

HealthPro News

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

July 2018

ADMINISTRATION & NEWS



Taxonomy Code Migration

In accordance with Blue Cross Blue Shield Association (BCBSA) policy, HMSA will assign each participating provider a taxonomy code effective April 2019. The codes will align with a national standard to improve claims and provider data analysis.

Taxonomy codes are administrative codes set for identifying the provider type and area of specialization for health care providers. The assigned taxonomy codes will follow Health Insurance Portability and Accountability Act (HIPAA) standards. The appropriate taxonomy code for each participating provider will be determined based on the provider's education or training and their enrolled or credentialed specialty as part of HMSA's regular credentialing activities.

Taxonomy codes will be included on a weekly PDF file that will be sent to BCBSA and used to process submission format host/home claims.

Also, the taxonomy codes for each provider will be used in BCBSA's National Doctor and Hospital Finder web page.



Provider Access Survey

Thank you to the behavioral health providers and their office staff who took the time last year to respond to the Behavioral Health (BH) Provider Access Survey.

Here are the survey results. A total of 279 BH providers and/or their staff completed the 2017 survey. The provider specialties included adult and child psychiatry and psychology, social work, marriage and family therapy, and mental health nursing. This is how providers responded when asked about the availability of different behavioral health appointment types:

- 69.8 percent of providers (67.3 percent in 2016) said patients were seen in less than six hours for non-life-threatening emergencies.
- 88.6 percent of providers (89.5 percent in 2016) said patients receive care within 48 hours for urgent care appointments.

What's Inside

Contract Notification
3

Coding & Claims
11

Pharmacy
12

Plans
12

Programs
12

Policy News
13

Calendar
14



- 91.8 percent of providers (92.8 percent in 2016) said patients are seen within 10 business days for routine mental health or substance use appointments.
- 93.2 percent of providers (94.4 percent in 2016) said patients are seen within 10 business days for a follow-up after a routine visit.
- 96.0 percent of providers (95.3 percent in 2016) said patients are seen within seven days or less following a discharge from a hospital.
- 95.5 percent of the providers (95.6 percent in 2016) said that they're able to refer patients with coexisting medical conditions to other practitioners.
- 55 percent of providers (56.10 percent in 2016) said that they receive adequate, accurate, and timely information from the patient's non-BH providers.

Compared with 2016, the 2017 results show that provider access for urgent care, routine visits, and follow up after hospital discharge are meeting or exceeding our goal of 85 percent. HMSA will continue collaborating with BH providers and supporting them with resources such as HMSA's Online Care to improve our members' access to the needed care within the optimal timeframes for each appointment type.



CVS Health Real-time Benefits Tool

CVS Health® is rolling out a new tool that makes real-time, member-specific benefit information available to providers across multiple points of care, from the doctor's office to the pharmacy. This tool provides greater drug price transparency and access to lower-cost alternatives, making prescription drugs more affordable for our members.

When doctors prescribe a medication, the tool will immediately show clinically equivalent alternatives on the patient's formulary and their out-of-pocket costs. Or when a pharmacist receives a prescription, the pharmacist will see alternatives to the prescription. The pharmacist can contact the doctor to suggest a lower-cost alternative that's a benefit of the patient's plan.

With real-time benefit information in hand, patients can get their medications faster and avoid delays to starting therapy.

Inclusion of the tool into electronic medical record (EMR) systems is underway. To find out when the functionality will be available in your system, ask your EMR vendor.

For more information, go to payorsolutions.cvshealth.com/insights/actionable-and-real-time.



Medicaid Provider Enrollment

To help improve fraud prevention, the state Medicaid agency, Department of Human Services Med-QUEST Division (MQD), is now required to perform more-comprehensive screening, credentialing, and enrollment practices for Hawaii Medicaid providers.

To remain eligible for Medicaid reimbursement, providers must complete and submit to MQD the Medicaid Provider Application/Change Request Form (DHS 1139) once every five years. Even providers who have an active HMSA QUEST Integration contract may have their future payments suspended or denied if they don't submit the DHS 1139 form to MQD.

Mail the DHS 1139 form and any information that MQD requests to:

Med-QUEST Division
 Health Care Services Branch
 Provider Enrollment
 601 Kamokila Blvd., Room 506A
 Kapolei, HI 96707



Submit your DHS 1139 form by mail. Don't email or fax it or any other information unless MQD personnel request it. Keep a copy of your form and anything else you send to MQD in case a copy is requested at a later date.

