



WISEWOMAN™

Well-integrated Screening and Evaluation  
for Women Across the Nation

# Education Corner

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Welcome to the new  
Program Manager, Karen  
Wallace. Karen will join  
the WISEWOMAN  
Team starting  
November 1, 2015.

## Blood Pressure Medical Follow Ups

- A major focus of the Centers for Disease Control and Prevention (CDC) this grant cycle is improving the control of hypertension.
- Hypertension is defined as blood pressure >140/90.
- Any WISEWOMAN client diagnosed with hypertension is eligible to receive three blood pressure medical follow-ups in a grant year.
- Blood pressure medical follow-ups can be performed face-to-face or by telephone.
- An example of a face-to-face blood pressure medical follow-up would be if a client returns to the clinic to have her blood pressure rechecked, medications adjusted etc.
- An example of a telephone blood pressure medical follow-up would be a staff member calling to check with a client on medication adherence, self monitoring blood pressures, symptom control and/or medication side effects.
- These follow-ups are billed in MOHSAIC under the Medical Follow-Up (grey form).
- The follow-up is billed based on the length of time spent with the client. This would be either 5-10 minutes or 11-20 minutes.



- The follow-ups can be performed by clinic staff members, not just the practitioner who diagnosed the hypertension.
- Clients with alert value blood pressures (systolic >180 or diastolic >110) must be seen by a practitioner within 7 days.
- CDC wants to capture as much information on hypertension and follow-up as possible.
- Blood Pressure Medical Follow-Ups can be referenced on page 10.8-10.9 of the Provider Manual.

## Complete Records

The items listed are required for a complete/valid record per CDC:

- Screening Date
- Date of Birth
- Race, Ethnicity and language spoken
- Previous history of cardiovascular disease, diabetes, high cholesterol, or hypertension
- Use of medications to lower blood pressure, glucose or cholesterol
- Diet— to include consumption of fruits, vegetables, etc.
- Physical Activity—Both moderate and vigorous activity
- Smoking Status
- Height and Weight
- Two Blood Pressure Measurements
- Labs— at least total cholesterol, HDL, and A1C or fasting glucose.

### WISEWOMAN Friendly Reminders:

- Please remember to bill as soon as possible or within 60 days of the date of service being provided.
- The Eating Smart, Being Active Program offered by University of Missouri Extension is a lifestyle education option for all WISEWOMAN clients.
- Please answer all of the questions on the surveys. This information is used for CDC. It is important we gather as much as we can.
- Please remember the client must have a Show Me Healthy Women visit corresponding with her WISEWOMAN visit.

### WISEWOMAN Program Updates:

- The program recently submitted our Minimum Date Elements to CDC and the error rate was 0.29%. Great Work!!
- An e-mail was sent out recently regarding claim changes. If there are any questions, please contact us!
- New Providers this grant year are Mission of Hope in Raytown, Dade County Health Department, and Your Community Health Center in Rolla.

## Fourth Follow-Up Assessment

- The fourth Follow-Up Assessment is performed following the completion of 3 health coaching sessions.
- It is completed 4-6 weeks after the completion of the 3rd health coaching session.
- This Follow-Up Assessment can be completed either by telephone or face-to-face.
- The purpose of the fourth Follow-Up Assessment is to reinforce what was discussed during the health coaching sessions and also to complete another WISEWOMAN Assessment Form.
- The Pink Assessment Form is the same set of questions that was asked of the client at the initial or annual screening visit.
- CDC wants this Assessment form completed again at the end of the health coaching sessions to compare and see where the client was to where they are now after receiving health coaching.
- The WISEWOMAN staff have added the clinical measurements box to the fourth Follow-Up Assessment.
- The clinical measurements are NOT a requirement as the form can be filled out over the telephone.
- If the client does have a face-to-face visit for this fourth Follow-Up Assessment, and if the clinic staff obtains her height, weight and two blood pressures, it would count toward the program screening numbers.
- The lab section of the clinical measurement box on the claim has been disabled as the program is unable to reimburse for another set of lab work.
- The fourth Follow-Up Assessment is billed in MOHSAIC. The form type is SCREENING. The service is Follow-Up Screening, Non-Integrated. This will bring up the questions to be answered. Once submitted, then the system will reimburse \$46.74 for this service.
- This can be referenced on pages 11.8-11.9 of the Provider Manual.

### Q & A



**Q:** If I have a client who is diagnosed with diabetes, what follow-up can I provide?

**A:** You can provide follow-up by doing health coaching sessions. These sessions are designed to discuss healthy lifestyles. They are reimbursed on the amount of time spent with the client.

### Provider Spotlight



WISEWOMAN Provider Spotlight this month is Social Welfare Board! They have completed 65 screenings so far this grant year! Keep up the great work!!



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**Next Provider Education Call:**  
**December 9, 2015**  
**12-1 p.m.**  
**Topics: Alert Values**  
**Claim Submissions**



Visit Us on the Web:  
<http://health.mo.gov/living/healthcondiseases/chronic/wisewoman/index.php>



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



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



## Health Coaching



- Health coaching is a lifestyle education option for all WISEWOMAN clients. It is a provider based LSP.
- It is delivered by the clinic staff using Motivational Interviewing techniques.
- Health coaching helps the clients establish S.M.A.R.T goals and problem solving barriers to change.
- Health coaching can focus on many things such as healthy eating, being active, smoking cessation, and stress reduction.
- Health coaching can be provided by a variety of staff including nurse practitioners, registered nurses, registered dietitians, health educators and other trained staff.
- The *A New Leaf: Choices for Healthy Living* includes modules that can be

helpful to staff providing health coaching to clients.

- The first health coaching session may occur at the screening visit, on the same day as the risk counseling, or 2-4 weeks after the screening visit.
- Sessions should be 2-4 weeks apart. The dates and times are set upon by the participant and the health coach.
- The three health coaching sessions should be completed within six months from the start of the health coaching.
- Three health coaching and a fourth follow-up assessment is considered completion for this lifestyle program.
- Health coaching can be provided by the staff either by telephone or face-to-face.
- The billable time frame for individual

face-to-face health coaching is 15, 30, or 45 minutes.

- The billable time frame for individual telephone health coaching is 15 or 30 minutes.
- Tobacco Cessation Education may also be provided and billed for the same delivery methods and time frames as above.
- Group sessions for health coaching are also an option. These must be done face-to-face for either 30 or 60 minutes per session.