

# HealthPro News

A monthly publication for participating HMSA health care providers, facilities, and their staff.

December 2018

## ADMINISTRATION & NEWS



### Medical Record Requests

In the first quarter of 2019, Change Healthcare may call your office to request medical records on behalf of HMSA. If the company contacts you, please provide the information to them in a timely manner. The medical records that Change Healthcare would ask for will be used to substantiate data submitted to the U.S. Department of Health and Human Services for the ACA risk adjustment program.

Your support of risk adjustment helps insurers maintain the financial resources needed for medical claim reimbursement.

## CONTRACT NOTIFICATION



### Annual Review of Pharmacy Specialty Drug Policies

The following policy has undergone review and is available for 90-day provider notification. The policy is effective March 1, 2019.

- Xyrem.

The updated pharmacy policy is available for your review at [hmsa.com/portal/provider/zav\\_pel.ph.XYR.700.htm](https://hmsa.com/portal/provider/zav_pel.ph.XYR.700.htm).



### Annual Review of Medical Specialty Drug Policies

The following policies have undergone review and are available for 90-day provider notification. The policy is effective March 1, 2019.

- Benlysta.
- Dupixent (commercial and QUEST Integration only).
- Kynamro (commercial and QUEST Integration only).
- Makena (commercial and QUEST Integration only).

The following policy has undergone review and is available for your review.

- H.P. Acthar Gel (commercial and QUEST Integration only).

Updated medical specialty drug policies are posted online for your review. Please visit [info.caremark.com/hmsapolicies](https://info.caremark.com/hmsapolicies) for updates to policies that may affect your practice.

CVS Caremark® is an independent company providing pharmacy benefit management services on behalf of HMSA.

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## Significant Changes for Medical Policies Requiring 90-day Notice

The following policies have undergone significant changes and go into effect March 1, 2019:

- Genetic Testing for Non-Cancerous Inheritable Diseases.
- Prenatal Carrier Screening for Genetic Diseases.
- Stereotactic Radiosurgery and Stereotactic Body Radiation Therapy.

To best understand the changes in context, please see the Provider Resource Center.



## Insulin Coverage—Correction

In the October 2018 *HealthPro News*, the QUEST Integration formulary table listed changes to insulin medications effective January 1, 2019. These changes were listed in error; there will be no insulin changes to the QUEST Integration Formulary on January 1.

Here are the medications that were listed in error:

Medication	Strength	Drug class	Change/Criteria
Admelog Inj	100 Unit/ml	Antidiabetics-Insulin	<b>Formulary addition</b>
Admelog Solo Inj	100 Unit/ml	Antidiabetics-Insulin	<b>Formulary addition</b>
Apidra Inj Solostar	100 Unit/ml	Antidiabetics-Insulin	<b>Nonformulary</b> <b>Alternative:</b> Admelog
Apidra Inj U-100	100 Unit/ml	Antidiabetics-Insulin	<b>Nonformulary</b> <b>Alternative:</b> Admelog
Fiasp Inj	100 Unit/ml	Antidiabetics-Insulin	<b>Nonformulary</b> <b>Alternative:</b> Admelog
Fiasp Flex Inj Touch	100 Unit/ml	Antidiabetics-Insulin	<b>Nonformulary</b> <b>Alternative:</b> Admelog
Humalog Inj	100 Unit/ml	Antidiabetics-Insulin	<b>Nonformulary</b> <b>Alternative:</b> Admelog
Humalog Inj Cartridge	100 Unit/ml	Antidiabetics-Insulin	<b>Nonformulary</b> <b>Alternative:</b> Admelog
Humalog Jr Inj	100 Unit/ml	Antidiabetics-Insulin	<b>Nonformulary</b> <b>Alternative:</b> Admelog
Humalog Kwik Inj	100 Unit/ml	Antidiabetics-Insulin	<b>Nonformulary</b> <b>Alternative:</b> Admelog
Lantus	100 Unit/ml	Antidiabetics-Insulin	<b>Nonformulary</b> <b>Alternatives:</b> Basaglar, Tresiba
Lantus Solostar	100 Unit/ml	Antidiabetics-Insulin	<b>Nonformulary</b> <b>Alternatives:</b> Basaglar, Tresiba
Levemir	100 Unit/ml	Antidiabetics-Insulin	<b>Nonformulary</b> <b>Alternatives:</b> Basaglar, Tresiba
Levemir Flextouch	100 Unit/ml	Antidiabetics-Insulin	<b>Nonformulary</b> <b>Alternatives:</b> Basaglar, Tresiba
Novolog	100 Unit/ml	Antidiabetics-Insulin	<b>Nonformulary</b> <b>Alternative:</b> Admelog
Novolog Flexpen	100 Unit/ml	Antidiabetics-Insulin	<b>Nonformulary</b> <b>Alternative:</b> Admelog
Novolog Inj Penfill	100 Unit/ml	Antidiabetics-Insulin	<b>Nonformulary</b> <b>Alternative:</b> Admelog
Tresiba Flex Inj	100 Unit/ml 200 Unit/ml	Antidiabetics-Insulin	<b>Formulary addition</b>


