

HealthPro News

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

October 2019

ADMINISTRATION & NEWS



Open Enrollment

It's open enrollment time. Your patients who are HMSA members can continue to see you if they stay with their HMSA plan or switch to another HMSA plan that best fits their health care needs and budget. Your patients who have another insurance plan can switch to HMSA. HMSA has plans for your patients no matter what stage of life they're in, whether they're starting a family or preparing for retirement.

Open enrollment periods vary by plan:

- EUTF retiree open enrollment is Oct. 14–Nov. 1.
- Federal plan (Fed87, FEP) open enrollment is Nov. 11–Dec. 9.
- Group plan open enrollment dates vary throughout the fall.
- Individual plan open enrollment is Nov. 1–Dec. 15.
- Medicare Advantage open enrollment is Oct. 15–Dec. 7.
- QUEST Integration open enrollment is Oct. 1–31.

If your patients ask about making a plan change, please remind them that they can keep you as a provider if they choose HMSA.

We can help your patients learn more about open enrollment, compare plans, and find the plan that's right for them and their family. All they have to do is:

- Go to hmsa.com.
- Call us at 948-6079 on Oahu or 1 (800) 776-4672 toll-free on the Neighbor Islands, Monday through Friday, 8 a.m. to 5 p.m.
- Visit an HMSA Center or office.

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New iExchange How-to Video

We recently posted a brief iExchange how-to video on the HMSA Provider Resource Center's training page.

iExchange is HMSA's online self-service tool for preauthorizations. Watch the video at youtube.com/watch?v=07T1HOV8lhU&feature=youtu.be

iExchange is free and available on the Hawaii Health Information Network (HHIN). Use iExchange while you and your staff are signed on to HHIN for your claims, eligibility, and benefits.

iExchange saves you time because:

- You don't have to fax clinical notes or reports. Simply upload them into iExchange.
- You don't have to fill out the HMSA Precertification Request Form.
- There's less data to fill out in iExchange because there are pick lists and search and select features for almost all fields—hardly any free-form text.

If you have questions, contact iExchange@hmsa.com.



Importance of Accurate Provider Network Data

Accurate information about your practice is critical to HMSA members who rely on our directories. They need up-to-date information so they can contact you when they need you. The Centers for Medicare & Medicaid Services (CMS) also requires us to have current information.

You can make changes to your information online. Starting this quarter, medical group administrators will also be able to update location information for their associated providers on the online portal. We'll mail or email you a list of each individual and/or group practice. We'll include a web address or link that will take you to a portal where you can update your HMSA online directory (Find a Doctor) information. However, if you're a medical group, you won't be able to update your own information (e.g., remit address or phone number). Medical groups will need to continue submitting those changes the same way they do now.

In addition to the new medical group functionality, HMSA will collect provider website URLs to place on our provider directory. When logged in to the provider portal, please provide your individual practice or medical group website URLs where prompted.

If you have any questions, call us at 948-6820 on Oahu or 1 (877) 304-4672 toll-free on the Neighbor Islands.



Telephone Survey to Assess Appointment Availability

SPH Analytics will call you soon to ask about the availability of the following types of appointments for HMSA QUEST Integration members (listed with their waiting-time standards):

- **Urgent care visits** (high fever, ear pain, or infections): Within 24 hours.
- **PCP pediatric sick visits:** Within 24 hours.
- **PCP adult sick visits:** Within 72 hours.
- **Behavioral health visits** (routine visits for adults and children): Within 21 days.
- **PCP visits** (routine visits for adults and children): Within 21 days.
- **Specialist visits:** Within four weeks.
- **Non-emergency hospital stays:** Within four weeks.

Thank you in advance for taking the time from your busy schedule to respond to this phone survey.