MQD will contact you if there are any issues with your form.

The DHS 1139 form and instructions may be downloaded from the MQD website at medquest.hawaii.gov/en/plans-providers/become-a-medicaid-provider.html. To contact MQD, call 692-8099 on Oahu or email hcsbinquiries@dhs.hawaii.gov.



Importance of Accurate Provider Network Data

Accurate information about your practice is critical to our members who rely on our directories. They need up-to-date information to make it easier to contact providers in our network. Also, the Centers for Medicare & Medicaid Services (CMS) requires us to have current information.

As a reminder, we need to be notified immediately in writing when you have changes such as your ability to accept new patients, your street address or appointment phone number, or anything else that may affect patient access to care. Please verify that we have your correct "Find a Doctor" information at hmsa.com/search/providers for each of your practice locations.

If you need to update your information, please fill out the applicable form from the list below and submit it to us:

- You're changing your PCP status or your status about accepting new patients:
hmsa.com/portal/provider/HMSA_Change_in_Provider_Panel_Form.pdf.
- You no longer practice at one of your locations:
hmsa.com/portal/provider/HMSA_Provider_Address_Change_Form.pdf.
- You closed one of your locations:
hmsa.com/portal/provider/HMSA_Provider_Closed_Location_Form.pdf.
- You added a location:
hmsa.com/portal/provider/HMSA_Provider_Additional_Location_Form.pdf.

Instructions for submitting the form are on the last page of each form.

If you have any questions, call us at 952-7847 on Oahu or 1 (800) 603-4672 toll-free on the Neighbor Islands.

CONTRACT NOTIFICATION



Annual Review of Medical Specialty Drug Policies

The following policies have undergone review and go into effect October 1, 2018:

- Enbrel (commercial and QUEST Integration only).
- Infliximab:
 - o Inflectra.
 - o Remicade.
 - o Renflexis.

Updated medical specialty drug policies are posted online for your review. Please visit info.caremark.com/hmsapolicies for updates to the policies that may affect your practice.



New Medical Specialty Drug Policies

The following policy goes into effect October 1, 2018:

- Gonal-F.

We encourage you to read the criteria before the effective date.

Please refer to the current medical policies online for more information, including precertification requirements, at info.caremark.com/hmsapolicies.



Significant Changes for Medical Policies Requiring 90-day Notice

The following policies have undergone significant changes and go into effect October 1, 2018:

- 3D Reconstruction.
- Bio-Engineered Skin and Soft Tissue Substitutes.
- Genetic Testing for Hereditary Breast and/or Ovarian Cancer.
- Kyphoplasty and Vertebroplasty.



New Medical Policies

The following policies go into effect October 1, 2018:

- Circulating Tumor DNA for Management of Non-Small-Cell Lung Cancer (Liquid Biopsy).
- Gene Expression Profiling and Protein Biomarkers for Prostate Cancer Management.



Control Formulary Changes

The Pharmacy and Therapeutics Committee made the following formulary changes effective October 1, 2018. The Control Formulary is available in the HMSA Provider Resource Center at hmsa.com/portal/provider/HMSA_Control_Formulary.pdf.