# CODING & CLAIMS



## Acceptable Invoice Submissions

For all invoices submitted for pricing, HMSA will only accept invoices that reflect the actual amount that the provider paid.

Here's an example of an acceptable invoice:



**ParaGard**  
A program for ordering ParaGard® T380A  
(Intrauterine Copper Contraceptive)

Integrated Commercialization Solutions, Inc.  
345 International Blvd, Suite 400  
Brooks, KY 40109  
Phone: (800) 323-4966  
Fax: (900) 299-8332

**INVOICE**

**RESEARCH &**  
**JAN 29 2018**

**CORRESPONDENCE**

Bill-to:

Ship-to:

Order # / Date	BP Account Number	LOB / Customer Type	Salesperson / Dept	Customer PO / Terms

Line	Qty	Item	Price	U/M	Extended Price
1	1.00	28549 PARAGARD T380A SINGLE NDC # 51285-0204-01 Lot: _____	808.50	EA	808.50
AmerisourceBergen Specialty Group or a member of its affiliated group purchases all pharmaceutical products for distribution in the United States directly from the manufacturer or its exclusive distributor.					
<div style="border: 1px solid black; padding: 5px; display: inline-block; font-weight: bold; font-size: large;">PAID</div>					
Subtotal					808.50
Discounts					0.00
Tax					0.00
<b>PAID</b>					<b>808.50</b>

Please return this stub with your remittance. Thank you.

**Please Remit To:**

ParaGard@Direct  
12601 Collection Center Drive  
Chicago, IL 60693

Customer Number	
Invoice Number	
Invoice Date	
Amount Due	PAID
Due Date	01/18/2018

Please indicate the Check Number and Paid Amount below:

Check Number	
Paid Amount	

## PHARMACY



### EUTF Part D Vaccinations

Starting November 1, 2018, Medicare Part D vaccinations are fully covered under the EUTF and HSTA VB Medicare prescription drug plans administered by SilverScript. Previously, members were assessed a copayment, generally \$30 for EUTF members and \$9 for HSTA VB members. Patients may receive Part D vaccinations at a pharmacy or at a physician's office.

- Received at a pharmacy: The patient pays nothing.
- Received at a physician's office: If you administer Part D vaccinations, you may submit a claim for the full cost of the vaccination, including the administration fee, to SilverScript (SSI). SSI will reimburse you directly and the patient won't have to pay anything.

If your office cannot submit a claim form to SSI on behalf of the patient, you'll need to charge the patient the full cost of the vaccination, including the administration fee. To receive reimbursement from SSI for the vaccination and administration fee, the patient must complete and submit a claim form with their invoice to SSI within 12 months of the date of service. On the claim form, which can be downloaded from [eutf.silverscript.com/documents.aspx](http://eutf.silverscript.com/documents.aspx), the patient should indicate that the medicine isn't covered under any other insurance.