Here are the results from the previous survey:

HMSA QUEST Integration Appointment Availability Report 2nd Quarter 2019

Provider Type/Class	Wait standard	% of requests that meet waiting time standard	Average wait (days) for those over standard
Urgent care	24 hours	94.2%	35 calendar days
PCP pediatric sick visits	24 hours	95.2%	12 calendar days
PCP adult sick visits	72 hours	96.9%	8 calendar days
Behavioral health (routine visits for adults and children)	21 days	100%	n/a
PCP visits (routine visits for adults and children)	21 days	97.2%	73 calendar days
Specialist	4 weeks	95.9%	85 calendar days
Non-emergency hospital stays	4 weeks	99.3%	50 calendar days

CONTRACT NOTIFICATION



MAC Changes

The following maximum allowable charges (MACs) increased effective Sept. 1, 2019:

Procedure	Description	New MAC
90632	Hepatitis A vaccine (HepA), adult dosage, for intramuscular use	75.02
90633	Hepatitis A vaccine (HepA), pediatric/adolescent dosage-2 dose schedule, for intramuscular use	35.82
90651	Human Papillomavirus vaccine types 6, 11, 16, 18, 31, 33, 45, 52, 58, nonavalent (9vHPV), 2 or 3 dose schedule, for intramuscular use	246.03
90653	Influenza vaccine, inactivated (IIV), subunit, adjuvanted, for intramuscular use	56.39
90662	Influenza virus vaccine (IIV), split virus, preservative free, enhanced immunogenicity via increased antigen content, for intramuscular use	53.06
90674	Influenza virus vaccine, quadrivalent (ccIIV4), derived from cell cultures, subunit, preservative and antibiotic free, 0.5 ml dosage, for intramuscular use	26.65
90680	Rotavirus vaccine, pentavalent (RV5), 3 dose schedule, live, for oral use	91.16
90682	Influenza virus vaccine, quadrivalent (RIV4), derived from recombinant DNA, hemagglutinin (HA) protein only, preservative and antibiotic free, for intramuscular use	53.06
90685	Influenza virus vaccine, quadrivalent (IIV4), split virus, preservative free, 0.25 ml dosage, for intramuscular use	21.07
90686	Influenza virus vaccine, quadrivalent (IIV4), split virus, preservative free, 0.5 ml dosage, for intramuscular use	19.65
90687	Influenza virus vaccine, quadrivalent (IIC4), split virus, 0.25 ml dosage, for intramuscular use	9.08
90688	Influenza virus vaccine, quadrivalent (IIV4), split virus, 0.5 ml dosage, for intramuscular use	18.16
90707	Measles, mumps, and rubella virus vaccine (MMR), live, for subcutaneous use	84.56
90716	Varicella virus vaccine (VAR), live for subcutaneous use	146.45
90732	Pneumococcal polysaccharide vaccine, 23-valent (PPSV23), adult or immunosuppressed patient dosage, when administered to individuals 2 years or older, for subcutaneous or intramuscular use	113.61
90756	Influenza virus vaccine, quadrivalent (ccIIV4), derived from cell cultures, subunit, antibiotic free, 0.5 ml dosage, for intramuscular use	25.25



Significant Changes for Medical Policies Requiring 60-day Notice

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

- InterQual BH: Adult and Geriatric Psychiatry Criteria.
- InterQual BH: Child and Adolescent Psychiatry Criteria.

For details on the changes, please see the Provider Resource Center.



Annual Review of Medical Specialty Drug Policies

The following policies have undergone review and go into effect Jan. 1, 2020.

- Botulinum Toxins:
 - o Botox (onabotulinumtoxinA).
 - o Dysport (abobotulinumtoxinA).
 - o Myobloc (rimabotulinumtoxinB).
 - o Xeomin (incobotulinumtoxinA).
- Entyvio (vedolizumab).
- Hyaluronates:
 - o Durolane (hyaluronic acid).
 - o Euflexxa (1% sodium hyaluronate).
 - o Gel-One (cross-linked hyaluronate).
 - o Gelsyn-3 (sodium hyaluronate 0.84%).
 - o Genvisc 850 (sodium hyaluronate).
 - o Hyalgan (sodium hyaluronate).
 - o Hymovis (high molecular weight viscoelastic hyaluronan).
 - o Monovisc (high molecular weight hyaluronan).
 - o Orthovisc (high molecular weight hyaluronan).
 - o Supartz (sodium hyaluronate).
 - o Supartz FX (sodium hyaluronate).
 - o Synvisc (hylan G-F 20).
 - o Synvisc One (hylan G-F 20).
 - o Visco-3 (sodium hyaluronate).
- Gonal-f (follitropin alfa) (commercial only).
- Krystexxa (pegloticase).
- Somatuline Depot (lanreotide).

