



## HEALTH EDUCATION STATE REQUIREMENTS FOR PROVIDERS

To access an electronic copy of this sheet, please visit:

[https://www.blueshieldca.com/bsca/bsc/wcm/connect/sites/sites\\_content\\_en/bsp/providers/programs/health-education-medi-cal](https://www.blueshieldca.com/bsca/bsc/wcm/connect/sites/sites_content_en/bsp/providers/programs/health-education-medi-cal)

Please review the following Department of Health Care Services (DHCS) requirements for health education. If you need clarification on any of the requirements, please call or e-mail the Health Education Department at [BlueShieldofCAHealthEducation@blueshieldca.com](mailto:BlueShieldofCAHealthEducation@blueshieldca.com).

### Patient education

Patient education must include the following:

- Use of preventive services, education, and counseling
- Appropriate use of Medi-Cal managed care plan services
- Encouragement to take increased responsibility for their personal health
- Availability of local social programs based on patient's needs

### Health Education Services

Health education services include classes, individual counseling, and support groups. Document referrals to health education services in your patient's medical record. To refer your BSC Promise patients to health education services, please complete and fax the Health Education Referral form found at

[https://www.blueshieldca.com/bsca/bsc/wcm/connect/sites/sites\\_content\\_en/bsp/providers/policies-guidelines-standards-forms/forms](https://www.blueshieldca.com/bsca/bsc/wcm/connect/sites/sites_content_en/bsp/providers/policies-guidelines-standards-forms/forms).

### Health & Wellness Portal

Please encourage your Blue Shield of California Promise Health Plan patients to use our Health & Wellness portal at [www.blueshieldca.com/promise/hra](http://www.blueshieldca.com/promise/hra). The goal of the portal is to increase patients' ability to manage their health by helping them identify their risks and connecting them to self-management tools and resources that can help mitigate their risks. Patients can also track their health over time on the portal. Some of the tools available on the portal include a health library on various topics including physical activity, blood pressure, cholesterol, blood glucose, and nutrition. A few words from you can increase the likelihood that they will use the site.

### Patient Education Materials

All health education materials you provide to your Medi-Cal patients need to be between 2nd and 6th grade reading level. Additionally, these materials need to be medically accurate, culturally sensitive, and linguistically appropriate. We provide you with materials that meet these requirements. They have been reviewed by one of the Medi-Cal managed plans. To order materials, please call the Health Education Department to request an order form. You may also download materials from our website at

[https://www.blueshieldca.com/bsca/bsc/wcm/connect/sites/Sites\\_Content\\_EN/bsp/health-wellness/health-education](https://www.blueshieldca.com/bsca/bsc/wcm/connect/sites/Sites_Content_EN/bsp/health-wellness/health-education). Materials are available in county threshold languages and in alternative formats.

**Health topics mandated by California DHCS:**

Age Specific Anticipatory Guidance*	Immunizations
Alcohol and substance abuse	Injury prevention
Asthma	Nutrition
Breastfeeding	Obesity
Complementary and alternative medicine	Parenting
Diabetes	Perinatal
Family planning	Physical Activity
HIV/STD prevention	Tobacco prevention and cessation
Hypertension	Unintended pregnancy

\* including information that children can be harmed by exposure to lead

**County Threshold Languages:**

	English	Arabic	Armenian	Chinese	Farsi	Khmer	Korean	Russian	Spanish	Tagalog	Vietnamese
LA	X	X	X	X	X	X	X	X	X	X	X
SD	X	X		X	X				X	X	X

**Breastfeeding Promotion**

The American Academy of Pediatrics (AAP) supports breastfeeding as the optimal form of nutrition for infants. We encourage you to support this position by continuing to promote breastfeeding services to your patients. Also, please continue to refer your Medi-Cal patients to WIC.

**Infant Formula Logos**

Please do not distribute infant formula samples, educational materials, or promotional materials with formula logos to Medi-Cal patients, as per MMCD Policy Letter 98-10.

**Manual Breast Pumps**

Breast pumps are available for breastfeeding patients. We encourage you to promote this benefit to your patients. For more information, please call the Utilization Management Department.

**Blood Lead Screening**

As of November 2020, DHCS All Plan Letter (APL) 20-016 supersedes APL 18-017. The APL 20-016 states that at each child's periodic health assessment (PHA), from six to 72 months of age, providers must provide oral or written anticipatory guidance to the child's parent or guardian, which "includes information that children can be harmed by exposure to lead, especially deteriorating or disturbed lead-based paint and the dust from it, and are particularly at risk of lead poisoning from the time the child begins to crawl until 72 months of age."

To help you provide this guidance to your patients, we have posted a patient education brochure on lead poisoning prevention at

[https://www.blueshieldca.com/bsca/bsc/wcm/connect/sites/Sites\\_Content\\_EN/bsp/health-wellness/health-education](https://www.blueshieldca.com/bsca/bsc/wcm/connect/sites/Sites_Content_EN/bsp/health-wellness/health-education).