If you have any questions about coverage of Part D vaccinations, contact SilverScript at 1 (877) 878-5715 toll-free.



### Potentially High Risk Medications in the Elderly

HMSA would like to support your efforts to reduce the use of medications identified as carrying additional risk for our senior members. As part of this effort, we're providing a list of formulary alternatives for commonly used medications included in the Beers List. The list of High Risk Medications (HRM) can also be found at [bit.ly/HRMlist](http://bit.ly/HRMlist) or [hmsa.com/PORTAL/PROVIDER/HMSA\\_HRM\\_Alternatives\\_List.pdf](http://hmsa.com/PORTAL/PROVIDER/HMSA_HRM_Alternatives_List.pdf). We hope you'll take this opportunity to switch your patients age 65 and older to these suggested medications where clinically appropriate.

The Beer's List defines medications that carry additional risk of adverse events for people over the age of 65. You may view the full text of the American Geriatric Society article at [onlinelibrary.wiley.com/doi/10.1111/jgs.13702/full](http://onlinelibrary.wiley.com/doi/10.1111/jgs.13702/full). If you have questions, please call HMSA Medicare Pharmacist Wendell Oumaye, Pharm.D., at 952-7692, or Wendy Iwasaki, Pharm.D., BCACP, BCGP, at 952-7712, both on Oahu.

## PLANS



### Annual Preventive Health Evaluation

Effective January 1, 2019, or when plans are subsequently renewed, PPO and CompMed plans that currently cover the annual preventive health evaluation (APHE) will be updated to allow the existing annual wellness visit or a preventive physical exam visit once every 12 months. Health Plan Hawaii (HPH) plans offering a standard physical examination benefit will also be updated to include the same benefit. HPH plans will cover audiograms (CPT 92551, 92552) and visual acuity test (CPT 99173) at the plan's diagnostic benefit.

The benefit is limited to members 22 years of age and older. Patients under 22 years of age have the well-child care benefit for routine and preventive care.

Refer to Hawaii Healthcare Information Network (HHIN) for member benefits. Billing instructions with new procedure codes are available at [hmsa.com/portal/provider/zav\\_pel.ph.PRE.600.htm](https://hmsa.com/portal/provider/zav_pel.ph.PRE.600.htm).

### FEP Blue Focus



Blue Cross and Blue Shield (BCBS) Government-wide Service Benefit Plan, also known as the Federal Employee Program (FEP), recently introduced FEP Blue Focus, a new coverage option for the federal workforce and retirees in the Federal Employees Health Benefits (FEHB) Program. FEP Blue Focus premiums will be almost 30 percent lower than other FEP health plans.

FEP Blue Focus includes preventive care and access to the nationwide BCBS network that includes 96 percent of hospitals, 95 percent of doctors, and more than 65,000 preferred retail pharmacies.

FEP Blue Focus members will pay just \$10 each for their first 10 primary and/or specialty care visits and will pay little or nothing for services that support good health. FEP Blue Focus plans will have access to telehealth services, which can be used for treatment of minor acute conditions, behavioral health and counseling for substance use disorders, and dermatology care, which is a new benefit this year. Each plan will also cover acupuncture and chiropractic care, urgent care centers, and accidental injuries. Members will also have access to generic prescription drugs and will be covered when traveling overseas.

## PROGRAMS



### Tobacco Cessation Program

HMSA's current tobacco cessation program, QuitNet, won't be available after December 31, 2018. However, members enrolled before December 31, 2018, will be able to complete the QuitNet program.

Starting January 1, 2019, members seeking tobacco cessation services will be referred to:

- Their PCP or another licensed HMSA provider who can provide the in-person smoking cessation counseling and prescribe covered medication.
- The Hawaii state tobacco cessation program, Hawai'i Tobacco Quitline, for additional coaching and social support for immediate assistance before their first in-person session.