Generic Name	Brand Name	Drug Class	Current Tier	New Tier	Utilization Management Description/Notes
alosetron hcl	Lotronex Tab 0.5mg 1mg	Gastrointestinal	2	3	Alternatives: alosetron, VIBERZI
amphetamine	Adzenys Xr Odt 3.1mg 6.3mg 9.4mg 12.5mg 15.7mg 18.8mg	Central Nervous System	3	NF	Alternatives: amphetamine-dextroamphetamine mixed salts ext-rel, dexamylphenidate ext-rel, dextroamphetamine ext-rel, methylphenidate ext-rel, MYDAYIS, QUILLIVANT XR, VYVANSE
amphetamine-dextroamphetamine	Mydayis Cap 12.5mg 25mg 37.5mg 50mg	Central Nervous System	NF	2	
atovaquone	Mepron Suspension 750mg/5ml	Anti-infectives	3	2	
diclofenac sodium (topical)	Voltaren Gel 1%	Analgesics	2	3	Alternatives: diclofenac sodium, diclofenac sodium gel 1%, diclofenac sodium solution, ibuprofen, meloxicam, naproxen
drospirenone-ethinyl estradiol-levomefolate calcium	Beyaz Tab	Endocrine & Metabolic	2	3	Alternatives: ethinyl estradiol-drospirenone, ethinyl estradiol-drospirenone-levomefolate, LO LOESTRIN FE, MINASTRIN 24 FE, SAFYRAL
dust mite mixed ext tab	Odactra Sublingual	Immunologic Agents	NF	3	
febuxostat	Uloric Tab 40mg 80mg	Analgesics	2	NF	Alternative: allopurinol
fenoprofen calcium cap 200 mg	Fenoprofen Cap 200mg	Analgesics	NF	3	
fentanyl td patch 72hr 37.5 mcg/hr	Fentanyl Dis 37.5mcg 62.5mcg 87.5mcg	Analgesics	3	NF	Alternatives: fentanyl td patch 72hr: 12mcg/hr, 25mcg/hr, 50mcg/hr, 75 mcg/hr, 100mcg/hr
fluticasone propionate nasal exhaler susp 93 mcg/act	Xhance Mis 93Mcg	Respiratory	NF	2	
levonorgestrel-ethinyl estradiol-fe tab 0.1 mg-20 mcg (21)	Balcoltra Tab 0.1-20	Endocrine and Metabolic	NF	2	
lisdexamfetamine dimesylate chew tab 10 mg	Vyvanse Chew Tab 10mg 20mg 30mg 40mg 50mg 60mg	Central Nervous System	NF	2	

Generic Name	Brand Name	Drug Class	Current Tier	New Tier	Utilization Management Description/Notes
memantine hcl	Namenda Xr Cap 7mg 14mg 21mg 28mg	Central Nervous System	2	NF	Alternative: memantine
memantine hcl	Namenda Xr Cap Titration	Central Nervous System	2	NF	Alternative: memantine
methylphenidate hcl	Aptensio Xr Cap 10mg 15mg 20mg 30mg 40mg 50mg 60mg	Central Nervous System	2	NF	Alternatives: amphetamine-dextroamphetamine mixed salts ext-rel, dexmethylphenidate ext-rel, dextroamphetamine ext-rel, methylphenidate ext-rel, MYDAYIS, QUILLIVANT XR, VYVANSE
nebivolol hcl	Bystolic Tab 2.5mg 5mg 10mg 20mg	Anti-infectives	2	NF	Alternatives: atenolol, carvedilol, metoprolol succinate ext-rel, metoprolol tartrate, nadolol, propranolol, and propranolol ext-rel
pancrelipase (lip-prot-amyl) dr cap	Zenpep Cap 10000-32000- 42000 unit 25000-79000-105000 unit 5000-17000-24000 unit	Gastrointestinal	NF	2	
paroxetine mesylate	Pexeva Tab 10mg 20mg 30mg 40mg	Central Nervous System	3	NF	Alternatives: citalopram, escitalopram, fluoxetine, paroxetine HCl, paroxetine HCl ext-rel, sertraline, TRINTELLIX VIIBRYD
rasagiline mesylate	Azilect Tab 0.5mg 1mg	Central Nervous System	2	3	Alternatives: rasagiline, selegiline
roflumilast tab 250 mcg	Daliresp Tab 250mcg	Respiratory	NF	2	
semaglutide soln pen-inj 0.25 or 0.5 mg/dose (2 mg/1.5ml)	Ozempic Inj	Endocrine and Metabolic/ Antidiabetics	NF	2	
semaglutide soln pen-inj 1 mg/dose (2 mg/1.5ml)	Ozempic Inj	Endocrine and Metabolic/ Antidiabetics	NF	2	
sod picosulfate-mg ox-citric ac sol 10 mg-3.5 gm-12 gm/160ml	Clenpiq Sol	Gastrointestinal	NF	3	
tedizolid phosphate	Sivextro Tab 200mg	Anti-infectives	2	3	Alternative: linezolid

Specialty

Generic Name	Brand Name	Drug Class	Current Tier	New Tier	Utilization Management Description/Notes
efavirenz	Sustiva Cap 50mg 200mg 600mg	Anti-infectives	4	5	Alternatives: efavirenz, EDURANT
nitisinone	Orfadin Cap 2mg 5mg 10mg 20mg	Endocrine and Metabolic	5	4	
nitisinone	Orfadin Sus 4Mg/MI	Endocrine and Metabolic	5	4	
telostristat etiprate tab 250 mg (telostristat ethyl equiv)	Xermelo Tab 250mg	Genitourinary	NF	5	
tezacaftor-ivacaftor 100-150 mg & ivacaftor 150 mg tab tbpk	Symdeko Tab 100-150	Respiratory	NF	5	

**Essential Prescription Formulary Changes**

The Pharmacy and Therapeutics Committee made the following formulary changes effective October 1, 2018.