Updated medical specialty drug policies are posted online for your review. Visit hmsa.com/PORTAL/PROVIDER/zav_dr.specialty_medical_drug_policies_A-C.htm in the Provider E-Library for updates to the policies that may affect your practice.



Essential Prescription Formulary Changes

The HMSA Pharmacy and Therapeutics Committee made the following formulary changes effective Jan. 1, 2020. The Essential Prescription Formulary is available in the HMSA Provider Resource Center at hmsa.com/portal/provider/HMSA_Essential_Prescription_Formulary.pdf.

Generic Name	Brand Name	Drug Class	Current Tier	New Tier	Utilization Management Description/Notes
aliskiren	Tekturna	Antihypertensive	3	NF	Alternative: AB rated generic available
calcium acetate	Phoslyra	Phosphate Binder Agents	3	NF	Alternatives: calcium acetate, sevelamer
dexamethasone	Dexpak	Adrenal Glucocorticoid	1	NF	Alternative: dexamethasone
diclofenac patch	Flector	Analgesic	3	NF	Alternative: AB rated generic available
digoxin	Lanoxin	Antiarrhythmic	3	NF	Alternative: digoxin
erythromycin ethylsuccinate	EryPed	Amebicide	3	NF	Alternative: erythromycin ethylsuccinate
ferric citrate	Auryxia	Phosphate Binder Agents	NF	3	Formulary addition
mesalamine delayed release	Delzicol	Anti-Inflammatory	2	NF	Alternative: AB rated generic available
midazolam	Nayzilam	Anticonvulsant	NF	3 AL/QL	Age limit: 12 years and older Quantity limit: 10 sprays per month (5 boxes per month)
mometasone/ formoterol	Dulera	LABA/ ICS	2	NF	Alternatives: Wixela Inhub, AirDuo Respiclick
prednisolone	Millipred	Adrenal Glucocorticoid	3	NF	Alternative: prednisone
pregabalin	Lyrica	Anticonvulsant	2	NF	Alternative: AB rated generic available
ranolazine	Ranexa	Antianginal	3	NF	Alternative: AB rated generic available
Sodium chloride nebulizer solution 0.9%, 3%, and 7%			NF	1	Formulary addition
solifenacin	Vesicare	Anticholinergic	3	NF	Alternative: AB rated generic available
triamterene	Dyrenium	Diuretic	3	NF	Alternative: amiloride

Specialty Drugs

Generic Name	Brand Name	Drug Class	Current Tier	New Tier	Utilization Management Description/Notes
alpelisib	Piqray	Antineoplastic Agent	Oral Chemo, PA	Oral Chemo, PA	Prior authorization
			NF	5 PA	Fed87 only Prior authorization
amifampridine	Ruzurgi	Potassium Channel Blocker	NF	5 PA	Prior authorization
tafamidis	Vyndamax	Cardiovascular Agent	NF	5 PA	Prior authorization
tafamidis meglumine	Vyndaqel	Cardiovascular Agent	NF	5 PA	Prior authorization
tiopronin	Thiola EC	Genitourinary Agent	NF	5 PA	Prior authorization
tiopronin	Thiola	Genitourinary Agent	NF	5 PA	Prior authorization



Metallic Formulary Changes

The HMSA Pharmacy and Therapeutics Committee made the following formulary changes effective Jan. 1, 2020. The Metallic Formulary is available in the HMSA Provider Resource Center at hmsa.com/portal/provider/HMSA_Metallic_Prescription_Formulary.pdf.

Generic Name	Brand Name	Drug Class	Current Tier	New Tier	Utilization Management Description/Notes
aliskiren	Tekturna	Antihypertensive	3	NF	Alternative: AB rated generic available
calcium acetate	Phoslyra	Phosphate Binder Agents	3	NF	Alternatives: calcium acetate, sevelamer
diclofenac patch	Flector	Analgesic	3	NF	Alternative: AB rated generic available
erythromycin ethylsuccinate	EryPed	Amebicide	3	NF	Alternative: erythromycin ethylsuccinate
ferric citrate	Auryxia	Phosphate Binder Agents	NF	3	Formulary addition
mesalamine delayed release	Delzicol	Anti-Inflammatory	2	NF	Alternative: AB rated generic available
midazolam	Nayzilam	Anticonvulsant	NF	3 AL/QL	Age limit: 12 years and older Quantity limit: 10 sprays per month (5 boxes per month)
mometasone/formoterol	Dulera	LABA/ICS	2	NF	Alternatives: Wixela Inhub, AirDuo Respiclick
pregabalin	Lyrica	Anticonvulsant	2	NF	Alternative: AB rated generic available
ranolazine	Ranexa	Antianginal	3	NF	Alternative: AB rated generic available
Sodium chloride nebulizer solution 0.9%, 3%, and 7%			NF	1	Formulary addition
solifenacin	Vesicare	Anticholinergic	3	NF	Alternative: AB rated generic available