If you need more information about licensed HMSA providers who can provide the in-person smoking cessation counseling and prescribe covered medication, call HMSA at 948-6330 on Oahu or 1 (800) 790-4672 toll-free on the Neighbor Islands.



## Diabetes Prevention Program

HMSA is adding the Diabetes Prevention Program (DPP) to help our members maintain their health and well-being. Modeled after the Medicare DPP, the program is a structured intervention with the goal of preventing members with prediabetes from progressing to type 2 diabetes.

Overall, DPP is a two-year program that includes a minimum of 16 intensive core sessions in the first six months to provide practical training in long-term dietary change, increased physical activity, and behavior change strategies for weight control. After completing the core sessions, less intensive monthly follow-up meetings will help participants maintain healthy behaviors. The goal of the first year is for members to achieve at least a 5-percent weight loss. Year two is for members who reach that goal in the first year.

Eligibility requirements, program description, and payment codes will be similar to the Medicare DPP. Members can participate in DPP only once.

As of July 1, 2018, EUTF active members are eligible. Other employer groups will be eligible when they renew their plan in 2019.

For information on DPP, go to the HMSA Provider Resource Center at [hmsa.com/portal/provider/zav\\_pel\\_aa.DPP600.htm](https://hmsa.com/portal/provider/zav_pel_aa.DPP600.htm).

## POLICY NEWS



### Annual Review of Medical Policies

The following policies have been reviewed and updated in the Provider E-Library at [hmsa.com/prc0006](https://hmsa.com/prc0006); printed copies are available on request.

Effective October 26, 2018:

- High Frequency Chest Wall Oscillation Devices.
- Home Continuous Inotropic Infusion Therapy.
- Multigene Expression Assay for Predicting Recurrence in Colon Cancer.
- Negative Pressure Wound Therapy (NPWT).
- Never Events and Hospital-Acquired Conditions.
- Observation Services.
- Photochemotherapy.
- Sepsis and Septic Shock.



### Archived Policies

Archived policies are inactive and aren't updated. These policies will no longer be used when reviewing requests for coverage and these services won't require precertification. The following policy is housed in the archived policy section at [hmsa.com/prc0031](https://hmsa.com/prc0031).

- Islet Transplantation.



### Codes That Don't Meet Payment Determination Criteria

The following codes will be added to the list of codes that don't meet payment determination criteria: 0062U, 0063U, 0067U, 0068U, 0070U, 0071U, 0072U, 0073U, 0074U, 0075U, 0076U, 0078U.

For a complete list of codes that don't meet payment determination criteria, see [hmsa.com/prc0047](https://hmsa.com/prc0047).



## Removal of Precertification Requirement for the Medical Specialty Drug Policies

The following policies have undergone review and will no longer require precertification as of March 1, 2019.

- Eylea.
- Jetrea.
- Lucentis.
- Macugen.

Medical policies are in the Provider E-Library at [hmsa.com/prc0004](http://hmsa.com/prc0004). To request copies or to ask questions, call Provider Services at 948-6330 on Oahu or 1 (800) 790-4672 toll-free on the Neighbor Islands.

More policy changes are listed in the Contract Notification section of this newsletter.

## CALENDAR



### Health Education Workshops

The following workshops are available to HMSA members at no cost. These informative sessions can help your patients improve their health and well-being. Non-HMSA members may attend if space is available.

For more information, refer your patients to [hmsa.com/well-being/workshops](http://hmsa.com/well-being/workshops) or have them call 1 (855) 329-5461, option 1, toll-free to register at least three days before the workshop.

#### HAWAII ISLAND

##### Season's Eatings

The holidays are full of temptations: buffets, parties, and desserts. In this workshop, we'll share ways to maintain your weight while enjoying the holiday season.

- 12/8, 10–11 a.m.  
HMSA Center @ Hilo

##### Successful Aging

What does it take to maintain optimal physical and emotional health into our 70s, 80s, 90s, and beyond? There are places that author Dan Buettner calls "Blue Zones," where centenarians live fully engaged with their community. Journey with us to discover their secrets to extended longevity and well-being.

