



# WISEWOMAN™

Well-integrated Screening and Evaluation  
for Women Across the Nation

# WISEWOMAN Purpose

- ▶ Vision Statement

- ▶ A world where any woman can access preventive health services and gain the wisdom to improve her health.

- ▶ Mission Statement

- ▶ To provide low-income, underinsured or uninsured women age **40 to 64 years** with the knowledge, skills, and opportunities to improve their diet, physical activity, and other life habits to prevent, delay, or control cardiovascular and other chronic diseases.

## WISEWOMAN History

- ▶ Congress amended the National Breast and Cervical Cancer Early Detection Program (NBCCEDP) Public Law 101-354 in 1993 to create the WISEWOMAN Program. The WISEWOMAN Program addresses women's risks for heart disease and stroke by providing cardiovascular disease (CVD) health screenings and risk reduction lifestyle education for NBCCEDP clients.
- ▶ <http://www.cdc.gov/wisewoman>

# WISEWOMAN FOCUS AREAS

## WISEWOMAN Focus:

- ▶ Community-Clinical Linkages
- ▶ Patient Engagement
- ▶ Data
- ▶ Blood Pressure Guidelines
- ▶ Healthy Behavior Support Options
- ▶ Additional Lab Work- reimbursement for a basic metabolic, complete metabolic panel at the 4<sup>th</sup> Health coaching follow up for abnormal labs

# Eligibility

- ▶ Women must meet the following eligibility requirements set forth by the Show Me Healthy Women (SMHW) Program:
  - ▶ Age 40-64 years
  - ▶ Financial eligibility
  - ▶ Underinsured or uninsured
  - ▶ Low income or income at or below 200% of federal poverty level
  - ▶ Unable to pay the premium to enroll in Medicare Part B

# Enrollment in WISEWOMAN Services

- ▶ Assessment
- ▶ Risk Reduction Counseling (RRC)
- ▶ Referrals
  - ▶ Health Coaching, Take off Pounds Sensibly, Weight Watchers, Diabetes Prevention Program, Eat Smart Be Active, QuitLine
- ▶ Participants continue to fill out and sign a joint SMHW and WISEWOMAN participation agreement and the screening is a SMHW screening

# Screening types

- ▶ A Valid screening for WISEWOMAN must have all the following components:

Two blood pressure measurements

Total Cholesterol

Fasting glucose or and A1C

Month and year of birth

Race and ethnicity

Previous cardiovascular risks

Height and Weight

Smoking Status

Physical Activity level

Diet

Medication use and Adherence

- ▶ **Initial Screening/Annual Screening**

The first screening a woman receives for WISEWOMAN services

Annual Screening- a yearly screening completed 12-18 months after the initial

- ▶ **Integrated-Non-Integrated**

Integrated Assessment: An assessment done in conjunction with SMHW visit.

Non-Integrated Assessment: A follow-up visit or a visit not completed on the same day as a SMHW visit

# Conducting an Assessment

- ▶ Height and Weight for BMI
- ▶ Waist/Hip Circumference
  - ▶ Optional, but recommended
- ▶ Total and HDL Cholesterol
  - ▶ Fasting-Lipid panel including LDL and Triglycerides
  - ▶ Non-Fasting-Total Cholesterol, HDL, LDL and Triglycerides
- ▶ Blood Glucose-Must be fasting or an A1C
- ▶ Blood Pressure
  - ▶ 2 diastolic and 2 systolic measurements must be recorded; MOHSAIC will average the readings



# WISEWOMAN Lab Work Up

- ▶ WISEWOMAN pays for lab work for blood glucose, and cholesterol
- ▶ Lab work may be drawn 30 days before or 30 days after the screening visit
- ▶ Clients may, if necessary, have a basic metabolic panel or a complete metabolic panel
- ▶ Fasting labs are preferred, however non-fasting labs can be ran and non-fasting both **must include a HDL, LDL, Triglycerides, and total cholesterol**
- ▶ Participants with abnormal non-fasting screening results for blood cholesterol or blood glucose should receive a fasting screening at a separate time
- ▶ Reimbursement is available for 2<sup>nd</sup> lab work if:
  - ▶ 1<sup>st</sup> non-fasting lab results are abnormal
  - ▶ 2<sup>nd</sup> lab work is needed for diagnostic and/or treatment
- ▶ If the labs are paid for by another funding source, report the values as “reporting only”

## Additional Lab Work

- ▶ WISEWOMAN will pay for additional lab work-up for clients whom are deemed medically necessary to have follow-up lab work based on an previous abnormal reading. This lab work should be completed 3-6 months after the initial lab work
- ▶ Claims- This lab should be billed as a lab only claim along with a 4<sup>th</sup> health coaching assessment
- ▶ A Medical Follow-up with a nurse practitioner or physician is necessary to discuss the follow-up lab work and to determine next steps. This Medical follow-up may be paid for by the WISEWOMAN program.

