WISEWOMAN

Well-integrated Screening and Evaluation for Women Across the Nation

WISEWOMAN

Program Guidance

FY2020
Welcome to the **Well-Integrated Screening and Evaluation for Women Across the Nation (WISEWOMAN)** program. This program is offered through the Missouri Department of Health and Senior Services (DHSS). WISEWOMAN clients must be enrolled in Show Me Healthy Women (SMHW) and meet the age requirements of 40-64 years old.

The purpose of the WISEWOMAN Provider Program Guidance is to help participating health professionals understand program requirements and provide services to program-eligible women. The WISEWOMAN staff by are available to assist with programmatic questions using e-mail, telephone or on-site visits as needed. WISEWOMAN staff may be reached by calling toll free at 866-726-9926 or 573-522-2841.

**VISION STATEMENT**

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

**MISSION STATEMENT**

Provide low-income, under-insured or uninsured 40-64 year old women 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 PROGRAM HISTORY

http://www.cdc.gov/wisewoman

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.

NBCCEDP AND WISEWOMAN SIMILARITIES

NBCCEDP (Known in the State of Missouri as Show Me Healthy Women) shares an established infrastructure with WISEWOMAN to provide integrated services including:

- Recruiting and working with women eligible for services.
- Delivering screening services through an established health care delivery system.
- Collecting and reporting minimum data elements (MDEs) used to track, monitor and evaluate program efforts.
- Providing professional development opportunities for staff, providers and partners.
- Providing public education to raise awareness about the need for women to receive program services.
- Assuring that quality care is provided to women participating in the program.
ELIGIBILITY AND ENROLLMENT

Those eligible to participate are:

- Low-income (at or below 200% of the federal poverty), underinsured, or uninsured 40-64 year old women (**NOTE There is a difference in age of eligibility from Show Me Health Women**)
- Enrolled in SMHW
- Unable to pay the premium to enroll in Medicare Part B
- Adjusted gross income on tax return or net amount on pay stub determines income eligibility

**Income Guidelines**

<table>
<thead>
<tr>
<th>Household Size</th>
<th>SMHW Annual</th>
<th>SMHW Monthly</th>
<th>SMHW Weekly</th>
<th>SMHW Hourly</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$24,980.00</td>
<td>$2,082.00</td>
<td>$480.00</td>
<td>$12.00</td>
</tr>
<tr>
<td>2</td>
<td>$33,820.00</td>
<td>$2,818.00</td>
<td>$650.00</td>
<td>$16.26</td>
</tr>
<tr>
<td>3</td>
<td>$42,660.00</td>
<td>$3,555.00</td>
<td>$820.00</td>
<td>$20.51</td>
</tr>
<tr>
<td>4</td>
<td>$51,500.00</td>
<td>$4,292.00</td>
<td>$990.00</td>
<td>$24.76</td>
</tr>
<tr>
<td>5</td>
<td>$60,340.00</td>
<td>$5,028.00</td>
<td>$1,160.00</td>
<td>$29.01</td>
</tr>
<tr>
<td>6</td>
<td>$69,180.00</td>
<td>$5,765.00</td>
<td>$1,330.00</td>
<td>$33.26</td>
</tr>
<tr>
<td>7</td>
<td>$78,020.00</td>
<td>$6,502.00</td>
<td>$1,500.00</td>
<td>$37.51</td>
</tr>
<tr>
<td>8</td>
<td>$86,860.00</td>
<td>$7,238.00</td>
<td>$1,670.00</td>
<td>$41.76</td>
</tr>
<tr>
<td>Each additional person, add:</td>
<td>$4,420.00</td>
<td>$737.00</td>
<td>$170.00</td>
<td>$4.25</td>
</tr>
</tbody>
</table>

Enrollment and participation is voluntary. Clients must complete SMHW/WISEWOMAN Client Eligibility Agreement Form (annually) and the joint SMHW/WISEWOMAN Participation Agreement Form. After completing all required paperwork for enrollment, providers must complete the WISEWOMAN Patient History Form, WISEWOMAN Assessment Form, and the WISEWOMAN Screening Form.
WISEWOMAN screens for cardiovascular health including: cardiovascular health (CVH) screening, lab tests, risk reduction counseling, diagnostic office visits for medical evaluation of abnormal screening results, blood pressure medical follow-up, health coaching, self-monitoring blood pressure program, lifestyle education programs and annual rescreening.

Requirements
Providers must comply with the following screening requirements:

- Conduct baseline screenings for women enrolling in WISEWOMAN and submit an Initial WISEWOMAN Screening Claim.
- Rescreen WISEWOMAN clients who return for their annual exam within 12-18 months* after their previous WISEWOMAN screening. And complete an Annual WISEWOMAN Screening Claim.
- Conduct screenings in accordance with national clinical guidelines.