- 12/6, 10–11 a.m.  
HMSA Center @ Hilo

#### KAUAI

##### Season's Eatings

The holidays are full of temptations: buffets, parties, and desserts. In this workshop, we'll share ways to maintain your weight while enjoying the holiday season.

- 12/5, 5–6 p.m.  
Kuhio Medical Center

## OAHU

### Heart Disease or Heart At Ease

Heart disease is the main cause of death and disability in the U.S. In this workshop, we'll look at the most common symptoms of heart disease and their treatments. We'll explore things the average person can do to prevent or lessen heart disease symptoms, such as lifestyle changes to control blood pressure and cholesterol levels.

- 12/18, 1:30–2:30 p.m.  
YMCA Mililani

### Music & Health: The Christmas Special

Music, laughter, and dance are clinically proven to have positive long-term effects on health. This lively health education workshop explains why and invites you to laugh, hula, and sing your way to relaxation, mental calm, and overall enjoyment of life. This holiday version wishes a Mele Kalikimaka to all with help from chestnuts and Rudolph.

- 12/1, 10–11 a.m.  
HMSA Center @ Honolulu
- 12/8, 10–11 a.m.  
HMSA Center @ Pearl City

## Season's Eatings

The holidays are full of temptations: buffets, parties, and desserts. In this workshop, we'll share ways to maintain your weight while enjoying the holiday season.

- 12/13, 9:30–10:30 a.m.  
HMSA Center @ Honolulu
- 12/15, 10–11 a.m.  
HMSA Center @ Pearl City





## Community Activities

**ADA's Adult Diabetes Support Group:** December 13, 1–2:30 p.m., Mountain-Pacific Quality Health, Honolulu. Want to learn more about diabetes and support others with the same condition? Adults with diabetes can join American Diabetes Association's Oahu support group. Free. To learn more, call 947-5979 or email [adahawaii@diabetes.org](mailto:adahawaii@diabetes.org).

**Adult Fitness at Queen's:** Learn body shaping, tai chi, kickboxing, chair yoga, and more. Times and instructors vary. The Queen's Medical Center, Women's Health Center Classroom. Six classes for \$66. Call 691-7117 for details and to register.

**Farmers Market at HMSA:** Every Friday, 11 a.m.–2 p.m. HMSA Center @ Honolulu. Fresh island-grown produce and ready-to-eat local food. For information on vendors, call HMSA at 948-6521.

**Health & Education at Queen's:** The Queen's Medical Center, Women's Health Center Classroom.

– **Lymphedema/Breast Cancer Clinic:** Learn exercises to prevent lymphedema (swelling of the arms). Free. 691-7633.

– **Mammogram and Cervical Cancer Screening:** Every other Friday, 8 a.m.–noon. Free for women ages 50–64, uninsured or underinsured, or low income. 691-7726.

**Parkinson's Bike Exercise Group:** Every Sunday, 9–10 a.m. Lagoon Drive Parking Lot, Honolulu. The Parkinson's Bike Exercise Group is led by Richard A. Weinstein, diagnosed with PD in 2015. It's open to anyone living with PD who would like to build strength and confidence through a weekly bike ride. Family members and caregivers are welcome.

**Walk with a Doc Oahu:** Every Saturday, 8 a.m. Patsy T. Mink Central Oahu Regional Park. Walk includes a brief warm-up/stretch and a health tip from a community doctor. New participants are asked to arrive by 7:45 a.m. 677-9988 or [walkwithadoc.org](http://walkwithadoc.org).

**Walk with a Doc on Hawaii Island:** Every Sunday, 8 a.m. Liliuokalani Gardens, Hilo. Walk includes a brief warm-up/stretch and an informative talk from a community physician or medical student. Meets rain or shine. [craig@hilointernalmedicine.com](mailto:craig@hilointernalmedicine.com) or [wwadbigisland.org](http://wwadbigisland.org).