WISEWOMAN™

Well-integrated Screening and Evaluation for Women Across the Nation

WISEWOMAN

Program Guidance

FY2020

WISEWOMAN PROGRAM

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.

WISEWOMAN VISION AND MISSION

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

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

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.

CLINICAL SCREENING SERVICES

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)

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.

DIAGNOSTIC OFFICE VISIT

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.)

BLOOD PRESURE MANAGEMENT

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)	SMBP (At Home)
*Stage 2 Hypertension or ALERT value	*Recommended for Pre-Hypertension and Stage 1
*A 25 minute Face-to-Face BP Medical Follow-Up	*Performed at home by client
*Health Coaching in person or by phone	*Health coaching by phone is typical until conclusion

REIMBURSEMENT DIFFERENCES IN BP MEDICAL FOLLOW-UP vs SMBP PROGRAM

BLOOD PRESSURE MEDICAL FOLLOW-UP				SMBP PROGRAM			
Services	**CPT Code**	**Rate**	**Length of visit/Coaching**	**Services**	**CPT Code**	**Rate**	**Length of Visit/Coaching**
Diagnostic Office Visit	99203 Abnormal Screening result/ established patient	$107.02	30 minutes	Diagnostic Office Visit	99203 Abnormal Screening result/ established patient	$107.02	30 minutes
Blood Pressure Medical Follow-Up *(Up to 3 visits)*	99214 Face-to-Face Support regarding blood pressure management	$106.00	25 minutes	SMBP Initial		$73.90	20 minutes
Health Coaching		$39.21	15 minutes	Health Coaching		$39.21	15 minutes
		$53.71	30 minutes			$53.71	30 minutes
Post Intervention	Face-to-Face	$68.22		Follow-Up Assessment	Face-to-Face	$68.22	

HEALTH COACHING

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.

MISSOURI TOBACCO CESSATION EDUCATION AND MISSOURI TOBACCO QUITLINE

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) mark the referral box in the LP referral section on the screening form.

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

Diabetes Prevention Recognition Program – Registry of Recognized Organizations

Show organizations by location:

State: Missouri City: Show all cities

Download Full Registry

OR

Search by organization name:

Name: Enter name here Search

Recognized Organizations - MO

Organization has achieved full CDC recognition
Organization has preliminary recognition
Data sorted by this column (click column header to sort)

Results per page: 50

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Organization	Address	City	State	Zip Code	Phone Number	Website	Class Type	Who can participate?
Northeast Missouri Health Council Achieved Full Recognition	1416 Crown Dr.	Kirksville	MO	63501	(660) 627-4493 Ext. 28		In-Person	Public
Gateway Region Young Men's Christian Association Achieved Preliminary Recognition	326 South 21st Street 4th Floor	St. Louis	MO	63103	(314) 436-1177	https://gwrymca.org...	In-Person	Public
Hannibal Regional Hospital Achieved Preliminary Recognition	6000 Hospital Dr.	Hannibal	MO	63401	(573) 629-3382		In-Person	Employees
Magers Health and Wellness Center Achieved Preliminary Recognition	901 S National Ave.	Springfield	MO	65897	(417) 836-4064	http://www.health.m...	In-Person	Employees
YMCA of Greater Kansas City Achieved Preliminary Recognition	3100 Broadway, Suite 1020	Kansas City	MO	64111	(816) 360-3342	http://www.kansasci...	In-Person	Public
Children's Mercy Employee Wellness Center	2401 Grand Blvd. Suite 100	Kansas City	MO	64108	(816) 412-2355		In-Person	Employees Other
Defense Against Diabetes	617 N. Providence Rd.	Columbia	MO	65203	(573) 303-9560		In-Person	Public
Douglas County Health Department	603 Springfield Rd.	Ava	MO	65608	(417) 683-4174		In-Person	Public Employees
Hickory County Health Department	24885 State Hwy. 254	Hermitage	MO	65668	(417) 745-2138		In-Person	Public Employees Members
Parkland Health Mart Pharmacy	1131 N Desloge Dr.	Desloge	MO	63601	(573) 431-6677		In-Person	Public Employees
St. Louis Hills Pharmacy	4365 Chippewa St. Suite 100	Saint Louis	MO	63116	(314) 832-2480		In-Person	Public
St. Luke's hospital	St Luke's Outpatient Center, Building B 111 St. Luke's Center Dr., Suite 42B	Chesterfield	MO	63017	(314) 205-6483		In-Person	Public Employees
The Community Wellness Project	906 Olive St., Suite 904	St. Louis	MO	63101	(314) 421-9600		In-Person	Public Employees

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.