Valid Screenings
In order for WISEWOMAN screenings, including baseline screenings and re-screenings, to be considered valid, they should, at a minimum, include:

- Two blood pressure measurements
- Month and year of birth
- Race and ethnicity
- Previous cardiovascular disease risk [high cholesterol, hypertension, diabetes, coronary heart disease/chest pain, heart attack, heart failure, stroke/transient ischemic attack, vascular disease, or congenital heart defects]
- Use of medications to lower cholesterol, blood pressure, or blood sugar
- Diet [consumption of fruits, vegetables, fish, whole grains, and beverages with added sugar]
- Physical activity [moderate and vigorous physical activity]
- Smoking status
- Height and weight
- Total cholesterol
- Fasting glucose or an A1C

MOHSAIC will require all assessment questions be answered before submission. In order to transmit the most accurate information to CDC, please discourage the “Don’t Know/Not Sure” response when possible.

*Note: Although a rescreening visit should occur 12-18 months following the previous visit, an 11-month cutoff has been established to allow flexibility for women who return just before the one-year mark.
Risk Reduction Counseling (RRC) is a major component of the WISEWOMAN Program. **RRC must be initiated in person at the initial Show-Me Healthy Woman office visit.** If lab results are not available at the time of the visit, providers must provide risk reduction counseling based on other available client health information. Providers must then complete risk reduction counseling with the client when lab results are available. This can be done over the phone. Clients must receive the screening results both verbally and in writing. **After all Risk Reduction Counseling requirements are complete** the provider will be reimbursed for RRC and lab fees. Clients can also then be referred to additional WISEWOMAN services and Health Coaching can be performed.

Risk Reduction Counseling must include the following:

- Evaluation of participants answers to questions on WISEWOMAN Assessment and their relationship to risk for cardiovascular disease:
  - Previous cardiovascular disease and risk levels
  - Use of medications for hypertension, cholesterol and diabetes
  - Nutritional and exercise habits.
  - Smoking status

- Blood pressure (two blood pressure measurement are required and should not be duplicate readings)
  - **Normal Blood Pressure** is less than 120 systolic and less than 80 diastolic.
  - **Elevated Blood Pressure** is a reading of 120-129 systolic and less than 80 diastolic
  - **Stage 1 Hypertension**- is a reading of 130-139 systolic or 80-89 diastolic.
  - **Stage 2 Hypertension**- is 140 or higher systolic or 90 or higher diastolic.
  - **Hypertensive Crisis** is higher than 180 systolic and/or higher than 120 diastolic.

- Laboratory tests to assess the client’s cholesterol and HbA1C or glucose levels
  - Lab tests must be completed 30 days before or 30 days after the screening office visit.
  - Fasting lab tests are preferred over non-fasting.
  - A complete lipoprotein profile (total cholesterol, Low Density Lipoprotein (LDL) cholesterol, High Density Lipoprotein (HDL) cholesterol and triglycerides) is the preferred screening test. (This test may be done fasting or non-fasting. **Non-fasting lipid profiles must meet the following criteria:**

  The client has not indicated a previous history of elevated cholesterol AND is not currently taking cholesterol reduction medication AND can attest that they have not eaten a meal with high fat-content within the last 8 hours.)
In clients with pre-existing diabetes, or for those who are non-fasting, the A1C should be performed for glucose testing.
- **A1C Values:** A1C-Normal <5.7%, Abnormal Prediabetes 5.7%-6.4%, Diabetes >6.5%

Women should fast a minimum of 8 hours prior to a fasting blood testing.
- **Glucose Value: Fasting Only** Normal 50-100mg/dl; Abnormal Prediabetes 100-125mg/dl; Diabetes >125
- **Lipid Value:**
  - LDL Cholesterol-Normal <100 (optimal) 100-129 (near optimal/above optimal), Abnormal Borderline High (Pre-disease-level values) 130-159, High 160-189, Very High >190
  - Triglycerides-Normal <150, Abnormal Borderline High (Pre-disease-level values) 150/199, High 200-499, Very High >500
  - Total Cholesterol-Normal <200 (desirable), Abnormal Borderline High (Pre-disease-level values) 200-239, High >240
  - HDL Cholesterol-Normal >40 >60 (optimal), Abnormal Low <40

When non-fasting total cholesterol is >200 mg/dL or HDL is <40 mg/dL, a follow-up fasting lipoprotein profile is needed for appropriate management based on LDL.

- **Body mass index**
- Obtain the client’s weight and height (MOHSAIC calculates the BMI when entered)

*NOTE* A quick reference chart with clinical screening standards and BMI table is available in the appendices.

### WISEWOMAN ALERT VALUES

WISEWOMAN Alert Values are laboratory results that indicate the need for **immediate attention or within seven days**.
- **Blood Pressure:** Systolic>180 mmHg AND/OR Diastolic >120 mmHg
- There are no alert values for glucose, cholesterol or A1C.