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
benzhydrocodone/ acetaminophen	Apadaz	Opioid analgesic combination	NF	NF QL	Effective July 1, 2018 Quantity limit: 369 tablets per 30 days (max 4gm of APAP)
bictegravir/emtricitabine/ tenofovir alafenamide	Biktarvy	Antiretroviral	3	2	Effective July 1, 2018
elvitegravir/cobicistat/ emtricitabine/tenofovir disoproxil fumarate	Stribild	Antiretroviral	2	3	Alternative: Genvoya
emtricitabine/rilpivirine/ tenofovir disoproxil fumarate	Complera	Antiretroviral	2	3	Alternative: Odefsey
fluticasone/umeclidinium/ vilanterol	Trelegy Ellipta	Anticholinergic/ beta agonist/ corticosteroid combination, long acting	2/ ST	2	Effective July 1, 2018 Step therapy requirement removed
hydroxyurea	Siklos	Antimetabolite	NF	3	
tiotropium bromide/olodaterol	Stiolto Respimat	Anticholinergic/ beta agonist combi- nation, long acting	NF	2	Effective July 1, 2018

Specialty

Generic Name	Brand Name	Drug Class	Current Tier	New Tier	Utilization Management Description/Notes
apalutamide	Erleada	Oral Chemo	Oral Chemo, PA	Oral Chemo, PA	Prior authorization
			NF	5, PA	Fed87 only Prior authorization
ibrutinib	Imbruvica	Oral Chemo	Oral Chemo, PA	Oral Chemo, PA	Prior authorization
			NF	4, PA	Fed87 only Prior authorization
tezacaftor/ivacaftor	Symdeko	Cystic Fibrosis Agent	NF	5, PA	Prior authorization

**Metallic Formulary Changes**

The Pharmacy and Therapeutics Committee made the following formulary changes effective October 1, 2018. 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
benzhydrocodone/acetaminophen	Apadaz	Opioid analgesic combination	NF	NF QL	Effective July 1, 2018 Quantity limit: 369 tabs per 30 days (max 4gm of APAP)
Bictegravir/emtricitabine/tenofovir alafenamide	Biktarvy	Antiretroviral	3	2	Effective July 1, 2018
elvitegravir/cobicistat/emtricitabine/tenofovir disoproxil fumarate	Stribild	Antiretroviral	2	3	Alternative: Genvoya
emtricitabine/rilpivirine/tenofovir disoproxil fumarate	Complera	Antiretroviral	2	3	Alternative: Odefsey
fluticasone/umeclidinium/vilanterol	Trelegy Ellipta	Anticholinergic/beta agonist/corticosteroid combination, long acting	2/ ST	2	Effective July 1, 2018 Step therapy requirement removed
hydroxyurea	Siklos	Antimetabolite	NF	3	
tiotropium bromide/olodaterol	Stiolto Respimat	Anticholinergic/beta agonist combination, long acting	NF	2	Effective July 1, 2018

Specialty

Generic Name	Brand Name	Drug Class	Current Tier	New Tier	Utilization Management Description/Notes
apalutamide	Erleada	Oral Chemo	oral chemo, PA	oral chemo, PA	Prior authorization
ibrutinib	Imbruvica	Oral Chemo	oral chemo, PA	oral chemo, PA	Prior authorization
tezacaftor/ivacaftor	Symdeko	Cystic Fibrosis Agent	NF	5, PA	Prior authorization



Select Formulary Changes

The Pharmacy and Therapeutics Committee made the following formulary changes effective October 1, 2018. The Select Formulary is available in the HMSA Provider Resource Center at hmsa.com/portal/provider/index.htm.