# Diagnostic Office Visit

- ▶ Medical evaluation to be completed by a nurse Practitioner or Physician to confirm new diagnosis or support control of screening risk factors
- ▶ Check all applicable conditions on the Medical Follow-Up form:
  - ▶ Blood Pressure
  - ▶ Glucose
  - ▶ Cholesterol
  - ▶ Medication for smoking cessation



WISEWOMAN

## Clinical Screening Standard Values

	BLOOD PRESSURE	SYSTOLIC (mmHg)		DIASTOLIC (mmHg)
<b>Blood Pressure</b>	Normal	< 120	<b>And</b>	< 80
	Pre-Hypertension	120-129	<b>Or</b>	<80
	Stage 1 Hypertension	130-139	<b>Or</b>	80-89
	Stage 2 Hypertension	≥ 140	<b>Or</b>	≥90
	<b>ALERT</b>	<b>≥180</b>	<b>Or</b>	<b>≥120</b>

		NORMAL mg/dl	PREDIABETES mg/dl	DIABETES mg/dl
<b>Glucose</b>	Fasting Plasma Glucose (FPG)	<100	100-125	≥126
	A1C	<5.7%	5.7%-6.4%	≥6.5%
	There is no alert value for glucose or A1C			

<b>Cholesterol</b>	Normal (mg/dl)	< 200 (desirable)
	Borderline High	200-239
	High	≥240

# Alert Values

- ▶ A blood pressure screening result that indicates the need for immediate attention
- ▶ Medical evaluation and treatment should begin immediately or **within 7** days of the alert measurement
- ▶ The claim for an alert value must be entered within 30 days of the date of the screening
- ▶ Based on current clinical practice and risk to the individual's health
- ▶ Require short-term intensive case management to ensure timely/appropriate care

# Reporting Alert Values

- ▶ Must be completed in 7 days
- ▶ Record the date of medical evaluation
- ▶ Report status of medical work-up in MOHSAIC using the following codes:
  - ▶ Work-Up Complete
  - ▶ Follow-up, work-up by alternate provider
  - ▶ Participant refused work-up
  - ▶ Work-up not completed; participant lost to follow-up
- ▶ Documentation is required when a work-up is not completed
- ▶ Documentation is requested for all other scenarios

# Risk Reduction Counseling (RRC)

- ▶ RRC is considered a major focus of the WISESWOMAN program and it must:
  - ▶ Be provided to all WISEWOMAN participants
  - ▶ Included in the screening visit to discuss assessment findings and make referrals
  - ▶ Report and interpret lab values
    - If labs are not done on the day of the screening, provide the results to the participant at a later health coaching session and in writing
    - Using the “It’s Your Health” booklet, share the clients lab results with the client
  - ▶ Prepare applicable health coaching material to be given to the client

# Health Coaching

- ▶ Is to be completed on the first screening visit in addition to risk reduction counseling and 2-4 weeks after screening
- ▶ Schedule 2-4 weeks apart
  - ▶ Completion = 4 sessions
  - ▶ Utilize the health coaching curriculum: *A New Leaf...Choices for Healthy Living*.
- ▶ 4<sup>th</sup> Health Coaching Session is ***required*** to be a face-to-face session
  - ▶ Follow-up includes lifestyle health questions, including lab work if it is deemed medically necessary
  - ▶ Medical follow-up- If additional labs are completed then the client may receive a medical follow-up prior to beginning an additional 4 sessions of health coaching



# Delivery Methods of Health Coaching

- ▶ Face-to-Face
  - ▶ 15, 30 or 45 minute sessions
- ▶ Telephone
  - ▶ 15, 30 or 45 minute sessions
- ▶ Group
  - ▶ 30 or 60 minute sessions

\*\*Note: Transportation is provided for health coaching sessions, as well as for the other WISEWOMAN referral programs

# Healthy Behavior Support Options/ Lifestyle Programs

- ▶ Tobacco Cessation/Quitline
- ▶ Eating Smart Being Active (ESBA)
- ▶ TOPS (Take Off Pounds Sensibly)
- ▶ Weight Watchers
- ▶ Diabetes Prevention Programs
- ▶ Self Monitoring Blood Pressure
- ▶ Community Fitness Centers/Fitness Classes
- ▶ Community Nutrition Classes

# Lifestyle Education

## Fitness Club/Gym Membership -

Fitness/Gym Memberships: \$360.00 per year (including the joining fee) per client

Fitness Class not to exceed \$30.00 for a 4-6 week class total cost not to exceed \$200.00 per client per year

Fitness club/gym memberships for clients to have the opportunity to work out in a safe environment that promotes successful lifestyle changes

Clients who qualify may have a membership for a three-month period

Clients must show **attendance of 80%** or greater for a three-month period to continue to qualify for an additional three-month period. The provider will need to follow-up with the fitness center to assure the client has been attending the **facility 80%** of the three-month membership time frame