SERVICES	CPT CODE	RATE	
Risk Reduction Counseling	99401	$73.90	Must be completed within 30 days of initial visit
Diagnostic Office Visit	99203	$107.02	Nurse Practitioner, Physician Assistant or Physician
Blood Pressure Medical Follow-Up (Up to 3 per year)	99214	$106.00	Staff trained in Blood Pressure Monitoring and Health Coaching and in relaying pertinent findings to Physician or Nurse Practitioner
LAB TESTS			
Venipuncture	36414	$3.00	
Lipid Panel	80061QW	$18.24	
Total Cholesterol	84465QW	$5.92	
HDL Cholesterol	83718QW	$11.16	
Glucose Quantitative	82947	$5.35	
Glucose, Blood Reagent	82948	$4.32	
Glucose, Hemoglobin A1C	83036QW	$13.22	
Basic Metabolic Profile (BMP)	80084	$10.44	
Complete Metabolic Profile (CMP)	80053	$11.74	

SERVICES	CPT CODE	RATE	
HEALTH COACHING			
Individual			
15 Minute Session		$39.21	Face-to-Face or via telephone
30 Minute Session		$53.71	Face-to-Face or via telephone
45 Minute Session		$68.22	Face-to-Face only
Follow-Up Rescreen (4th Health Coaching)		$68.22	Face-to-Face only BPx2 & Weight
Group *(2 or more WISEWOMAN)*	Example: On-site cooking class		
30 Minute Session		$18.80	Face-to-Face only
60 Minute Session		$34.23	Face-to-Face only
SMBP Program			
Diagnostic Office Visit	99203	$107.02	Nurse Practitioner, Physician Assistant or Physician
SMBP Initial visit		$73.90	Staff trained in Blood Pressure Monitoring and Health Coaching
Health Coaching	15 Minute	$39.21	Face-to-Face or via telephone
	30 Minute	$53.71	Face-to-Face or via telephone
Post-Intervention / Follow-Up Rescreen		$68.22	Face-to-Face only

****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

WISEWOMAN Staff:

Amy Hampton	573-522-2871	amy.hampton@health.mo.gov
Jackie Jung	573-522-2859	jackie.jung@health.mo.gov
Meg Morenz	573-508-4212	meg.morenz@health.mo.gov
Roselyn Wood	573-522-2866	roselyn.wood@health.mo.gov
Kari Wright	573-522-2841	kari.wright@health.mo.gov

Regional Program Coordinators (RPCs):

Rebecca Conway	816-404-6985	Northwest Region
Lisa Graessle	573-522-2855	Central Region
Vacant		St. Louis Region
Missy Rice	417-693-3409	Southwest Region
Mary Costephens	573-418-1358	Southeast Region

APPENDICES

Clinical Screening Standard Values

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

		NORMAL mg/dl	PREDIABETES mg/dl	DIABETES mg/dl
Glucose	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			

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

BMI Table

Body Mass Index Table

	Normal						Overweight					Obese										Extreme Obesity														
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54
Height (inches)	Body Weight (pounds)																																			
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212	217	222	227	232	237	242	247	252	257	262	267
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215	220	225	230	235	240	245	250	255	261	266	271	276
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222	227	232	238	243	248	254	259	264	269	275	280	285
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225	231	237	242	248	254	259	265	270	278	282	287	293	299	304
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232	238	244	250	256	262	267	273	279	285	291	296	302	308	314
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264	270	276	282	288	294	300	306	312	318	324
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	253	260	266	272	278	284	291	297	303	309	315	322	328	334
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268	274	280	287	293	299	306	312	319	325	331	338	344
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262	269	276	282	289	295	302	308	315	322	328	335	341	348	354
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270	277	284	291	297	304	311	318	324	331	338	345	351	358	365
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292	299	306	313	320	327	334	341	348	355	362	369	376
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301	308	315	322	329	338	343	351	358	365	372	379	386
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294	302	309	316	324	331	338	346	353	361	368	375	383	390	397
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302	310	318	325	333	340	348	355	363	371	378	386	393	401	408
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326	334	342	350	358	365	373	381	389	396	404	412	420
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335	343	351	359	367	375	383	391	399	407	415	423	431
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344	353	361	369	377	385	394	402	410	418	426	435	443

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	Chariton	Gasconade	Knox	Moniteau	Putnam	Vernon
Barry	Christian	Gentry	Laclede	Monroe	Ralls	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	