All women with WISEWOMAN Alert Values must receive:
- Medical evaluation and treatment immediately or within seven days of the alert.
- Case management to assist women with accessing indicated medical care.
- Documentation of the visit date and follow-up details must be in the alert value notes/comment section of the screening or diagnostic form.

**Providers must bill any WISEWOMAN screening or diagnostic visits with alert values within 7 days of the date of services.**
The diagnostic office visit is where the client is seen for an **abnormal value** (any value out of the normal range as identified in RRC section) discovered in the screening visit or requests discussion with physician or practitioner regarding medication for smoking cessation. This service is completed on the **gray** WISEWOMAN Diagnostic Visit form.

The diagnostic office visit is an additional screening assessment and is used to:

- Confirm a diagnosis of high blood pressure, high cholesterol or diabetes, or
- Assess and prescribe medication or other treatment as recommended to control risk factors.

**Guidelines**

- One 30-minute diagnostic office visit per grant year.
- Alert values should receive medical evaluation within 7 days:
  - Blood Pressure >180 and/or >120
  - There are no alert values for Cholesterol or glucose/A1C
- Must be face-to-face by either a Physician, a Physician Assistant or a Nurse Practitioner.
- If the screening clinic does not have a qualified clinician, the client should be referred to an outside provider. If the client is referred to an outside clinician, it is the responsibility of the referring WISEWOMAN provider to obtain notes from the diagnostic office visit and reimburse the provider. The same documentation is required.
- The reason for the diagnostic office visit must be documented on the form. The client can be seen for any of the following reasons: hypertension, blood glucose, blood cholesterol, and medications for smoking cessation. On the form, mark **ALL** that apply. The client may still receive a diagnostic office visit if they have a previous history of any of the conditions.
- Diagnostic visits should be scheduled as soon as possible after the screening unless the abnormal value is an alert value. Any blood pressure reading of systolic >180 or diastolic >120 is an ALERT. Alert values must be seen within 7 days.
- If the diagnostic visit is on the same date as the screening visit, there is no need to re-enter blood pressure values or lab work values. If the diagnostic office visit is performed on a different date, there should be two blood pressure readings entered on the form.
- Appropriate documentation must be present on the diagnostic office form. Alert Value notes must be documented on the diagnostic form.
- Screening providers must be able to link clients to medical services for medical evaluation and assist clients with access to low-cost or free medication. (WISEWOMAN Program is unable to reimburse for any type of medication.)
Improving control of hypertension is a major focus of the WISEWOMAN Program. WISEWOMAN providers are expected to conduct additional preventive services for clients who have disease level hypertension. Disease level hypertension can be defined as a woman with an average blood pressure greater than 140/90.

It is required that a WISEWOMAN client that presents to a provider with an abnormal or disease level blood pressure (140/90) receive a follow-up. This follow-up could be a diagnostic office visit, a blood pressure medical follow-up or a health coaching session to discuss blood pressure management.

- Hypertension Definitions
  - Normal Blood Pressure <120 systolic and <80 diastolic
  - Elevated Blood Pressure 120-129 systolic and <80 diastolic
  - Stage 1 Hypertension 130-139 systolic or 80-89 diastolic
  - Stage 2 Hypertension >140 systolic or >90 diastolic
  - Hypertensive Crisis >180 systolic and/or >120 diastolic

WISEWOMAN defines hypertension as an average systolic blood pressure > 130 mmHg or average diastolic blood pressure >89 mmHg OR the participant is taking blood pressure medication.

WISEWOMAN defines uncontrolled hypertension as an average systolic blood pressure >139 mmHg or average diastolic blood pressure >89 mmHg, regardless of use of blood pressure medication.

Those clients with a previous diagnosis of hypertension with an average systolic blood pressure <140 mmHg and average diastolic blood pressure <90 mmHg are defined as controlled hypertension.
Self-Monitoring Blood Pressure (SMBP)

SMBP is for clients who have presented with pre-hypertension or Stage 1 hypertension blood pressure and whom it is believed should be closely monitored to control their hypertension diagnosis. If during the screening and/or diagnostic office visit the provider determines the client would benefit from the SMBP program, the clinic would fill out the SMBP enrollment form and ensure client signs the patient participation agreement form and fax both forms to the WISEWOMAN central office.

SMBP Program consists of at least 3 health coaching sessions until an appropriate blood pressure goal is achieved. If blood pressure is not controlled, additional health coaching sessions will be available or other interventions will be considered.

Between visits, the client is asked to self-monitor and record their blood pressure twice daily or as prescribed by their healthcare provider. Six months after the program is complete, a post intervention follow-up telephone call needs to be made to the client. Additionally, the client will be asked to bring these results and the device at the Follow-Up Rescreen (4th Health Coaching) in order to ensure proper utilization of the blood pressure device. A WISEWOMAN Follow-Up Rescreen (4th Health Coaching) will be completed face-to-face after the completion of 3 health coaching sessions.

