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Overview

Our Medical Affairs department plans and implements programs that support Members and help Providers achieve the best management of their patients' health. Our preventive health and wellness programs support your efforts to identify and protect your patients against health problems before they develop. Our preventive health initiatives promote:

- regular wellness visits;
- preventive health screenings;
- immunization programs for children, adolescents, and adults;
- healthy behaviors.

Embrace Well-being

The AmeriHealth Embrace Well-being programs are designed to help your patients and their families stay well, prevent illness, and benefit from healthy lifestyle choices. From offering incentives to Members to make smart lifestyle choices, to providing them with individualized solutions and information on health issues, we help your AmeriHealth patients understand and follow your treatment plans.

Embrace Well-being Rewards

AmeriHealth offers an incentive program – Embrace Well-being Rewards – that provides eligible commercial group Members with an opportunity to earn Embrace Well-being Dollars for completing healthy activities.

Depending upon the Member's plan, they can earn up to a max of \$150 or \$300 per year through the Embrace Well-being Rewards program. To earn Embrace Well-being Rewards, eligible Members must submit verified completion of any of the 12 healthy activities, such as having their preventive visit with their Primary Care Physician (PCP) or gynecologist, engaging in fitness activities, or attending three nutrition counseling sessions with a registered dietitian.

To submit Embrace Well-being activities, eligible members must complete their Embrace Well-being verification form and send it to EmbraceWell-being@AmeriHealth.com, along with proof the activity was completed. If approved, members can redeem Embrace Well-being Dollars, by logging in at amerihealthnj.com. However, to redeem Embrace Well-being dollars, members must first complete their annual Well-being Profile. Embrace Well-being dollars can be redeemed for eGift cards to a variety of retailers. All Embrace Well-being submission must be received by November 30, and all Embrace Well-being dollars must be redeemed by December 31, each year. Each Embrace Well-being Dollar is worth one actual dollar.

Examples

- **Fitness.** Members may earn 100 Wellness Dollars for engaging in 120 days of verified physical activity in the calendar year from December 1 through November 30. The program does not permit/accept self-reporting.
- **Weight Management.** Members may earn 25 Wellness Dollars by attending an approved weight-loss program.
- **Tobacco Cessation.** Members may earn 25 Wellness Dollars upon completing a program to stop smoking.
- **Nutrition Counseling.** Members may earn 25 Wellness Dollars for attending two nutrition counseling visits with a registered dietician or Physician.

Members can visit amerihealth.com/stay-healthy for more information about the requirements necessary for these incentive programs.

Eligible members include: Active subscribers and spouses ages 18 and older in small group, large group, and public sector plans. Ineligible members include: Individual consumer market segment, dependent children, and subscribers and spouses younger than 18.

Eligible members can earn up to \$150 or \$300 Embrace Well-being dollars each program year based on their plan. The Embrace Well-being program year runs from December 1 through November 30. Members are not eligible to earn Embrace Well-being dollars for all 12 activities listed.

All Embrace Well-being activity must be submitted for review and approval before Well-being dollars are rewarded and redeemed for e-gift cards. Embrace Well-being does not permit self-reportable activity.

Medical Affairs – Case and Condition Management

The Medical Affairs Department includes condition management and case management programs. Registered Nurse Health Coaches are available 24/7 to enhance your ability to provide coordinated care for your commercial HMO and PPO patients and promote integration of care among these Members and their families, Physicians, and community resources.

Registered Nurse Health Coaches are available 24/7 via our Health Information Line for any health-related question. Members enrolled in a case management or condition management program may call their Health Coach, Case Manager or Social Worker (Licensed Social Worker or Licensed Clinical Social Worker) directly during normal business hours.

Condition management

To help keep our Members healthy, we offer condition management on a voluntary basis at no charge to the Member. Our condition management program is designed to support your relationships with your AmeriHealth patients and to enhance your ability to provide evidence-based care. Recognizing that the Physician-patient relationship is at the heart of patient care, this program has been designed to:

- enhance your ability to provide integrated care for your Members;
- provide Members with evidence-based information so they can understand their diagnoses and their health care options, while actively participating in health care decision-making with you;
- promote integration of care among Members and their families, Physicians, Health Coaches, Social Workers, and community resources;
- provide you with opportunities to improve the effectiveness of testing and treatment compared to national benchmarks.

Condition management helps to identify and support Members who have certain chronic conditions, including the following:

- asthma
- chronic kidney disease
- chronic obstructive pulmonary disease (COPD)
- coronary artery disease (CAD)
- diabetes
- heart failure
- high-risk pregnancy
- HIV
- hyperlipidemia
- hypertension
- inflammatory bowel disease
- maternity
- metabolic syndrome
- migraine
- musculoskeletal pain
- obesity
- osteoporosis
- upper gastrointestinal (GI) disease (including GERD, peptic ulcer)

Our condition management program offers Members education and support through multi-channel outreach and personalized one-on-one health coaching from Registered Nurses to help them learn self-care skills and adhere to the treatment plans they develop with their Physicians. The program also places special emphasis on the importance of managing the comorbidities that exist in many patients who have a chronic condition.