## Lifestyle Education (continued)

- ▶ Clients must also be participating in health coaching sessions during this time frame

Providers would have agreements with local fitness clubs or gyms where clients could work out and the provider would pay the initial fee with reimbursement by the state. If a provider has a fitness center/gym or offers fitness classes on-site or at another facility, the provider may be reimbursed for the cost of the membership or class cost for the WISEWOMAN clients

# Lifestyle Education

These items are to be paid up front by the clinic and reimbursed by the state

**Incentives could include:**

- ▶ Vouchers for farmers markets, grocery stores, or gas cards
- ▶ Resistance bands or exercise mat
- ▶ Tote bag, cookbook
- ▶ Workout DVD
- ▶ Food scale or measuring set
- ▶ Voucher for walking shoes

# Tobacco Cessation/Quitline

- ▶ Will be billed as part of health coaching; can occur with each health coaching session or any of the sessions that address smoking cessation
- ▶ Encourage the use of Missouri Tobacco Quitline
  - ▶ 1-800-QUIT-NOW
    - Patient can call or providers can utilize the referral form
  - ▶ Offers telephone and online counseling
  - ▶ Free to anyone in Missouri

# Eating Smart-Being Active (ESBA)

- ▶ Nutrition education and obesity prevention program
- ▶ Developed for low-income people
- ▶ Delivered by University of Missouri Nutrition Education Association
- ▶ 8 lessons-once a week, 60-90 minutes
- ▶ Completion = 6 sessions plus follow-up
- ▶ This lifestyle program is available in every county in the state

## Take Off Pounds Sensibly (TOPS)

- ▶ Focuses on making small, steady lifestyle changes that provide lasting weight loss and better health
- ▶ Vouchers are available upon request to cover meeting costs
- ▶ Online membership and face-to-face meetings are available
  - ▶ [www.tops.org](http://www.tops.org)
- ▶ Transportation provided as needed



# Weight Watchers

Purchased in vouchers for 3-month sessions. Not to exceed \$800.00 yearly per client

- ▶ Guidelines for participation in Weight Watchers have a BMI of  $>25$  or Asian  $>22$
- ▶ Ten-week prepayment coupons and an attendance sheet to be returned to the provider
- ▶ Local meeting registration fee waived
- ▶ Membership kit provided at the first meeting and resources provided by Weight Watchers
- ▶ Participants who attend 80% of the initial ten meetings receive a second set of ten-week prepayment coupons
- ▶ Agreement to participate actively in health coaching

# Diabetes Prevention Program (DPP)

- ▶ 12-month Diabetes Prevention Program coursework to prevent or delay the onset of Type 2 Diabetes
  - ▶ 16 core sessions (Completion=9)
  - ▶ 6 follow-up support sessions (Completion=3)
- ▶ Participants must be overweight; High blood sugar is not required
  - ▶ BMI >25% and at risk for Type 2 diabetes
  - ▶ Asians can have a BMI >22% to qualify
- ▶ Available at YMCA of Greater Kansas City and Gateway YMCA in St. Louis only

\* If your clinic is aware of a DPP in your community that WISEWOMAN could refer to please let us know

# Self-Monitoring Blood Pressure (SMBP)

- ▶ Evidence shows that self-monitoring blood pressure with additional support (health coaching) is more effective in lowering BP among those with hypertension
- ▶ Medical Follow-Up provides clinicians with participant's at home blood pressure readings as well as compliance with prescribed medications without having the participant come to the office or clinic
- ▶ WISEWOMAN provides educational materials as well as blood pressure cuffs to clinics for clients who need a Self-Monitoring Program

\* If your clinic is aware of Community Programs that take blood pressures or educate clients on Hypertension in your area that WISEWOMAN clinics could refer to please let us know

# Contracts

- ▶ Contractors would receive two contracts:
  1. One contract for direct WISEWOMAN Services
    - ▶ Claims entered into the MOHSAIC system for reimbursement
  2. One contract for Lifestyle Referral Services
    - ▶ The lifestyle contract would include an invoice to be filled out and sent to the state for reimbursement
  
- ▶ Invoices for reimbursement need to be submitted within 60 days of the services rendered

# Reimbursement Caps

- ▶ All lifestyle programs have a reimbursement cap per client:
  - ▶ TOPS is a yearly membership (\$32.00 for the yearly voucher and no more than \$5.00 weekly fee if necessary)
  - ▶ Weight Watchers is every 3 months not to exceed \$800.00
  - ▶ DPP \$500.00
  - ▶ SMBP \$450.00
  - ▶ Fitness/Gym memberships \$360.00 per year (including the joining fee) per client
  - ▶ Fitness class not to exceed \$30.00 for a 4-6 week class, total cost not to exceed \$200.00 in one year/per client

# Contacts

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