Specialty Drugs

Generic Name	Brand Name	Drug Class	Current Tier	New Tier	Utilization Management Description/Notes
alpelisib	Piqray	Antineoplastic Agent	Oral Chemo, PA	Oral Chemo, PA	Prior authorization
amifampridine	Ruzurgi	Potassium Channel Blocker	NF	5 PA	Prior authorization
tafamidis	Vyndamax	Cardiovascular Agent	NF	5 PA	Prior authorization
tafamidis meglumine	Vyndaqel	Cardiovascular Agent	NF	5 PA	Prior authorization
tiopronin	Thiola EC	Genitourinary Agent	NF	5 PA	Prior authorization
tiopronin	Thiola	Genitourinary Agent	NF	5 PA	Prior authorization



Optimal Formulary Changes

The HMSA Pharmacy and Therapeutics Committee made the following formulary changes effective Jan. 1, 2020. The Optimal Formulary is available in the HMSA Provider Resource Center at hmsa.com/portal/provider/HMSA_Optimal_Prescription_Formulary.pdf.

Generic Name	Brand Name	Drug Class	Current Tier	New Tier	Utilization Management Description/Notes
aliskiren	Tekturna	Antihypertensive	3	NF	Alternative: AB rated generic available
dexamethasone	Dexpak	Adrenal Glucocorticoid	1	NF	Alternative: dexamethasone
digoxin	Lanoxin	Antiarrhythmic	3	NF	Alternative: digoxin
mesalamine delayed release	Delzicol	Anti-Inflammatory	2	NF	Alternative: AB rated generic available
midazolam	Nayzilam	Anticonvulsant	NF	3 AL/QL	Age limit: 12 years and older Quantity limit: 10 sprays per month (5 boxes per month)
mometasone/formoterol	Dulera	LABA/ICS	2	NF	Alternatives: Wixela Inhub, AirDuo Resplick
pregabalin	Lyrica	Anticonvulsant	2	NF	Alternative: AB rated generic available
ranolazine	Ranexa	Antianginal	3	NF	Alternative: AB rated generic available
Sodium chloride nebulizer solution 0.9%, 3%, and 7%			NF	1	Formulary addition

Specialty Drugs

Generic Name	Brand Name	Drug Class	Current Tier	New Tier	Utilization Management Description/Notes
alpelisib	Piqray	Antineoplastic Agent	Oral Chemo, PA	Oral Chemo, PA	Prior authorization
amifampridine	Ruzurgi	Potassium Channel Blocker	NF	5 PA	Prior authorization
tafamidis	Vyndamax	Cardiovascular Agent	NF	5 PA	Prior authorization
tafamidis meglumine	Vyndaqel	Cardiovascular Agent	NF	5 PA	Prior authorization
tiopronin	Thiola EC	Genitourinary Agent	NF	5 PA	Prior authorization
tiopronin	Thiola	Genitourinary Agent	NF	5 PA	Prior authorization



Select Formulary Changes

The HMSA Pharmacy and Therapeutics Committee made the following formulary changes effective Jan. 1, 2020. The Select Formulary is available in the HMSA Provider Resource Center at hmsa.com/portal/provider/DR_Formulary_HTML.htm.