Blood pressure cuffs provided by the WISEWOMAN program may only be given to WISEWOMAN Clients.

Blood Pressure Medical Follow-Up

Blood pressure medical follow-ups are recommended for clients with abnormal disease level hypertension (Stage 2 >170/>90 and Alert Level >180/>120) or abnormal BP, glucose or cholesterol values identified on a Follow-Up Rescreen. The WISEWOMAN Program will reimburse up to 3 (25-minute) face-to-face in-office only blood pressure medical follow-up sessions in a grant year. Two blood pressure measurements must be obtained. The blood pressure medical follow-up is completed on the gold form. The client may receive health coaching in addition to blood pressure medical follow-up visits.
BP MEDICAL FOLLOW-UP vs SELF-MONITORING

**Blood Pressure Medical Follow-Up (In Clinic)**

*Stage 2 Hypertension or ALERT value

*A 25 minute Face-to-Face BP Medical Follow-Up

*Health Coaching in person or by phone

**SMBP (At Home)**

*Recommended for Pre-Hypertension and Stage 1

*Perform at home by client

*Health coaching by phone is typical until conclusion

REIMBURSEMENT DIFFERENCES IN

BP MEDICAL FOLLOW-UP vs SMBP PROGRAM

<table>
<thead>
<tr>
<th>Services</th>
<th>CPT Code</th>
<th>Rate</th>
<th>Length of visit/Coaching</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diagnostic Office Visit</td>
<td>99203</td>
<td>$107.02</td>
<td>30 minutes</td>
</tr>
<tr>
<td>Blood Pressure Medical Follow-Up (Up to 3 visits)</td>
<td>99214</td>
<td>$106.00</td>
<td>25 minutes</td>
</tr>
<tr>
<td>Health Coaching</td>
<td></td>
<td>$39.21</td>
<td>15 minutes</td>
</tr>
<tr>
<td>Post Intervention Face-to-Face</td>
<td></td>
<td>$53.71</td>
<td>30 minutes</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Services</th>
<th>CPT Code</th>
<th>Rate</th>
<th>Length of Visit/Coaching</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diagnostic Office Visit</td>
<td>99203</td>
<td>$107.02</td>
<td>30 minutes</td>
</tr>
<tr>
<td>SMBP Initial</td>
<td></td>
<td>$73.90</td>
<td>20 minutes</td>
</tr>
<tr>
<td>Health Coaching</td>
<td></td>
<td>$39.21</td>
<td>15 minutes</td>
</tr>
<tr>
<td>Follow-Up Assessment Face-to-Face</td>
<td></td>
<td>$53.71</td>
<td>30 minutes</td>
</tr>
<tr>
<td></td>
<td></td>
<td>$68.22</td>
<td></td>
</tr>
</tbody>
</table>
The goal of health coaching is to help clients increase readiness and gain confidence to make lasting changes for improved health. Health Coaching differs from risk reduction counseling. Health coaching content must be distinct and separate from risk reduction counseling. The first session can be completed at screening visit, same day as Risk Reduction Counseling (if not completed same day as screening) or 2-4 weeks after screening. **Clients must participate in a minimum of three health coaching sessions to be considered to have completed health coaching. Health coaching sessions should be spaced 2-4 weeks apart and completed within 6 months.** Health coaching sessions range from 15-45 minutes in length.

**Follow-Up Rescreen (4th Health Coaching)**

Health coaches must follow up with all clients **within four weeks** of completion of health coaching to complete the Follow-Up Rescreen (4th Health Coaching) form (minimum of three health coaching sessions over six month period).

Follow-up Rescreens are to be conducted in-person with the client and should include:

- Completion of the Follow-up Rescreen (4th Health Coaching) (Dark Pink) form with the client
- Height and weight measurements
- Two blood pressure measurements

**Medical Follow-Up (As deemed medically necessary)**

An optional reassessment of laboratory values may be done at the Follow-Up Rescreen (4th Health Coaching) with the following stipulations:

- A **FASTING** Lipid Profile may be completed if the client had abnormal lipid profile values on the initial screening and has been implementing lifestyle and diet changes **AND/OR** is currently taking or was prescribed cholesterol lowering medication after initial assessment
- An A1C (preferred non-fasting) may be completed if the client was identified as pre-diabetic on initial screening **AND/OR** is currently taking or was prescribed medications to lower blood glucose after initial assessment.
The CDC requires all enrolled clients be assessed for tobacco use and promote tobacco cessation services. All clients who indicate on the WISEWOMAN Assessment form (tan form) should be evaluated for tobacco use.

