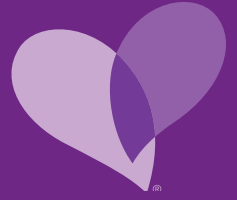


SUMMER 2018

PROVIDER *Source*

A Newsletter for CareSource® Health Partners



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CareSource®



FROM THE MEDICAL DIRECTOR:

Despite a decrease in blood lead concentrations among U.S. children as a result of increased awareness and regulatory changes, lead exposure continues to be a public health concern. Four million U.S. households have children who are being exposed to high levels of lead.¹ Elevated blood lead concentrations have been linked to behavioral problems, inattention, impulsivity, aggression and hyperactivity in children.

The Centers for Disease Control and Prevention (CDC) has concluded that there is no safe level of lead exposure. Impaired cognition is reported even at lower blood lead levels. There is no therapeutic intervention for low blood lead concentrations and no treatment for the permanent cognitive and developmental effects of exposure. Primary prevention, reducing or eliminating sources of lead in the environment of children before exposure occurs, is the most reliable and cost-effective measure to prevent lead toxicity.

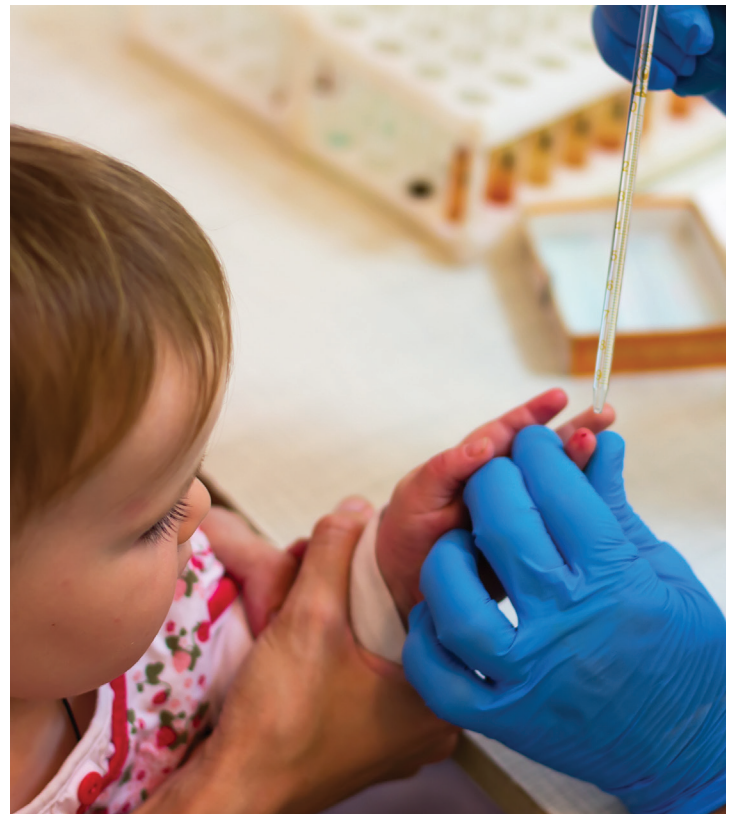
Providers are encouraged to provide education and counseling to their patients regarding lead exposure. Environmental assessments and abatement should be recommended as necessary. For children at high risk of lead exposure, blood lead testing should be performed at six or nine months. It is a federal requirement that all children covered by Medicaid complete blood lead testing, regardless of risk factors, at 12 and 24 months of age. Screening questions are not adequate to meet this requirement.

All children with levels ≥ 5 $\mu\text{g}/\text{dl}$ by finger stick should be sent for a confirmatory venous sample. Blood samples for lead testing should be sent to the Indiana State Department of Health Laboratories. Providers should call 317-233-1250, or email lead@isdh.in.gov or visit in.gov/isdh for additional details. If elevated lead levels are confirmed, children should be referred to care management, managed clinically according to CDC guidelines² and followed closely.

Cameual Wright, M.D., MBA
Medical Director, Indiana

¹ cdc.gov/nceh/lead/

² cdc.gov/nceh/lead/acclpp/actions_blls.html



CareSource Helps Returning Citizens with Re-Entry



Imagine that you've been away from home for years. After you return, you find that everything has changed. You must find shelter, food, employment and new social connections.