Generic Name	Brand Name	Drug Class	Current Tier	New Tier	Utilization Management Description/Notes
dapagliflozin/ saxagliptin/ metformin ER	Qternmet XR	Antidiabetic	3	3, ST	Step therapy: Must try metformin or metformin combinations
mesalamine delayed release	Delzicol	Anti-Inflammatory	2	3	Alternative: AB rated generic available
midazolam	Nayzilam	Anticonvulsant	3	3 AL/QL	Age limit: 12 years and older Quantity limit: 10 sprays per month (5 boxes per month)
mometasone/ formoterol	Dulera	LABA/ ICS	2 MNPA	3	Alternatives: Wixela Inhub, AirDuo Respiclick
pregabalin	Lyrica	Anticonvulsant	2	3	Alternative: AB rated generic available

Specialty

Generic Name	Brand Name	Drug Class	Current Tier	New Tier	Utilization Management Description/Notes
alpelisib	Piqray	Antineoplastic Agent	Oral Chemo, PA	Oral Chemo, PA	Prior authorization
amifampridine	Ruzurgi	Potassium Channel Blocker	4 PA	4 PA	Prior authorization
tafamidis	Vyndamax	Cardiovascular Agent	4 PA	4 PA	Prior authorization
tafamidis meglumine	Vyndaqel	Cardiovascular Agent	4 PA	4 PA	Prior authorization
tiopronin	Thiola EC	Genitourinary Agent	4 PA	4 PA	Prior authorization
tiopronin	Thiola	Genitourinary Agent	4	4 PA	Prior authorization

**QUEST Integration Formulary Changes**

The HMSA Pharmacy and Therapeutics Committee made the following changes to the HMSA QUEST Integration formulary effective Jan. 1, 2020. We encourage you to talk with your patients to determine if an alternative medication is appropriate. Patients who are currently taking a medication that'll be removed from the formulary must switch to a formulary alternative that's a benefit of their plan.

If you believe your patient should continue taking a current medication, you can request a nonformulary exception. Please use the form at [hmsa.com/portal/provider/CVS_Formulary_Exception_\(BR\)_Prior_Auth_122812.pdf](https://hmsa.com/portal/provider/CVS_Formulary_Exception_(BR)_Prior_Auth_122812.pdf).

The HMSA QUEST Integration formulary is available in the HMSA Provider Resource Center at hmsa.com/portal/provider/HMSA_QUEST_Drug_Formulary_CVS.pdf.

Medication	Strength	Drug class	Utilization Management	Change/Criteria
calcipotriene oint	0.005%	Dermatology, Antipsoriatics, Topical	ST, QL	Step therapy: Requires trial of a generic topical steroid Quantity limit: 120 gm per month
calcipotriene soln	0.005% (50 mcg/ml)	Dermatology, Antipsoriatics, Topical	ST, QL	Step therapy: Requires trial of a generic topical steroid Quantity limit: 120 ml per month
diflorasone diacetate cream	0.05%	Dermatology, Corticosteroids, High Potency		Non-formulary Alternatives: betamethasone dipropionate cream 0.05%, desoximetasone cream 0.25%, fluocinonide cream 0.05%, triamcinolone acetonide cream 0.5%
diflorasone diacetate oint	0.05%	Dermatology, Corticosteroids, High Potency		Non-formulary Alternatives: betamethasone dipropionate oint 0.05%, desoximetasone oint 0.25%, fluocinonide oint 0.05%, triamcinolone acetonide oint 0.5%

Medication	Strength	Drug class	Utilization Management	Change/Criteria
Gardasil	9 INJ	Vaccine	QL, AL	Quantity limit: 3 vaccines per lifetime Age limit: Covered for ages 19–45 years old
hyoscyamine sulfate elixir 0.125mg/5ml	0.125 mg/5ml	Antispasmodics		Non-formulary Alternatives: dicyclomine, glycopyrrolate, chlordiazepoxide/clidinium
hyoscyamine sulfate sl tab	0.125 mg	Antispasmodics		Non-formulary Alternatives: dicyclomine, glycopyrrolate, chlordiazepoxide/clidinium
hyoscyamine sulfate soln	0.125 mg/ml	Antispasmodics		Non-formulary Alternatives: dicyclomine, glycopyrrolate, chlordiazepoxide/clidinium
hyoscyamine sulfate tab	0.125 mg	Antispasmodics		Non-formulary Alternatives: dicyclomine, glycopyrrolate, chlordiazepoxide/clidinium
hyoscyamine sulfate tab disint	0.125 mg	Antispasmodics		Non-formulary Alternatives: dicyclomine, glycopyrrolate, chlordiazepoxide/clidinium
hyoscyamine sulfate tab er 12hr	0.375 mg	Antispasmodics		Non-formulary Alternatives: dicyclomine, glycopyrrolate, chlordiazepoxide/clidinium
mupirocin calcium cream	2%	Dermatology, Antibiotics		Non-formulary Alternative: mupirocin oint 2%