- The client will indicate on the WISEWOMAN Assessment form (tan form) her current smoking status. This information is used by the provider to determine whether the client should be asked about smoking cessation education.
- Clients that express interest in quitting, including identifying tobacco cessation as a priority during risk reduction counseling and/or health coaching, should be given a referral to the Missouri Tobacco Quitline or other evidence-based tobacco cessation program.
- WISEWOMAN suggest using the Ask, Advise, and Refer method:
  - ASK every client at each encounter about tobacco use and document status.
  - ADVISE every tobacco user to quit with a clear, strong personalized health message about the benefits of quitting.
  - REFER clients who are ready to quit tobacco within the next 30 days to the Missouri Tobacco Quitline.
- An evidence-based tobacco cessation education is billed on the orange WISEWOMAN health coaching form.
- A diagnostic office visit (face-to-face) can be billed and reimbursed through the WISEWOMAN Program for clients who wish to discuss tobacco cessation medication with a physician or practitioner.
- If the client is referred to the Missouri Tobacco Quitline (Call 1-800-QUIT-NOW or 1-800-784-8669) or register online at [http://www.quitnow.net/missouri](http://www.quitnow.net/missouri) mark the referral box in the LP referral section on the screening form.
HEALTHY BEHAVIOR SUPPORT SERVICES

Diabetes Prevention Program (DPP)

DPP is a Lifestyle Program with a focus on prevention of type 2 diabetes among persons at-risk. This successful standardized lifestyle intervention was developed to increase physical activity to a minimum of 150 minutes per week and reduce weight by a minimum of 7%. Lifestyle Programs differ from Health Coaching and Risk Reduction Counseling.

Referral to DPP Participation for WISEWOMAN clients who:

- Indicate a readiness to change
- Agree DPP is an appropriate behavior support option
- Have access to a local DPP
- Meet the DPP eligibility requirements:
  - Have a BMI of >25 (>22 if Asian)
  - Client cannot have already been diagnosed with diabetes. Clients with gestational diabetes may be eligible.
  - An elevated blood sugar is not a requirement.

If a client is interested in the DDP program, the referral needs to be marked on the screening form. For individuals referred to the DPP program, the program fee is covered by WISEWOMAN.

The program consists of two phases:

- A 16-session core curriculum course typically delivered once per week and must be completed with 26 weeks, and
- A 6-session maintenance/post-core class usually delivered once per month for 60-minutes.

Completion of the DPP is defined as 9 (of 16) and 3 (of 6) maintenance/post-core. If a class is not scheduled to start soon, health coaching should be conducted as an interim healthy behavior support option to keep the client engaged and motivated until a class begins.

For clients referred to the DDP Program by the WISEWOMAN Program, the program fee is covered by WISEWOMAN. The DPP Program contracts with and bills the WISEWOMAN Program.
As of the printing of this manual; the following Missouri providers are listed as DPP providers with the CDC: The CDC maintained list can be found at [https://nccd.cdc.gov/DDT_DPRP/Registry.aspx](https://nccd.cdc.gov/DDT_DPRP/Registry.aspx)
**Eating Smart-Being Active (ESBA)**

Eating Smart Being Active is delivered by the University of Missouri Extension (UME). Topics covered include physical activity, nutrition and healthy lifestyle choices; food preparation; saving money at the grocery store; eating a variety of healthy foods; food safety; reducing fat, sugar and salt; and feeding children.

In order for a client to be referred to the ESBA program, the referral checkbox must be marked on the client’s screening form and include the date of the referral. The **required** paper referral form must also be completed and faxed to WISEWOMAN central office.

**ESBA consists of 9 lessons, each 90 to 120 minutes in length.** Completion is defined as attending 6 sessions. ESBA will send the WISEWOMAN Program an invoice for services provided.

**Weight Watchers**

In order to participate in-person or online, clients must have a BMI of >25 or if Asian >22. Weight Watchers clients will receive a ten-week prepayment coupon and an attendance sheet. The local meeting registration fee will be waived.

The client is responsible for presenting her attendance sheet at each weekly meeting and having the Weight Watchers leader sign off on her attendance. If attending online Weight Watchers, the client must share their app log-in information (eTools).

*In order to receive the second set of ten-week prepayment coupons, the client must have participated in regular Health Coaching Sessions and have completed a Follow-Up Assessment Face-to-Face with the provider.*

**Take Off Pounds Sensibly (TOPS)**

TOPS offers tools and programs for healthy living and weight management. Weekly meetings include private weigh-ins and professionally prepared, informational chapter programs, featuring up-to-date information on nutrition, exercise and healthy lifestyles. Programs provide positive reinforcement and motivation to adhere to food and exercise programs.

