



Well-integrated Screening and Evaluation
for Women Across the Nation



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Education Corner

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Disease Level Hypertension

- Disease level hypertension is defined as a client with an average blood pressure value greater than 140 systolic or greater than 90 diastolic.
- Uncontrolled hypertension is defined as blood pressure values that remain greater than 140 systolic or greater than 90 diastolic despite treatment.
- Reducing high blood pressure has been shown to lower the risk of cardiovascular disease, therefore has been the main focus of the WISEWOMAN grant cycle.
- Blood Pressure Screening standards can be found on page 10.13 of the provider manual.
- Accurate blood pressure measurement is crucial in determining clients with hypertension. This can be found on page 10.4 of the provider manual.
- All women who are seen as part of the WISEWOMAN program who have a blood pressure greater than 140/90 **are required** to have a follow-up.
- This follow up needs to be one of the following: diagnostic office visit, blood pressure medical follow-up or health coaching.
- Women with hypertension can receive up to three blood pressure medical follow-ups in a grant cycle. These can be done by any trained member of the clinic staff.
- Proper documentation of the medications, lifestyle education and treatment plans need to be documented on the forms for women with hypertension.
- More information on hypertension can be found on page 10.8-10.9 of the manual.



Q: If a client self-reports having hypertension can we still enroll her in the WISEWOMAN Program?

A: Yes! The program is not just a screening program but a lifestyle

Question & Answer

education program. Therefore, women with already diagnosed health conditions can benefit from the programs lifestyle education and other parts of the program.

Q: What services are reimbursable for a woman who has disease level hypertension?

A: For a WISEWOMAN client



who has hypertension, she can receive one diagnostic office visit, three blood pressure medical follow-up visits, and health coaching. Three health coaching is considered completion, however if she is interested, she can continue with more health coaching and those visits are also reimbursable.

WISEWOMAN Program Updates:

- Karen and Erin are continuing to perform site visits to all our providers across the state. We will be sending you an e-mail close to the time we will be in your area.
- Be on the look out for more information regarding training sessions this coming year. We are excited to provide more information about the program, health coaching and motivational interviewing.
- We have recently changed the referral process for our St. Louis providers for the Diabetes Prevention Program. Those providers will receive an e-mail with the new referral form once it has been approved through our state process.
- February is Heart Month!!!



Risk Reduction Counseling

- Patient-centered Risk Reduction Counseling is a major component of the WISEWOMAN Program.
- Studies have shown that clients who engage and actively participate in their own health care have better health outcomes.
- The requirements for Risk Reduction Counseling are explained in detail on page 10.6-10.7 of the provider manual.
- Risk Reduction Counseling, or RRC, is provided to ALL WISEWOMAN participants.
- This can be done face-to-face at the time of her screening visit, if the labs are done in house and available.
- If the labs are sent out and not available on the day of the screening visit, a date and time needs to be scheduled to complete the risk reduction counseling.
- Please note the labs are the major component of the RRC. These are needed to fully explain the clients risks to her. It is required that the screening results be provided to her both verbally and in writing.
- The RRC provides the client her screening results, interpretation of the results and recommendations in accordance to national guidelines.
- The medical professional providing the RRC needs to assure that the client understands her CVD risk as compared to other women her age.
- During this time, any client referrals for follow-up are made.
- Things to consider when providing RRC would be client's language, health literacy, and culture background. The medical provider should use motivational interviewing skills.
- RRC is also used when the medical provider assesses the client's willingness to change, what areas she agrees to work on and any further assistance the client may need.
- RRC is addressed in the manual on pages 10.6-10.7.



Provider Spotlight

This month's Provider

Spotlight is.....

South Central Community Health Center

They have had the most clients with Blood Pressure Medical Follow-Ups!

Great Work!!





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Visit Us on the Web:
[http://health.mo.gov/
living/healthcondiseases/
chronic/wisewoman/
index.php](http://health.mo.gov/living/healthcondiseases/chronic/wisewoman/index.php)

Next Provider Education Call:

March 9, 2016

9-10 a.m.

**Topics: Smoking Cessation
Education**

**Agendas &
conference call phone
number will be
emailed**

**Thank you
for all you
do!!**

WISEWOMAN Program Reminders



- Please remember to bill any visits as soon as possible or at least within 60 days of the date of service. This is so we can keep up-to-date on provider reimbursement as well as to avoid claims being missed.
- Please send us your success stories!!! We love hearing successes of the program in your facility!! If you have a success story to share, please email this to Erin Kelly.
- Please remember to have your client's WISEWOMAN visit correspond with her SMHW visit. We are only allotted a certain percentage of non-integrated visits from CDC, plus it is more convenient for the client.
- ESBA continues to be an additional option for your clients as a Lifestyle Education option. It is offered by the University of Missouri Extension. This program is not a requirement for participation in the WISEWOMAN program, however it can be offered to the client as a lifestyle option either instead of health coaching or in addition to her health coaching sessions.
- If a client is referred to the ESBA program, this referral needs to be entered into the MOHSAIC system as well as the paper referral filled out and faxed to the central office. Without the paper referral, we cannot notify University of Missouri Extension staff to contact your client.
- Client annual visits need to be at least 12 months from her visit the previous year. This way we avoid any discrepancy between WISEWOMAN guidelines and SMHW guidelines as we are unable to pay for a screening that is completed early.
- Please submit any supply orders to the central office via the WISEWOMAN supply order form. This form can be faxed to 573-522-2898. Remember all supplies and shipping are free of charge to your facility.
- Also a reminder regarding claim forms, if a claim has been submitted, any changes to that form has to be completed by the central office. If you have a form that has been submitted but needs an adjustment made to it, please call or e-mail Erin Kelly.
- Please let us know as soon as possible if your clinic is going to expend all your allotted funds for this year. We can then work on amendments as soon as possible to increase your funding to finish out the year.