Specialty

Medication	Strength	Drug class	Utilization Management	Change/Criteria
Kalydeco Pak	25 mg	Cystic Fibrosis	PA, SP	Formulary addition Prior authorization
Symdeko Tab	50-75 mg	Cystic Fibrosis	PA, SP	Formulary addition Prior authorization
Zykadia Tab	150 mg	Kinase Inhibitors	PA, SP	Formulary addition Prior authorization

CODING & CLAIMS



Add-on Code Edit Implementation

To comply with CMS processing guidelines, HMSA Medicare Advantage plans have implemented Add-on Code Edits as of Aug. 5, 2019.

An add-on code is a HCPCS/CPT code that describes a service that's always performed in conjunction with another primary service. An add-on code is eligible for payment only if it's reported with an appropriate primary procedure that the same provider performed. An add-on code is never eligible for payment if it's the only procedure that a provider reported.

Recoveries will be initiated on previously paid claims when appropriate. Per our provider contracts, HMSA Medicare Advantage plans are able to recover beyond the 18-month timeframe.

For more information, refer to cms.gov/Medicare/Coding/NationalCorrectCodInitEd/Add-On-Code-Edits.html.

PHARMACY



ACA Preventive Medications

Starting Jan. 1, 2020, HMSA will no longer cover iron supplements as an Affordable Care Act (ACA) benefit with a \$0 copayment for asymptomatic children who are less than 2 years old and are at an increased risk for iron deficiency anemia.

We're making this change because the U.S. Preventive Services Task Force (USPSTF) is changing this treatment from a "B" recommendation (recommended service) to an "I" recommendation (insufficient evidence to make a recommendation). Coverage of prescription iron products will be subject to each member's plan benefits. OTC products will now reject as not covered.

Examples:

- Carbonyl iron susp 15 mg/1.25 ml.
- Ferrous sulfate elixir 220 mg/5 ml.
- Ferrous sulfate soln 75 mg/ml and 75 mg/0.6 ml.
- Ferrous sulfate syrup 300 mg/5 ml.
- Iron susp 15 mg/1.25 ml and 15 mg/1.5 ml.



Formulary Changes

The latest formulary changes are listed in the Contract Notification section of this newsletter.

POLICY NEWS



Medical Specialty Drug Policies now on PRC

Effective Oct. 1, 2019, all medical specialty drug policies will be posted in the Provider Resource Center at hmsa.com/portal/PROVIDER/zav_dr.specialty_medical_drug_policies_A-C.htm.

The CVS Caremark® “HMSA Medical Specialty Drug Policies” site was deactivated Sept. 30, 2019.

Physicians may email CVS Caremark at HMSAPARReview@caremark.com or fax to 1 (866) 237-5512 toll-free with questions or comments. Fax forms for medical specialty drug policies will be posted at hmsa.com/PORTAL/PROVIDER/zav_dr.specialty_medical_drug_policies_A-C.htm.



Annual Review of Medical Policies

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

Effective Aug. 23, 2019:

- Breast Pumps.
- Catheter Ablation as Treatment for Atrial Fibrillation.
- Circulating Tumor DNA and Circulating Tumor Cells (Liquid Biopsy) for Cancer Management.
- Gender Identity Services.
- Genetic Testing for Diagnosis and Management of Mental Health Conditions.
- Home Enteral Nutrition Therapy.
- Intravenous (IV) Hydration Therapy for Adults.
- Transcatheter Pulmonary Valve Implantation.
- Treatment of Varicose Veins.



Notice for Medical Specialty Drug Policy Changes

The following policy was updated and effective Sept. 6, 2019:

- Prolia (denosumab).

Visit hmsa.com/PORTAL/PROVIDER/zav_dr.specialty_medical_drug_policies_A-C.htm in the Provider E-Library for updates to the policies that may affect your practice.