AmeriHealth Health Coaches actively reach out to Members with identified clinical needs who may benefit from personal health education and support. Members are made aware of how they became eligible to participate, how to use the program services, and how to opt-in or out of the program. Eligible Members have access to the program 24 hours a day, 7 days a week, by calling **1-888-YOUR-AH1** (TTY/TDD: **711**). Physicians can also call Health Coaches at **1-800-313-8628** to communicate any feedback or concerns, request individual Member information, or refer an AmeriHealth patient. Messages are returned within two business days.

Condition management is offered on an opt-out basis. “Opt-out” means members are actively enrolled in a program once they have received outreach from AmeriHealth (Health Coach call, automated call, letter, digital message). We honor the request of Members who decline to participate in the program and Members enrolled in a condition management program may opt-out of the program at any time.

Member benefits may vary based on State requirements, benefits plan (HMO, PPO, etc.), and/or employer group. All Members covered through fully insured employer groups are automatically considered eligible for condition management. Condition management is a buy up for self-funded groups therefore some members covered through self-insured employer groups may not be eligible for the program. Providers can call **1-888-YOUR-AH1** (TTY/TDD: **711**) to verify program eligibility.

To refer a Member to condition management, complete the online *Physician Referral* form at www.amerhealth.com/resources/for-providers/patient-management/condition-and-case-management.html. You may also refer a Member by calling us directly at **1-800-313-8628**.

Visit www.amerhealthnj.com/html/providers/case_management.html to view Provider rights and responsibilities.

Case management

Case management, a core benefit for all Members, is a collaborative process that provides health management support through coordinated programs for those Members who are experiencing complex health issues or challenges in meeting their health care goals.

Through telephone outreach, Registered Nurse Health Coaches provide education about a Member's disease, condition, or medications and offer resources and information to help the Member better understand how to manage his or her health. Health Coaches inform Members how they became eligible to participate, how to use program services, and how to opt-in or out of the case management program. Our AmeriHealth Health Coaches can work with our Social Workers to help Members navigate the health care and social service system to optimize his or her ability to use those resources effectively. Health Coaches may also refer the Member to other AmeriHealth programs and to available community resources for additional assistance and support.

When a Member is referred to case management, their Health Coach will contact your office to offer support, with the goal of helping the Member reach the medical treatment goals you have established. The Member's Health Coach will ask questions about the treatment plan and offer information on what services are available through the Member's benefits plan.

The Health Coach will also incorporate any information you provide into the case management plan of care and support your treatment plan by maintaining contact with the Member in between office visits.

Examples of cases to refer to case management and health coaching include, but are not limited to, the following:

- autoimmune disorders
- bone marrow/primary stem cell transplant
- cancer (breast, cerebral, colorectal, lung, ovarian, prostate, rare cancers)
- comprehensive complex case management
- cerebrovascular accident
- complex pediatric medical conditions
- frequent admissions for same or similar conditions
- frequent falls/safety issues
- hepatitis C
- joint replacement
- mechanical ventilator
- medication issues, including non-adherence
- Member requiring multiple services in the home
- multiple sclerosis
- neuromuscular disease
- nutritional deficits
- post-neonatal intensive care
- * sickle cell disease
- wound/skin

To refer a Member to case management, complete the online *Physician Referral* form. You may also refer a Member by calling us directly at [1-800-313-8628](tel:1-800-313-8628).

Case management is offered on an opt-out basis. "Opt-out" means members are actively enrolled in a program once they have engaged with an AmeriHealth Health Coach. We honor the request of Members who decline to participate in the program and Members enrolled in the program may opt-out at any time.

A Health Coach will call your office to discuss the Referral with you – it's that simple. A Referral to case management provides both you and your patient with additional support when it is

needed most. When your patient has met all the case management goals that you helped to establish, case management will end. The Health Coach will notify you when this has been achieved.

Behavioral Health Case Management

Behavioral Health Case Management activities are provided internally by Behavioral Health Case Managers, effective June 1, 2022. Behavioral health is a core benefit for all members.

Our behavioral health programs work with individuals who may be dealing with challenges related to mental health, substance use and/or developmental disorders.

An essential part of our behavioral health management program is our integrated physical and behavioral health approach. Our integrated behavioral health and physical health care management programs cohesively supports the whole person, including behavioral health preventive health, new diagnosis, and/or managing chronic or complex health situations.

Through our integrated programs we look at the entire health care continuum to support the whole person, looking at the person's medical condition from all perspectives and providing longitudinal support.

Our Behavioral Health Case Managers are particularly knowledgeable about the resources available in the region and the challenges to accessing care in this area. An important part of behavioral health case management is integrated communication between Behavioral Health Case Managers and their medical care management counterparts, Registered Nurse Health Coaches, as well as coordination among all those involved in a member's treatment.