This is the scenario for many of our members as they re-enter society from incarceration. In 2017, the Indiana Department of Corrections released over 10,000 individuals from incarceration, many of whom are CareSource members. We recognize that these members have tremendous needs related to housing, food and employment. In addition, the vast majority are also grappling with chronic health conditions, severe behavioral health conditions and substance use disorders.

Our objective is to assess the needs of our members in this population prior to release or shortly thereafter and craft a care plan to address those needs. We have dedicated staff and resources to serve this population. We have also developed relationships with

other organizations in the community that serve this population so that we may collaborate with them.

When these members are ready to pursue education or employment, our Life Services team is here to help. We connect returning citizens with a Life Coach who works with them to assess and help achieve their individual goals. We offer help with résumé writing, interview preparation, and obtaining GEDs, technical skills and certification. In addition, we have over 80 employer partners in the state with whom we can work to find gainful employment for these members.

CareSource welcomes the opportunity to serve this population. We are continuing to build new relationships and to refine our processes to best meet the needs of these members. We would appreciate the opportunity to work with you to help these members have a successful transition back to the community!



Notification of **Pregnancy**

To help facilitate communication between providers and managed care entities (MCEs), the Indiana Family and Social Services Administration (FSSA) has created the Notification of Pregnancy (NOP) form. This brief online form helps identify risk factors in the earliest stages of pregnancy to improve birth outcomes for women enrolled in Indiana Medicaid programs.

CareSource has multiple programs designed to enhance your plan of care and help provide the best outcomes for Indiana mothers and babies. To encourage utilization of the NOP process, CareSource providers are eligible for a \$60 reimbursement for submitting one NOP per member, per pregnancy.

The intent of the NOP is to:

- Increase the percentage of pregnant women offered additional services and support during the first trimester
- Identify and monitor risk factors and their subsequent outcomes during pregnancy
- Increase average birth weight
- Reduce smoking rates in pregnant women
- Reduce preterm delivery rates
- Improve birth outcome in Indiana

Some factors relating to eligibility are as follows:

- The patient must be less than 30 weeks' gestation at the time of the office visit during which the NOP is completed.





CareSource Offers Online Wellness Tools for Members

We are pleased to offer support to our members to improve their mood, mind and spirit. MyStrength is a FREE, personalized online member program that offers a wide array of resources to help our members improve their mental health and overall well-being. This program includes eLearning to help members self-manage depression, anxiety, chronic pain and substance use disorders. It offers simple tools, exercises, a mood tracker and daily inspirational quotes and videos in a safe and confidential environment. Each myStrength homepage is unique and based on the member's wellness assessment and personal profile.

MyStrength uses proven, evidence-based materials grounded in cognitive behavioral therapy, mindfulness, positive psychology and other empirically validated therapeutic approaches. The program is designed to be used independently or in conjunction with other care. Referring your CareSource patients to myStrength provides them with private resources 24/7 to empower their recovery and extend the impact of your care.

MyStrength is available to all CareSource members ages 13 and older for all products lines. Please encourage your patients to register and access the tool at mystrength.com/r/caresource. They may also sign up through Member Services at **1-844-607-2829** (TTY for the hearing impaired: 1-800-743-3333 or 711), or they can be referred directly by their CareSource Care Managers.

Help your members take charge of their mental health with myStrength!

- The NOP must be submitted within 5 calendar days from the date of the office visit.
- The NOP cannot be submitted on paper.
- The member must be enrolled with an MCE through HIP or HHW.
- Presumptive eligible (PE) pregnant women are eligible for this service.

For more information, please visit the FSSA website and review the NOP training presentation at: provider.indianamedicaid.com/media/216653/nop%20training%20presentation.pdf

To complete an NOP, log in to the Indiana Provider Healthcare Portal at portal.indianamedicaid.com or call the FSSA help desk at 1-800-457-4584 for more information.



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Find Clinical Practice Guidelines Online

CareSource recognizes the importance of evidence-based standards of care in the prevention of illness and the management of chronic health conditions. We have compiled several nationally recognized clinical practice and preventive health guidelines from federal agencies and medical professional specialty organizations. These recommendations are available in one convenient location for you to use as a reference when managing these complex health conditions. The guidelines can be found at: caresource.com/providers/indiana/medicaid/patient-care/health-care-links/. Make sure to bookmark this site for easy access!

Topics include:

- Asthma
- Cholesterol
- COPD
- Coronary Artery Disease
- Dental
- Diabetes
- Heart Failure
- HIV/AIDS
- Hypertension
- Pregnancy
- Sickle Cell Anemia