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



Annual Review of Medical Specialty Drug Policies

The following policies have undergone annual review. No changes have been made to the policies. These policies were effective Aug. 23, 2019:

- Arcalyst (rilonacept).
- Benlysta (belimumab).
- Enbrel (etanercept) (commercial and QUEST Integration only).
- Humira (adalimumab) (commercial and QUEST Integration only).
- Kynamro (mipomersen) (commercial and QUEST Integration only).
- Makena (hydroxyprogesterone caproate injection) (commercial and QUEST Integration only).
- Stelara (ustekinumab).

Updated medical specialty drug policies are posted online for your review. Visit hmsa.com/PORTAL/PROVIDER/zav_dr.specialty_medical_drug_policies_A-C.htm. in the Provider E-Library for updates to the policies that may affect your practice.



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 don't require precertification. The following policy is in the archived policy section at hmsa.com/prc0031.

- Tilt Table Testing.



Codes that Don't Meet Payment Determination Criteria

The following code will be added to the list of codes that don't meet payment determination criteria:

- 17360 (considered a cosmetic procedure).

For a complete list of codes that don't meet payment determination criteria, see hmsa.com/prc0047.

Medical policies are in the Provider E-Library at 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 or have them call 1 (855) 329-5461, option 1, toll-free to register at least three days before the workshop.

HAWAII ISLAND

Diabetes 101

Learn about tests for diabetes and ways to improve your blood glucose level.

- Oct. 18, 10–11 a.m.
HMSA Center @ Hilo

Germ Busters

Find out about common respiratory illnesses and how to treat and prevent them.

- Nov. 2, 10–11 a.m.
HMSA Center @ Hilo

MAUI

Diabetes 101

Learn about tests for diabetes and ways to improve your blood glucose level.

- Nov. 1, 10–11 a.m.
HMSA Center @ Kahului

Germ Busters

Find out about common respiratory illnesses and how to treat and prevent them.

- Oct. 19, 10–11 a.m.
HMSA Center @ Kahului

OAHU

Diabetes 101

Learn about tests for diabetes and ways to improve your blood glucose level.

- Oct. 19, 10–11 a.m.
HMSA Center @ Pearl City

Germ Busters

Find out about common respiratory illnesses and how to treat and prevent them.

- Oct. 11, 10–11 a.m.
HMSA Center @ Honolulu
- Oct. 29, 10–11 a.m.
HMSA Center @ Pearl City

Mind Your Muscles

Discover ways to incorporate strength training into your exercise routine.

- Oct. 17, 12:15–1:15 p.m.
Mililani YMCA



Community Activities

Hawaii Island

Big Island Ostomy Group: Oct. 19, 11:30 a.m.–12:30 p.m. Hilo Medical Center Cafeteria. A support group for ostomates, pre-ostomy patients, caregivers, medical professionals and the public. Free. 339-7640.

Sjögren's and Lupus Wellness Education Workshop: Oct. 20, 9–11 a.m. Hilo Medical Center. Join Sjögren's and Lupus Foundation of Hawaii for its first wellness education and encouragement workshop in Hilo. Free. RSVP by Oct. 15 to Amelyn Franco at amelyn66@gmail.com or call 960-4528.

Walk with a Doc on Hawaii Island: Every Sunday (8 a.m.) and Wednesday (7 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 or wwadbisland.org.

Kauai

Sjögren's and Lupus Wellness Education Workshop: October 5, 10 a.m.–noon. Wilcox Medical Center, Lihue. Join Sjögren's and Lupus Foundation of Hawaii for a wellness education and encouragement workshop. Free. RSVP to april.slphi@gmail.com.

Maui

Sjögren's and Lupus Support Group: October 12, 10 a.m.–1 p.m. Puunene Shopping Center, Kahului. Join Sjögren's and Lupus Foundation of Hawaii for a support group. The group is open to anyone living with an autoimmune disease, family, friends, and loved ones, as well as those who want to learn more about autoimmune diseases. Free. slfhawaii.org.

Molokai

Kidney Early Detection Screening: Oct. 19, 9 a.m.–1 p.m. Molokai Community Health Center, Kaunakakai. Participants 18 years and older are invited to attend this health fair and receive a free wellness screening. The screening includes blood pressure reading, blood draw for comprehensive review of A1c (glucose), lipids and GFR (kidney function), urine sample to further assess kidney function, and a meeting with a licensed clinician to discuss results and get health-related questions answered. Free. RSVP to Dawn Pasikala at dawn@kidneyhi.org or call 589-5905.