In order for the clients to participate they must have a BMI >25 or >22 if Asian, and must be able to establish a healthy and responsible weight loss goal. The referral box must be checked on the screening form and the client must sign the consent form to participate at the time of her screening visit. The client is then provided with her signed voucher and the attendance/weigh-in sheet to take with her to her local chapter meetings. The membership voucher is not replaceable if lost and cannot be photocopied. The client is responsible for presenting her attendance sheet at each weekly meeting and having the TOPS leader sign off on her attendance.
After the client has attended 12 weekly sessions, she will return to the WISEWOMAN provider clinic for a face-to-face Follow-Up Rescreen and turn in the attendance sheet.

The yearly cost is paid by the WISEWOMAN Program. The client is responsible for any minimal chapter dues of about $5 monthly.

COMMUNITY BASED RESOURCES

Community-based resources are a supplement to other healthy behavior support options (HBSO) (such as DPP and health coaching) and other preventive services that may be available in the clinic.

Providers should develop partnerships to offer community-based resources at low or no cost to women. **Referrals for local gym memberships, etc. are reimbursable services through WISEWOMAN contracts.**

Fitness Club/Gym Membership

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 60% 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 60% of the three-month membership period.

Provider would have agreements with local fitness clubs or gyms where clients could work out and the provider would pay the initial fee for the client 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 fitness class fee for the WISEWOMAN client.

Healthy Behavior Support Options (HBSO) for Lifestyle Education

- HBSO are paid up front by the clinic and reimbursed by the WISEWOMAN Program.
- HBSO must be **prior** approved by WISEWOMAN Central Office Staff.
- HBSO could include (but is not limited to, with prior approval):
  - Vouchers for Farmers Markets, grocery stores, or gas cards
  - Exercise mat, workout DVD
  - Tote bag, cookbook
  - Food scale or measuring set
  - Voucher for walking shoes
All lifestyle programs have a reimbursement cap per client:

**TOPS a yearly membership**

Weight Watchers every 3 months not to exceed $800.

DPP $600.00

SMBP $450.00

Fitness/Gym memberships $360 (including the joining fee) for one year/per client

Fitness class not to exceed $30.00 for a 4-6 week class and total cost not to exceed $200.00 in one year/per client

---

**QUALITY ASSURANCE REVIEWS**

Providers are required to agree to on-site record reviews by qualified DHSS or contracted staff six months after initial services begin and every 2 years thereafter, or more frequently if requested by DHSS staff. This includes compliance with contractual performance measures and professional development training. Clients’ records must be maintained for at least 7 years.

---

**REIMBURSEMENT**

Reimbursement rates for WISEWOMAN screening and lifestyle services are based on allowable 2019 Area 1 Medicare charges. WISEWOMAN services must be entered into the MOHSAIC data claim system within 60 days of the service being performed.

