

Table of Contents

State/Territory Name: Missouri

State Plan Amendment (SPA) #: 25-0005

This file contains the following documents in the order listed:

- 1) Approval Letter
- 2) CMS Form 179
- 3) Approved SPA Pages

DEPARTMENT OF HEALTH & HUMAN SERVICES

Centers for Medicare & Medicaid Services
601 E. 12th St., Room 355
Kansas City, Missouri 64106



Medicaid and CHIP Operations Group

June 27, 2025

Todd Richardson, Director
MO HealthNet Division
Missouri Department of Social Services
P O Box 6500
Jefferson City, MO 65102-6500

Re: Missouri State Plan Amendment MO-25-0005

Dear Director Richardson:

The Centers for Medicare & Medicaid Services (CMS) reviewed your Medicaid State Plan Amendment (SPA) submitted under transmittal number MO-25-0005. This amendment streamlines requirements for the Biopsychosocial Treatment of Obesity program to remove administrative burden to improve accessibility of services for participants.

We conducted our review of your submittal according to statutory requirements in Title XIX of the Social Security Act and implementing regulation 42 CFR 440.

This letter is to inform you that Missouri Medicaid SPA MO-25-0005 was approved on June 27, 2025, with an effective date of July 1, 2025.

If you have any questions, please contact Rhonda Gray at (410) 786-6140 or via email at Rhonda.Gray@cms.hhs.gov.

Sincerely,

Shantrina Roberts, Acting Director
Division of Program Operations

Enclosures

cc: Marissa Crump, Missouri Medicaid
Glenda Kremer, Missouri Medicaid

TRANSMITTAL AND NOTICE OF APPROVAL OF STATE PLAN MATERIAL FOR: CENTERS FOR MEDICARE & MEDICAID SERVICES		1. TRANSMITTAL NUMBER <u>2</u> <u>5</u> — <u>0</u> <u>0</u> <u>0</u> <u>5</u>	2. STATE <u>MO</u>
		3. PROGRAM IDENTIFICATION: TITLE OF THE SOCIAL SECURITY ACT <input checked="" type="radio"/> XIX <input type="radio"/> XXI	
TO: CENTER DIRECTOR CENTERS FOR MEDICAID & CHIP SERVICES DEPARTMENT OF HEALTH AND HUMAN SERVICES		4. PROPOSED EFFECTIVE DATE <u>7/1/25</u>	
5. FEDERAL STATUTE/REGULATION CITATION 42 CFR 440.130(c) and 1905(a)(13)(A) of the Social Security Act		6. FEDERAL BUDGET IMPACT (Amounts in WHOLE dollars) a. FFY <u>25</u> \$ <u>0</u> b. FFY <u>26</u> \$ <u>0</u>	
7. PAGE NUMBER OF THE PLAN SECTION OR ATTACHMENT Attachment 3.1-A Page 16b-bbb		8. PAGE NUMBER OF THE SUPERSEDED PLAN SECTION OR ATTACHMENT (If Applicable) Attachment 3.1-A Page 16b-bbb; TN# 21-0016	

9. SUBJECT OF AMENDMENT

The purpose of this amendment is to streamline requirements for the Biopsychosocial Treatment of Obesity program in order to remove administrative burden for providers and improve accessibility of services for participants.

10. GOVERNOR'S REVIEW (Check One)

- ☒ GOVERNOR'S OFFICE REPORTED NO COMMENT JAF ☐ OTHER, AS SPECIFIED:
☐ COMMENTS OF GOVERNOR'S OFFICE ENCLOSED
☐ NO REPLY RECEIVED WITHIN 45 DAYS OF SUBMITTAL

11. SIGNATURE OF STATE AGENCY OFFICIAL	15. RETURN TO
12. TYPED NAME Jessica Bax	
13. TITLE Director	
14. DATE SUBMITTED <u>4/22/2025</u>	

FOR CMS USE ONLY

16. DATE RECEIVED <u>May 15, 2025</u>	17. DATE APPROVED <u>June 27, 2025</u>
PLAN APPROVED - ONE COPY ATTACHED	
18. EFFECTIVE DATE OF APPROVED MATERIAL <u>July 1, 2025</u>	19. SIGNATURE OF APPROVING OFFICIAL
20. TYPED NAME OF APPROVING OFFICIAL <u>Shantrina Roberts</u>	21. TITLE OF APPROVING OFFICIAL <u>Acting Director, Division of Program Operations</u>
22. REMARKS	