Generic Name	Brand Name	Drug Class	Current Tier	New Tier	Utilization Management Description/Notes
benzhydrocodone/ acetaminophen	Apadaz	Opioid analgesic combination	3	3 QL	Effective July 1, 2018 Quantity limit: 369 tablets per 30 days (max 4gm of APAP)
bictegravir/emtricitabine/ tenofovir alafenamide	Biktarvy	Antiretroviral	3	2	Effective July 1, 2018
elvitegravir/cobicistat/ emtricitabine/tenofovir disoproxil fumarate	Stribild	Antiretroviral	2	3	Alternative: Genvoya
emtricitabine/rilpivirine/ tenofovir disoproxil fumarate	Complera	Antiretroviral	2	3	Alternative: Odefsey
ertugliflozin	Steglatro	SGLT-2 Inhibitor	3	3 ST	Effective January 1, 2018 Step therapy: must try metformin or metformin combinations first
ertugliflozin/metformin	Segluromet	SGLT-2 Inhibitor combination	3	3 ST	Effective January 1, 2018 Step therapy: must try metformin or metformin combinations first
ertugliflozin/sitagliptin	Steglujan	SGLT-2 Inhibitor combination	3	3 ST	Effective January 1, 2018 Step therapy: must try metformin or metformin combination first
fluticasone/umeclidinium/ vilanterol	Trelegy Ellipta	Anticholinergic/ beta agonist/ corticosteroid combination, long acting	2/ ST	2	Effective July 1, 2018 Step therapy requirement removed
tiotropium bromide/olodaterol	Stiolto Respimat	Anticholinergic/ beta agonist combination, long acting	3	2	Effective July 1, 2018

Specialty

Generic Name	Brand Name	Drug Class	Current Tier	New Tier	Utilization Management Description/Notes
apalutamide	Erleada	Oral Chemo	oral chemo, PA	oral chemo, PA	Prior authorization
ibrutinib	Imbruvica	Oral Chemo	oral chemo, PA	oral chemo, PA	Prior authorization
tezacaftor/ivacaftor	Symdeko	Cystic Fibrosis Agent	4, PA	4, PA	Prior authorization



QUEST Integration Formulary Changes

The Pharmacy and Therapeutics Committee made the following changes to the HMSA QUEST Integration formulary effective October 1, 2018. We encourage you to talk with your patients to determine if an alternative medication is appropriate for them. Patients who are currently taking a medication that will 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 their current medication, you can request a non-formulary 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/index.htm.

Medication	Strength	Drug class	Utilization Management	Change/Criteria
Coartem Tab	20-120mg	Antimalarials		Non-formulary Alternatives: atovaquone/proguanil; chloroquine; mefloquine
Dexpak	6 Day Pak 10 Day Pak 13 Day Pak	Glucocorticoids		Non-Formulary Alternative: dexamethasone
Ozempic Inj	2/1.5ml	Antidiabetics	ST	Step therapy: must try metformin first
Ranexa Tab	500mg 1000mg	Cardiovascular		Non-formulary Alternatives: beta blockers (atenolol; bisoprolol; carvedilol; labetalol; metoprolol tartrate 25mg, 50mg, 100mg; metoprolol succinate ext-rel; nadolol; pindolol; propranolol; propranolol ext-rel; timolol); nitroglycerin transdermal
triamcinolone acetonide nasal aerosol suspension 55 mcg	55 mcg	Nasal Steroids		Non-formulary Alternative: OTC Nasacort Allergy 24HR
triamcinolone acetonide nasal inhal 55 mcg/act	55 mcg/act	Nasal Steroids		Non-formulary Alternative: OTC Nasacort Allergy 24HR
vancocin hcl cap	125mg 250mg	Anti-infectives	QL	Quantity limit: 80 capsules per 10 days Step therapy requirement removed
Zenpep Cap	5000-17000-24000 unit 25000-79000-105000 unit 10000-32000-42000 unit	Pancreatic Enzymes		Formulary addition

Specialty

Medication	Strength	Drug class	Utilization Management	Change/Criteria
Endari Pow	5gm	Hematologic	PA	Formulary addition
Imbruvica Cap	70mg 140mg 280mg 420mg 560mg	Antineoplastic Agents	PA, QL	Formulary addition Quantity limit: 30 capsules per 30 days
Nityr Tab	2mg 5mg 10mg	Tyrosinemia	PA	Formulary addition
Symdeko Tab 100-150	100-150mg	Cystic Fibrosis	PA, QL	Formulary addition Quantity limit: 56 tablets per 28 days

CODING & CLAIMS**DHS 8015 and 8016 Forms**

Please take extra care when completing your DHS 8015 and 8016 forms. Before submitting the form, it's important that you check the screenings dates, member ID numbers, NPI numbers, and information on what was completed at the screening.