For more information and/or specifics on All Plan Letter 20-016, please visit the DHCS website:

<https://www.dhcs.ca.gov/formsandpubs/Documents/MMCDAPLsandPolicyLetters/APL2020/APL20-016.pdf> or call our Provider Customer Care Department at 800-468-9935, 8:00 a.m. – 5:00 p.m., Monday through Friday.

## Tobacco Cessation Services

Per All Plan Letter (APL) 16-014, providers are required to implement tobacco cessation interventions and a tobacco user identification system into their practices. Providers must:

- Conduct initial and annual assessment of each patient's tobacco use and note this information in patient's medical record
- Offer FDA-approved tobacco cessation medications (for non-pregnant adults)
- Provide counseling using the "5 A's" model or other validated model for treating tobacco use and dependence
- Refer patients to available individual, group, and telephone counseling services
- Offer services for pregnant tobacco users
- Provide interventions to prevent the use of tobacco in children and adolescents

Some recommendations to identify tobacco users are:

- Add tobacco use as a vital sign in the chart or Electronic Health Records
- Use International Classification of Diseases (ICD)-10 codes in the medical record to record tobacco use.
- Place a chart stamp or sticker on the chart when the beneficiary indicates he or she uses tobacco
- Record status on the Child Health and Disability Prevention Program Confidential Screening/Billing Report (PM160)

## How to Start the Conversation

"As your health care provider and someone who cares about you and your health, I'd like to help you quit smoking because it's the best thing you can do for your health and anyone who lives with you". Provider: Discuss some of the health problems associated with smoking.

To view the policy letter, learn more about the required interventions, and find training and patient resources, please visit

[https://www.blueshieldca.com/bsca/bsc/wcm/connect/sites/sites\\_content\\_en/bsp/providers/prgrams/tobacco-cessation-medi-cal](https://www.blueshieldca.com/bsca/bsc/wcm/connect/sites/sites_content_en/bsp/providers/prgrams/tobacco-cessation-medi-cal).

Please contact the health education department if you would like us to schedule a tobacco cessation program specialist to come to your office to help you implement processes that will make it easier for you to identify, counsel and provide resources for your patients that smoke.

## Smoking Cessation Agents available to Medi-Cal patients

Smoking cessation agents for adults who use tobacco products are covered by the Medi-Cal RX program. Some of these medications require prior authorization, have quantity limits and are subject to change. For additional information, please see the Medi-Cal RX Contract Drugs List here: <https://medi-calrx.dhcs.ca.gov/home/cdl/>. Some of the agents (i.e., patches, lozenges, and gum) are found in the over-the-counter list: <https://medi-calrx.dhcs.ca.gov/home/cdl/>.

Providers play a key role in the patients' journey in quitting smoking. Please work with your patient to find the best option for quitting smoking such as, referring them to community resources and/or prescribing them tobacco cessation medication.

## Medi-Cal Diabetes Prevention Program

Blue Shield Promise Medi-Cal patients who are at risk for type 2 diabetes have access to the Medi-Cal Diabetes Prevention Program (Medi-Cal DPP) as a preventive service. This program is at no cost to Medi-Cal patients. The program is based on National Institutes of Health randomized controlled trial and has been found to greatly reduce the progression of pre-diabetes to type 2 diabetes.\* These services are delivered by trained lifestyle coaches in community settings and via online platforms by organizations recognized by the Centers for Disease Control and Prevention (CDC). The focus of the program is making personal changes including improved nutrition and active living.

Eligibility criteria for the program are:

- Blue Shield Promise Medi-Cal member, 18 years and older **and**
- BMI greater or equal to 25, if not self-identified Asian (or if self-identified Asian, 23 or greater) **and**
- Not be pregnant **and**
- No previous diagnosis of type 1 or type 2 diabetes **and**
- Blood test value within the past year:
  - HgbA1c value: 5.7 - 6.4% **or**
  - Fasting plasma glucose of 100 - 125mg/dL **or**
  - Oral glucose tolerance test between 140 - 199 mg/dL **or**
- Have previous clinical diagnosis of gestational diabetes **or**
- Take a prediabetes [risk test](#) and receive a screening result of high risk for type 2 diabetes

If your Blue Shield Promise Medi-Cal patient meets the eligibility criteria for the DPP, please ask your patient to call Solera Health at 866-692-5059 (TTY:711) or visit [www.wellvolution.com/medi-cal](http://www.wellvolution.com/medi-cal).

Providers play an influential role in a patient's overall health. By recommending this program to qualifying patients, you are providing them with a powerful way to change their lifestyle and reduce their chance of progressing to type 2 diabetes. Enrolling in the Medi-Cal DPP offers patients an opportunity to take an active role in their health and potentially avoid the need for medication.

\*<https://www.cdc.gov/diabetes/prevent-type-2/>