<table>
<thead>
<tr>
<th>SERVICES</th>
<th>CPT CODE</th>
<th>RATE</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Risk Reduction Counseling</td>
<td>99401</td>
<td>$73.90</td>
<td>Must be completed within 30 days of initial visit</td>
</tr>
<tr>
<td>Diagnostic Office Visit</td>
<td>99203</td>
<td>$107.02</td>
<td>Nurse Practitioner, Physician Assistant or Physician</td>
</tr>
<tr>
<td>Blood Pressure Medical Follow-Up (Up to 3 per year)</td>
<td>99214</td>
<td>$106.00</td>
<td>Staff trained in Blood Pressure Monitoring and Health Coaching and in relaying pertinent findings to Physician or Nurse Practitioner</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>LAB TESTS</th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Venipuncture</td>
<td>36414</td>
<td>$3.00</td>
<td></td>
</tr>
<tr>
<td>Lipid Panel</td>
<td>80061QW</td>
<td>$18.24</td>
<td></td>
</tr>
<tr>
<td>Total Cholesterol</td>
<td>84465QW</td>
<td>$5.92</td>
<td></td>
</tr>
<tr>
<td>HDL Cholesterol</td>
<td>83718QW</td>
<td>$11.16</td>
<td></td>
</tr>
<tr>
<td>Glucose Quantitative</td>
<td>82947</td>
<td>$5.35</td>
<td></td>
</tr>
<tr>
<td>Glucose, Blood Reagent</td>
<td>82948</td>
<td>$4.32</td>
<td></td>
</tr>
<tr>
<td>Glucose, Hemoglobin A1C</td>
<td>83036QW</td>
<td>$13.22</td>
<td></td>
</tr>
<tr>
<td>Basic Metabolic Profile (BMP)</td>
<td>80084</td>
<td>$10.44</td>
<td></td>
</tr>
<tr>
<td>Complete Metabolic Profile (CMP)</td>
<td>80053</td>
<td>$11.74</td>
<td></td>
</tr>
<tr>
<td>SERVICES</td>
<td>CPT CODE</td>
<td>RATE</td>
<td>Description</td>
</tr>
<tr>
<td>----------------------------------</td>
<td>----------</td>
<td>--------</td>
<td>-----------------------------------------------</td>
</tr>
<tr>
<td><strong>HEALTH COACHING</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Individual</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15 Minute Session</td>
<td></td>
<td>$39.21</td>
<td>Face-to-Face or via telephone</td>
</tr>
<tr>
<td>30 Minute Session</td>
<td></td>
<td>$53.71</td>
<td>Face-to-Face or via telephone</td>
</tr>
<tr>
<td>45 Minute Session</td>
<td></td>
<td>$68.22</td>
<td>Face-to-Face only</td>
</tr>
<tr>
<td>Follow-Up Rescreen</td>
<td></td>
<td>$68.22</td>
<td>BPx2 &amp; Weight</td>
</tr>
<tr>
<td><em>(4th Health Coaching)</em></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Group</strong></td>
<td></td>
<td></td>
<td>Example: On-site cooking class</td>
</tr>
<tr>
<td><em>(2 or more WISEWOMAN)</em></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>30 Minute Session</td>
<td></td>
<td>$18.80</td>
<td>Face-to-Face only</td>
</tr>
<tr>
<td>60 Minute Session</td>
<td></td>
<td>$34.23</td>
<td>Face-to-Face only</td>
</tr>
<tr>
<td><strong>SMBP Program</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Diagnostic Office Visit</td>
<td>99203</td>
<td>$107.02</td>
<td>Nurse Practitioner, Physician Assistant or Physician</td>
</tr>
<tr>
<td>SMBP Initial visit</td>
<td></td>
<td>$73.90</td>
<td>Staff trained in Blood Pressure Monitoring and Health Coaching</td>
</tr>
<tr>
<td>Health Coaching</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15 Minute</td>
<td></td>
<td>$39.21</td>
<td>Face-to-Face or via telephone</td>
</tr>
<tr>
<td>30 Minute</td>
<td></td>
<td>$53.71</td>
<td>Face-to-Face or via telephone</td>
</tr>
<tr>
<td>Post-Intervention / Follow-Up Rescreen</td>
<td></td>
<td>$68.22</td>
<td>Face-to-Face only</td>
</tr>
</tbody>
</table>

**NOTE**

- WISEWOMAN reimburses for **ONE** Diagnostic Office Visit per grant year (30 minute Face-to-Face for an abnormal screening result or for evaluation of medication for smoking cessation).
- Follow-Up Rescreen *(4th Health Coaching)* is completed after three (3) Health Coaching Sessions have been completed (approximately 3 months after screening). Must be Face-to-Face and must include two blood pressure readings and the client’s weight.
- Claims are to be submitted within 7 days of a client’s **ALERT** value. Otherwise, claims are to be submitted within 60 days of date of service.
### WISEWOMAN CONTACT INFORMATION

**Telephone Number:** 866-726-9926  
**Fax:** 573-522-2898  
**Website:** [https://health.mo.gov/living/healthcondiseases/chronic/wisewoman](https://health.mo.gov/living/healthcondiseases/chronic/wisewoman)

**WISEWOMAN Staff:**

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone Number</th>
<th>Email Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amy Hampton</td>
<td>573-522-2871</td>
<td><a href="mailto:amy.hampton@health.mo.gov">amy.hampton@health.mo.gov</a></td>
</tr>
<tr>
<td>Jackie Jung</td>
<td>573-522-2859</td>
<td><a href="mailto:jackie.jung@health.mo.gov">jackie.jung@health.mo.gov</a></td>
</tr>
<tr>
<td>Meg Morenz</td>
<td>573-508-4212</td>
<td><a href="mailto:meg.morenz@health.mo.gov">meg.morenz@health.mo.gov</a></td>
</tr>
<tr>
<td>Roselyn Wood</td>
<td>573-522-2866</td>
<td><a href="mailto:roselyn.wood@health.mo.gov">roselyn.wood@health.mo.gov</a></td>
</tr>
<tr>
<td>Kari Wright</td>
<td>573-522-2841</td>
<td><a href="mailto:kari.wright@health.mo.gov">kari.wright@health.mo.gov</a></td>
</tr>
</tbody>
</table>

**Regional Program Coordinators (RPCs):**

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone Number</th>
<th>Region</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rebecca Conway</td>
<td>816-404-6985</td>
<td>Northwest Region</td>
</tr>
<tr>
<td>Lisa Graessle</td>
<td>573-522-2855</td>
<td>Central Region</td>
</tr>
<tr>
<td>Vacant</td>
<td>573-522-2855</td>
<td>St. Louis Region</td>
</tr>
<tr>
<td>Missy Rice</td>
<td>417-693-3409</td>
<td>Southwest Region</td>
</tr>
<tr>
<td>Mary Costephens</td>
<td>573-418-1358</td>
<td>Southeast Region</td>
</tr>
</tbody>
</table>
## Clinical Screening Standard Values