Sjögren's and Lupus Wellness Education Workshop: Oct. 5, 11 a.m.–1 p.m. Home Pumehana Community Hall, Kaunakakai. Join Sjögren's and Lupus Foundation of Hawaii for a wellness education and encouragement workshop. RSVP by Sept. 20 to Hokulani Alcon at makamae99@gmail.com or call 658-0137.

Oahu

Adult Fitness at Queen's: Learn body shaping, tai chi, kickboxing, yoga, and more. Times and instructors vary. The Queen's Medical Center, Women's Health Center Classroom. Six to 10 classes for \$49.50–\$66. Call 691-7117 for details and to register.

Alzheimer's Association Support Groups and Caregiver Education:

- Oct. 14, 7 p.m.
Kilohana UM Church, Room 6, Honolulu
- Oct. 15, 5:30 p.m.
Wellness Center, Adventist Health Castle,
Kailua
- Oct. 19, 10 a.m.
Kahalu'u United Methodist Church, Kaneohe
- Oct. 21, 7 p.m.
The Lodge at Wailuna, Recreation Center,
Pearl City
- Oct. 23, 6:30 p.m.
Plaza at Mililani
- Oct. 24, 10 a.m.
Central Union Church — Woman's Building,
Honolulu

Registration required. Visit alz.org/crf or call 518-6651.

COPD Support Group: Oct. 8, 10 a.m.–noon. Pali Momi Outpatient Center, Conference Room, Lower Level, Aiea. A support group for COPD patients, caregivers, and the public moderated by respiratory therapist and/or lung health educator. Guest speakers present lung health and related topics. Materials and light refreshments are provided. Free. 699-9839.

Dance with a Doc: Oct. 12, 5–6 p.m. Pas De Deux Dance Studio, Waipahu. The public is invited to dance with a doc. Jennifer King, M.D., a sports medicine physician and dancer, will give health tips. There will be a warm-up, dancing, and cooldown followed by light refreshments. Free. 677-9988.

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.

I Aloha Someone Living with Epilepsy Conference: Nov. 2, 9 a.m.–noon. Aloha Tower Marketplace, Honolulu. Now in its seventh year, the conference aims to inspire, educate, and expose local residents throughout Hawaii to resources available to them. For people with epilepsy, their families, caregivers, and community members who are interested in learning more. Presentation topics include current updates and issues with epilepsy, seizure first aid, informational talks on surgical interventions with refractory epilepsy, the science of the cannabinoid system, SUDEP (sudden unexpected death in epilepsy), general information on seizure monitoring devices, and sharing of stories to inspire others living with epilepsy to live their best life. Free. epilepsyhawaii.org.

Lymphedema and Breast Cancer Clinic: Oct. 3, 1–2 p.m. Queen's Women's Health Center, Honolulu. Learn how to prevent lymphedema (swelling of the arms) from a physical therapist. Free. Call 691-7117 for more information.

Sjögren's and Lupus Support Group: Nov. 2, noon–2 p.m. MOA Wellness Center, Honolulu. Join Sjögren's and Lupus Foundation of Hawaii for a support group. The group is open to anyone living with an autoimmune disease, family, friends, and loved ones, as well as those who want to learn more about autoimmune diseases. Free. slfhawaii.org.

Straight Talk About Cancer: Oct. 3, 6–7:30 p.m. Sullivan Care Center at The Queen's Medical Center — West Oahu, Ewa Beach. A forum for cancer patients, survivors, caregivers, and family members. Queen's physicians and other experts in cancer care will facilitate interactive discussions on types of cancer, survivorship, myths and stereotypes, and other topics. Free. Call 691-7117 to register.

Walk with a Doc Oahu: Every Saturday, 8 a.m. Patsy T. Mink Central Oahu Regional Park, Waipahu. Join the group for a health tip by a physician and warm-up. Then, walk at your own pace for 45 minutes and cool down. Water and light refreshments are provided. Strollers and dogs on their leash are welcome. New participants are asked to arrive by 7:45 a.m. Free. 677-9988 or walkwithadoc.org.

Walk with a Future Doc: Oct. 27, 9–10 a.m. Kakaako Park. Join medical students and faculty from the John A. Burns School of Medicine for health tips, warm-up, walk, cooldown, and light refreshments. Free. 677-9988 or walkwithadoc.org.