seeing results within the weeks of the class, not only with the child that's referred, but we're seeing it with the parents that are losing weight and with the siblings that weren't referred. We have a family with six kids in the program now that come with a grandmother and they are all seeing results to the point where they're not dependent on medication that they have been previously. We know that the results are there. We have the data to support the short term realization of benefit and this first swing at getting the long term results will be in August when we have 300 members come back to see if there was a long term effect. I'd like to keep you posted if I can.

Q: Is the FitKids360 program at only one location?

A: We have been partnering with FitKids 360 to offer training - like a train the trainer program. So if one class is full, a member can be referred to another location. Over the first couple of years, we had about 10 programs total. This week we have 5 programs going on at the same time. Every night of the week there is a class at a different location. So, in West Michigan, we're seeing it grow and grow. We've had some people interested in Wayne County, the Detroit area, where the first classes are slated to start in the Fall. And we have Rural FitKids360 up north that will begin in the Fall as well.

Q: Is there a deadline for states to sign up for the Medicaid Prevention Learning Network?

A: There is not a hard deadline, but if you have an interest in participating we'd love to hear from you early. Our goal is to allow states to join in when they're ready.

Q: Is there more information you can share about what the roles/responsibilities would be of the states that join the learning network?

A: CMCS will prepare a "one-pager" about the Medicaid Prevention Learning Network. It will be posted on the [Prevention page of Medicaid.gov](https://www.cms.gov/Prevention/Prevention%20Page%20of%20Medicaid). Questions can be sent to MedicaidCHIPPrevention@cms.hhs.gov.