In the past, we've received forms with screening dates in the future and unassigned NPI numbers. There have even been a few birthdates submitted that haven't happened yet.

If we receive forms with such errors, we'll ask you to resubmit them.

**Claim Documentation Requirements**

The Claims Documentation Requirements page in the Provider Resource Center has been updated. The changes include the documentation that will help us expedite processing claims billed with CPT codes 81400-81408. You can find this page at hmsa.com/portal/provider/zav_pel.ph.CLA.050.htm.

Please attach these supporting documents when submitting claims for Molecular Pathology Genetic Testing codes 81400-81408:

- A clear definition with a description of the nature, extent, and need for the procedure or clinical notes that document the type of genetic tests rendered.
- The laboratory invoice, which will help us expedite and determine the appropriate fees for the genetic tests rendered.

PHARMACY



Formulary Changes

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

PLANS



Essential Advantage

HMSA is offering a Medicare Advantage plan exclusively for Oahu residents.

Members who choose Essential Advantage (HMO) will receive care under a network of providers that differs from the HMSA Akamai Advantage® network; it consists of participating Hawai'i Health Partners providers. Members have a primary care provider (PCP) in the Essential Advantage network who'll coordinate their care and refer them to other providers in the network if needed.

Because this is an HMO plan, members must see providers in the Essential Advantage network. Except for ambulance, emergency, and urgent services, as well as kidney dialysis services when outside of the plan service area, any out-of-network services without an HMSA-approved referral won't be paid.



For more information, visit the Provider Resource Center at hmsa.com/portal/provider/zav_pel.aa.ESS.101.htm. Also, make plans for our annual HMSA Akamai Advantage training scheduled for October.

PROGRAMS



EPSDT Care Coordination Referral

If you have an HMSA QUEST Integration patient who may benefit from Care Coordination, you can indicate this on your Early and Periodic Screening, Diagnosis, and Treatment (EPSDT) form.

In the Care Coordination Assistance Needed section of the form, let us know if the patient needs help with managing a medical condition or medications, obtaining specialty services, or keeping appointments, among other things.

If you indicate that care coordination is needed, our staff will call your office to confirm the specifics of the help requested and will refer the request to the appropriate area.



Diabetes Prevention Program

The Diabetes Prevention Program expanded model is a structured intervention with the goal of preventing progression to type 2 diabetes in individuals with an indication of prediabetes. The program includes six months of weekly intensive “core” sessions of a Centers for Disease Control and Prevention (CDC) approved curriculum. The sessions are in a group-based, classroom-style setting that provides practical training in long-term dietary change, increased physical activity, and behavior change strategies for weight control.

After completing the core sessions, monthly less-intensive follow-up meetings will help ensure that participants maintain healthy behaviors. The primary goal of the expanded model is for participants to lose at least 5 percent of their weight.

This program is modeled after the Medicare Diabetes Prevention Program, so eligibility requirements, program description, and payment codes will be similar. The program is a once-in-a-lifetime benefit.

The program starts for EUTF active members on July 1, 2018, and all other eligible employer groups on January 1, 2019.

To learn more, visit the Centers for Disease Control and Prevention (CDC) website at cdc.gov/diabetes/prevention/index.html.

POLICY NEWS



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 May 25, 2018:

- Breast Cancer Assays of Genetic Expression in Tumor Tissue.
- Cardiovascular Disease Risk Assessment and Management Using Novel Biomarkers.
- Cognitive Rehabilitation Therapy.
- Hematopoietic Cell Transplantation for Plasma Cell Dyscrasias, Including Multiple Myeloma and POEMS Syndrome.
- Home INR Monitoring.
- Hyperbaric Oxygen Pressurization (HBO).
- Measurement of Lipoprotein-Associated Phospholipase A2 (Lp-PLA2) in the Assessment of Cardiovascular Risk.
- Nerve Fiber Density Testing.
- Reduction Mammoplasty for Breast-Related Symptoms.
- Sensory Integration Therapy and Auditory Integration Therapy.

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

Goodbye Diet! Hello Health!

Get nutrition and exercise tips for weight loss.

- 7/24, 10–11 a.m.
HMSA Center @ Hilo

Mind Your Muscles

Learn how to add strength training to your exercise routine.

- 7/26, 10–11 a.m.
HMSA Center @ Hilo

KAUAI

Mind Your Muscles

Learn how to add strength training to your exercise routine.