State Missouri

13.c Preventive Services

Biopsychosocial Treatment of Obesity for Youth and Adults

Biopsychosocial Treatment of Obesity Services provide behavioral health and, whenever possible, adjunctive medical nutrition therapy services, coordinated by the referring physician, or other licensed practitioner of the healing arts, to facilitate behavior change to manage obesity and associated co-morbidities for youth participants under twenty-one (21) years of age in accordance with EPSDT and adult participants defined as twenty-one (21) years of age and older. Biopsychosocial Treatment of Obesity Services require a referral from a physician or other practitioner of the healing arts. Biopsychosocial Treatment of Obesity must include Intensive Behavioral Therapy. Medical Nutrition therapy is not a required component of this intervention but should be included if available.

- Intensive Behavioral Therapy (IBT) provides an individual or family-centered, comprehensive approach to behavior change counseling, including nutrition, dietary modification; the promotion of physical activity; reduction of sedentary behavior; and a behavioral component that teaches and provides opportunities to practice strategies to achieve sustained behavioral change across multiple domains of life (e.g. school, work, home, and community) to manage obesity and associated co-morbidities. Intensive Behavioral Therapy for children shall include comprehensive, intensive behavioral interventions including multi-component family-based behavioral treatment (FBT) interventions tailored to participant needs targeting both the parent/guardian and the child. IBT services that involve the participation of a non-Medicaid eligible are for the direct benefit of the participant. The service must actively involve the participant in the sense of being tailored to the participant's individual needs. There may be times when, based on clinical judgment, the participant is not present during the delivery of the service, but remains the focus of the service.
- Medical Nutrition Therapy (MNT) is a recommended but optional component of the treatment. MNT includes a review of eating habits, a thorough review of the participant's nutritional health, and a personalized nutrition treatment plan. The licensed dietitian is responsible for developing a comprehensive and achievable lifestyle-based eating plan based on the participant's health history, food preferences, and routine that can help improve their health and manage obesity and associated comorbidities.

State Missouri

13.c Preventive Services

Biopsychosocial Treatment of Obesity for Youth and Adults (cont.)

Qualified Providers:

All Biopsychosocial Treatment of Obesity service providers must be enrolled as MO HealthNet providers.

To provide MNT for obesity a provider is required to meet the following criteria:

- Have a current license to practice as a Licensed Dietitian (LD) or Licensed Dietitian Nutritionist (LDN) in the state in which they practice.
- The LD or LDN will need to meet one of the following criteria to provide MNT for treatment of obesity:
 - Have a minimum of one thousand (1,000) hours of experience delivering weight management treatment for individuals, families, or youth with obesity within the past five (5) years;
 - Earned a Commission on Dietetic Registration (CDR) Certificate of Training in Obesity for Pediatrics and Adults;
 - Earned a CDR Specialist Certification in Obesity and Weight Management (CSOWN);
 - Earned a CDR Adult Weight Management Certificate of Training;
 - Earned a CDR Childhood and Adolescent Weight Management Certificate of Training; or Completed a state qualified training program in obesity treatment for adults and/or children.
- Licensed dietitians who provide MNT under this program must complete a minimum of three (3) hours of continuing education specific to obesity or weight management every two years.

State Missouri

13.c Preventive Services

Biopsychosocial Treatment of Obesity for Youth and Adults (cont.)

To provide individual and/or group intensive behavioral therapy (IBT) and/or family-based behavioral treatment (FBT) for youth and adults, a provider is required to meet the following criteria:

- Have a current license to practice as one of the following provider types: psychiatrist, clinical social worker, psychologist, professional counselor, marital and family therapist, or psychiatric advanced practice registered nurse. Licensed dietitians who meet the training requirements below are eligible to provide group IBT and/or FBT.
- Complete a qualified training program that addresses delivery of behaviorally based intervention for adult and/or youth participants diagnosed with obesity.
 - In lieu of this requirement, Behavioral Health Clinicians may still qualify if have one thousand (1,000) hours of experience delivering weight management behavioral treatment for individuals, families, and/or youth with obesity within the past five (5) years. (Licensed dietitians are not eligible to qualify to deliver IBT and/or FBT based on experience alone.)
- Complete a minimum of six (6) hours of continuing education credits specific to obesity or weight management every two (2) years for the patient population served; either youth or adult or both.