### Blood Pressure

<table>
<thead>
<tr>
<th>Blood Pressure</th>
<th>Systolic (mmHg)</th>
<th>Diastolic (mmHg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>&lt; 120</td>
<td>And</td>
</tr>
<tr>
<td>Pre-Hypertension</td>
<td>120-129</td>
<td>Or &lt; 80</td>
</tr>
<tr>
<td>Stage 1 Hypertension</td>
<td>130-139</td>
<td>Or 80-89</td>
</tr>
<tr>
<td>Stage 2 Hypertension</td>
<td>&gt; 140</td>
<td>Or ≥ 90</td>
</tr>
<tr>
<td>ALERT</td>
<td>&gt; 180</td>
<td>Or &gt; 120</td>
</tr>
</tbody>
</table>

### Glucose

<table>
<thead>
<tr>
<th>Glucose</th>
<th>Normal (mg/dl)</th>
<th>Prediabetes (mg/dl)</th>
<th>Diabetes (mg/dl)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fasting Plasma Glucose (FPG)</td>
<td>&lt;100</td>
<td>100-125</td>
<td>≥126</td>
</tr>
<tr>
<td>A1C</td>
<td>&lt;5.7%</td>
<td>5.7%-6.4%</td>
<td>≥6.5%</td>
</tr>
</tbody>
</table>

There is no alert value for glucose or A1C.

### Cholesterol

<table>
<thead>
<tr>
<th>Cholesterol</th>
<th>Normal (mg/dl)</th>
<th>Borderline High</th>
<th>High</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>&lt; 200 (desirable)</td>
<td>200-239</td>
<td>≥240</td>
</tr>
</tbody>
</table>

### BMI Table

Body Mass Index Table

<table>
<thead>
<tr>
<th>Height (inches)</th>
<th>Body Weight (pounds)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Normal</td>
</tr>
<tr>
<td>48</td>
<td>110</td>
</tr>
<tr>
<td>49</td>
<td>115</td>
</tr>
<tr>
<td>50</td>
<td>120</td>
</tr>
<tr>
<td>51</td>
<td>125</td>
</tr>
<tr>
<td>52</td>
<td>130</td>
</tr>
<tr>
<td>53</td>
<td>135</td>
</tr>
<tr>
<td>54</td>
<td>140</td>
</tr>
</tbody>
</table>

For additional BMI values, refer to the table above.
Transportation Services for Clients

Free transportation is available for WISEWOMAN clients. Transportation services are available in all counties except for Cape Girardeau, New Madrid, Ray, Scott, Stoddard and Texas. All program services qualify for transportation services.

The provider will use the SMHW travel voucher, which can be mailed to the clients’ home address with the date and time of the appointment. The client is to give the transportation driver this voucher when he or she comes to the home. Each voucher is for a round-trip. The client may be accompanied by one person, 17 years or older. For additional details regarding transportation, refer to the Show-Me Healthy Women provider manual or contact the Regional Program Coordinator for your area.

### Contractor / County(ies) | Telephone Number
---|---
**Owl of Florida, Inc.** | 314-696-8450
St. Louis City
**Blankets of Hope Resources and Distribution Center, Inc.** | 314-393-4408
Washington
**Southeast Missouri Transportation Services** | 573-783-5505
Bollinger | Butler | Carter | Crawford | Dunklin
Dent | Howell | Iron | Madison | Mississippi
Oregon | Phelps | Pemiscot | Perry | Reynolds
Ripley | Shannon | St Francois | St Genevieve | Wayne
**Oats, Inc.** | 573-443-4516
Adair | Carroll | DeKalb | Jasper | Marion | Platte | Stone
Andrew | Cass | Douglas | Jefferson | Mercer | Polk | Sullivan
Atchison | Cedar | Franklin | Johnson | Miller | Pulaski | Taney
Audrain | Charlton | Gasconade | Knox | Monteau | Putnam | Vernon
Barry | Christian | Gentry | Laclede | Monroe | Rails | Warren
Barton | Clark | Greene | Lafayette | Montgomery | Randolph | Webster
Bates | Clay | Grundy | Lawrence | Morgan | St. Charles | Worth
Benton | Clinton | Harrison | Lewis | Newton | St. Clair | Wright
Boone | Cole | Henry | Lincoln | Nodaway | St. Louis Co
Buchanan | Cooper | Hickory | Linn | Osage | Saline
Caldwell | Dade | Holt | McDonald | Ozark | Schuyler
Callaway | Dallas | Howard | Macon | Pettis | Scotland
Camden | Davies | Jackson | Maries | Pike | Shelby
**No Contract** | Call local RPC for assistance
Cape Girardeau | New Madrid | Ray | Scott | Stoddard | Texas