- 7/11, 5–6 p.m.
Kuhio Medical Center

OAHU

Goodbye Diet! Hello Health!

Get nutrition and exercise tips for weight loss.

- 7/6, 10–11 a.m.
HMSA Center @ Honolulu
- 7/12, 10–11 a.m.
HMSA Center @ Pearl City
- 7/21, 10–11 a.m.
HMSA Center @ Pearl City

Goodbye Diet! Hello Health! 2!

Discover ways to eat well without reading nutrition labels.

- 7/20, 10–11 a.m.
HMSA Center @ Honolulu

Mind Your Muscles

Learn how to add strength training to your exercise routine.

- 7/14, 10–11 a.m.
HMSA Center @ Pearl City
- 7/19, 9:30–10:30 a.m.
HMSA Center @ Honolulu
- 7/24, 10–11 a.m.
HMSA Center @ Pearl City



Community Activities

ADA Adult Support Group: July 5. Mountain Pacific Quality Health, Honolulu. Free. Call 947-5979 for a list of topics or more information and to RSVP.

Adult Fitness at Queen's: Learn body shaping, tai chi, kickboxing, 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.

Alzheimer's Association Support Groups: Information and support for people caring for a loved one with Alzheimer's disease. Groups meet on Hawaii Island, Kauai, Maui, and Oahu. For locations and meeting times, call 591-2771, ext. 8236; email Lyn Moku at mamoku@alz.org; or visit alz.org/hawaii.

Big Island Ostomy Group: July 21, 11:30 a.m. Hilo Medical Center. Open to ostomates, pre-ostomy patients, caregivers, medical professionals, and the public. 339-7640.

Car Seat Checks: Kapiolani Medical Center. Get your baby or child's car seat checked by a trained child passenger safety technician. Call to schedule an appointment. 527-2588.

COPD Support Group: July 10, 10 a.m.–noon. Pali Momi Women's Center at Pearlridge. Resources and support for people with chronic obstructive pulmonary disease (COPD). To register, call Valerie Chang at 699-9839; email valerie@hawaiiicopd.org; or visit hawaiiicopd.org.

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.

41st Annual Prince Lot Hula Festival: July 21–22, Iolani Palace, Honolulu. The festival features hula, crafts, cultural demonstrations, and food. 9 a.m.–4 p.m. on Saturday and 10 a.m.–3 p.m. on Sunday. moanalugardensfoundation.org.

Hawaii Prostate Cancer Support Group: This free support group provides men and their families on Hawaii Island and Oahu with information, materials, and support to help them make informed decisions about prostate cancer treatment. For locations and meeting times, go to hawaii prostatecancer.org or call 486-9675.

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

- **Lymphedema/Breast Cancer Clinic:** June 7 and 21, 1:30–2:30 p.m. 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.

Kardiatic Kids Support Group: July 13, 6:30–9 p.m. Kapiolani Medical Center. Resources and support for families with children who have congenital heart defects. Jullie Passos, 227-4558.

Mommy & Me Hui: June 3 and 15, 11:15 a.m.–12:30 p.m. Adventist Health Castle. Learn about breastfeeding and connect with new mothers. 263-5400.

Relay for Life: July 21, 4–10 p.m., Magic Island Beach Park, Honolulu. Cancer survivors and the general public are invited to join the Queen's Medical Center Oncology Team for this special event. Free.

RESOLVE Infertility Support Group: July 5, 6:30–8 p.m. Kapiolani Medical Center. Resources and support for people facing infertility. resolvehawaii@outlook.com.

Serenity Screen Program: July 7 or July 8, 9–11 a.m. Serenity Counseling Services. Learn how to stay calm in the face of common marital conflicts and discover tools that can help you enjoy a deeper connection with your partner. These two-part counseling sessions are offered on July 7 and August 4 or July 8 and August 5. Free. RSVP required. scshawaii.net.

Support Group for Cancer Patients: July 27, 2–4 p.m. North Hawaii Community Hospital. A support group for cancer patients and their families and caregivers. 881-4417.

Walk Around the Block with a Doc: July 21, 7 a.m., Wilcox Medical Center, Lihue. Walk around the campus with a doctor and other walkers, then enjoy a healthy breakfast and talk about a health topic. Free. Registration required. 245-1198.

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. 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. wwadbigisland.org.