

CARING FOR YOUNG PATIENTS WITH ASTHMA

By Diana E. Weaver, MD, FAAP

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Asthma is common in young patients. If you are treating children in your practice, you may have several patients with asthma. As a MetroPlus provider, there are ways to help you keep your patients healthy.

Treating Asthma

Providers are encouraged to prescribe the medications patients need in order to control their asthma. Encourage your patients to take daily preventative medication in order to control asthma flare-ups. Follow up with them at each appointment to assess and monitor their condition to see how they are managing their asthma.

If any of your patients are using bronchodilators for quick relief often, speak with them about ways to better manage their disease. They may not know the importance of taking their medications daily, or about another course of treatment that may be more appropriate.

Other Ways to Help Patients

Parents and kids can benefit from attending asthma programs to help them learn about asthma, how to avoid triggers and how to use medications the right way. There is one at **Kings County Hospital** in Brooklyn you can recommend to your patients.

MetroPlus offers a Case Management program called **AsthmaPlus**. AsthmaPlus helps families work together to control asthma. MetroPlus can also assign a case manager to help work with you and your patient. Members can call our **Customer Services** department at 1-800-303-9626 for more information.

MESSAGE FROM THE CMO:

We just wanted to let you know that although there were some disruptions in services, all functions are operating and we are processing all types of calls and requests.

All mail should be sent to:

MetroPlus Health Plan
160 Water Street - 3rd Floor
New York, NY 10038

Mail sent before the storm has been recaptured. Due to the high mail volume, the sorting process will take a little longer but we are working to get back to a regular schedule. We appreciate your patience as we work through this.

For information, questions or concerns please email us at mhpproviders@nychhc.org. We will respond to you as soon as possible. Thank you for your patience.

Van Dunn, MD, MPH, FACP
Chief Medical Officer



SDOH CHANGES/REQUIREMENTS

Effective **November 1, 2012**, MetroPlus is required to screen, diagnose, and treat autism spectrum disorder (ASD) for **Child Health Plus (CHPlus)** members.

ASD refers to any pervasive developmental disorder including, but not limited to:

- Asperger's syndrome
- Autistic disorder
- Childhood disintegrative disorder
- Rett's disorder

For questions or additional information please call **Customer Services** at 1-800-303-9626.

PROSTATE SCREENING REMINDER

Have you discussed prostate cancer screening with your male patients? Be sure to talk to them about the potential risks and benefits of early detection, as well as available treatments to help them make an informed decision about testing.

The **American Cancer Society** recommends that providers offer a digital rectal exam (DRE) and a prostate-specific antigen (PSA) test to men age 50 and older, those who have at least a 10-year life expectancy and to younger men who are at high risk.

These other groups may also benefit from being tested:

- African-Americans
- Those with a family history of prostate cancer
- Those who are obese

For more information about prostate cancer screening visit the **New York City Department of Health and Mental Hygiene's** website at: <http://www.nyc.gov/html/doh/html/cancer/pcancer2.shtml>

IMMUNIZATION REMINDERS

As you see your patients, please keep the following vaccinations in mind for the corresponding adult populations:

- **Flu:** To be administered annually for:
 - Patients age 6 months and older
 - Pregnant women



- Patients with immunocompromising conditions
- Patients with chronic illnesses
- **Zoster (Shingles):** One dose for adults aged 60 and older or those with immunocompromising conditions (i.e. HIV/AIDS).
- **Pertussis (Tdap):** Those exposed to infants need to be vaccinated. There is no longer a 10 year waiting period.
- **Tetanus:** One dose of Tdap for those aged 64 and younger.
- **Meningococcal vaccine:** For men who have sex with men (MSM).

For children keep this vaccine in mind:

- **HPV (Human Papillomavirus):** Girls and boys ages 11 and 12. Also recommended for girls ages 13-26 and boys ages 13-21 who haven't been vaccinated yet.*

* Ages recommended by the Centers for Disease Control and Prevention.



MetroPlus Medicare Partnership in Care (HMO SNP)

- \$67.10 Plan Premium**
- \$0 co-pay for diabetes monitoring supplies
- \$0 co-pay for Medicare covered diagnostic hearing exams
- \$0 co-pay for Home Health Care visits, including physical, occupational and speech therapy

MetroPlus Medicare members also have access to have the following additional benefits***:

- **Vision Discounts: Vision Screening**, a MetroPlus participating provider, offers **additional discounts on eye exams, glasses and contact lenses** not covered by MetroPlus Medicare Health Plan. Members can show their MetroPlus Medicare ID card at any Vision Screening location. Vision Screening has more than 100 locations in New York City.
- An **exclusive free membership in a recreational, wellness and fitness program for seniors** that includes free access to exclusive events.
- **Up to a \$372 annual credit** for over-the-counter medicines and products from our exclusive catalog.
- A **personalized care coordination program**.
- **Access to Town Hall meetings at different facilities for health education, benefit education with games, bingo and activities** for all of our Medicare members—includes one on one counseling and information sessions.
- **Transportation: Up to three round trips of transportation** to and from members' appointments, depending on the specific Medicare plan.
- **Discounts on Theater, Dining, Sporting Events, Attractions and Travel: Plum Benefits**, a free and **exclusive additional service**, gives our members access to hard-to-get tickets and discounts on theater, arts, restaurants, sports, concerts, family events and more.
- **A 20% discount** on health-related over-the-counter items at any **CVS Store with exclusive CVS Caremark ExtraCare® Health card**.

* This is the 2012 benefit. Benefits may change for 2013.

** Depending on the member's level of Medicaid eligibility.

*** Certain additional benefits may not be applicable to all MetroPlus Medicare Advantage plans.

NEW MEDICARE BENEFITS

Some of the Medicare benefits for our Medicare Advantage plans have changed for 2013.

MetroPlus Platinum (HMO)

- \$34.70 Plan Premium (\$0 if members qualify for full Extra Help)
- \$0 co-pay for Primary Care visits
- \$0 co-pay for Home Health Care visits, including physical, occupational and speech therapy

MetroPlus Advantage (HMO SNP)

- \$41.70 Plan Premium (\$0 if members qualify for full Extra Help)
- Vision services – 1 pair of glasses per year
- Dental Services – \$0 co-pay for dental cleaning and oral exam every 6 months
- \$0 co-pay for inpatient hospital services*

MetroPlus Select (HMO SNP)

- \$0 co-pay for up to 1 hearing aid(s) every 3 years
- \$0 co-pay for inpatient hospital services



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PROVIDER CREDENTIALING

MetroPlus Health Plan, Inc. utilizes the **Council for Affordable Quality Healthcare (CAQH)** Universal Provider DataSource (UPD) for gathering credentialing data for physicians and other health care professionals. This service is free for physicians and other health care professionals.

This service eliminates redundancies in completing credentialing applications for multiple health plans, eliminates the need to print and mail credentialing applications, minimizes paperwork by allowing physicians and other health care providers to make updates online, and enables physicians and other health care professionals to easily access their information. Every four months, CAQH will require physicians and health care professionals to attest to the accuracy of their data.

Look out for our End of the Year issue for additional updates.

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