The behavioral health team works collaboratively with the Care Management team to identify and appropriately refer members to ensure optimal medical and behavioral health status.

Additionally, Members may contact the Clinical Triage team for urgent behavioral health needs. Our behavioral health triage Case Managers can provide support and assistance during this time and can complete a brief assessment to support connecting Members to the appropriate provider during their time of need.

You may also refer a Member by calling [1-800-688-1911](tel:1-800-688-1911).

Behavioral Health Case Managers actively reach out to Members with identified needs who may benefit from personal health education and support. Members are made aware of how they became eligible to participate, how to use the program services, and how to opt-in or out of the program.

Behavioral Health Case Management is offered on an opt-out basis. "Opt-out" means members are actively enrolled in a program once they have engaged with a Behavioral Health Case Manager. We honor the request of Members who decline to participate in the program, and Members enrolled in the program may opt-out at any time.

In an effort to further enhance the member experience, the department implemented a clinical triage unit consisting of licensed Behavioral Health Clinicians who are experienced in managing crisis situations, effective April 1, 2023.

Clinical triage staff work closely with Customer Service to address clinically escalated cases and in-the-moment crisis management, and they assist with connecting members to care. Staff are knowledgeable in de-escalating, assessing, and identifying resources for expedited connection to care for calls related to Substance Use Disorders (SUD) and hospital level care.

Triage Case Managers use established screening tools for suicide and SUD screening to assist in identifying urgency, assessing needs, and offering appropriate treatment options, including warm hand-offs to available quality providers.

Members requiring ongoing care management will be referred to the Behavioral Health Case Management team. In addition, the Plan will promote the use of digital tools and other self-service resources to continue to improve the member experience.

Health Information Line

All Members have 24/7 access to a Registered Nurse Health Coach for all their health-related questions and concerns by calling **1-800-YOUR-AH1** (TTY/TDD: **711**). If appropriate, the Health Coach will introduce the case management program, including how Members become eligible to participate, how to use program services, and how to opt-in or out of the program.

Preventive health initiatives

The Population Health department offers population-based initiatives with the objective of improving patient health outcomes through adherence to nationally recommended and evidence-based preventive health guidelines. These initiatives use various Member and Provider reminders and tools to improve compliance for preventive health services. Some of the preventive initiatives and tools are described within this section.

Our website includes direct links to screening tools and resources as well as worksheets and tracking forms for Providers. These tools can help track current and future health screening needs of our Members. Visit www.amerihealth.com/providers for more information.

Preventive health outreach

We promote recommended preventive services and tests to targeted Member populations. The objective of these population-based initiatives is to improve adherence to nationally recommended and evidence-based preventive health guidelines for examinations, screening tests, and immunizations. We may vary the topics and timing as new evidence-based recommendations are issued for preventive screenings, immunizations, and gap-in-care needs of our managed care population. Our outreach programs include breast, cervical, and colorectal cancer screening; pediatric, adolescent, and adult immunizations; and influenza and pneumococcal immunization.

Our recommendations for preventive care services can be found online by visiting www.amerihealthnj.com/html/members/index.html? Additionally, services may be considered preventive when mandated by state law. For more information, refer to Medical Policy at www.amerihealth.com/medpolicy.

Vaccine information statements (VIS)

A VIS is an information sheet – produced by the Centers for Disease Control and Prevention (CDC) in compliance with the National Childhood Vaccine Injury Act of 1986 – which requires that a VIS be used to inform vaccine recipients or their parents about the benefits and risks of vaccines. A VIS must be provided, prior to administration, for any vaccine that is covered under the Vaccine Injury Compensation Program. The following VIS forms must be used: DTaP, Td, MMR, polio, hepatitis B, Hib, varicella, and pneumococcal conjugate. Practitioners must also record which VIS was given, the date the VIS was given, and the VIS publication date.

For copies of VIS forms, visit the CDC website at www.cdc.gov/vaccines/pubs/VIS.

Women's health

Baby FootSteps®

Baby FootSteps, our free, comprehensive maternity program supports members across the pregnancy spectrum from the first trimester through delivery to home and continues with the

24/7 availability and support of Registered Nurse Health Coaches and digital communications.

For more information, refer to the *OB/GYN* section of this manual.

Family health

Healthy Families and Kids

Our *Healthy Families and Kids* website, available at www.amerihealthnj.com/html/members/family_health.html, contains important health-related information for families about the physical, emotional, and social issues that can affect their children. The site includes information on the following:

- asthma;
- BMI and weight categories, exercise, nutrition, eating disorders, and substance abuse;
- bullying, peer pressure, stress, and depression;
- childhood, adolescent, and adult immunizations and the crucial role they play in protecting the health of their children and their entire family;
- drugs, alcohol, and tobacco;
- tips and articles for parents on a wide range of health topics.

Children can learn how to gain the confidence they need to make smart choices for their health and parents can learn about preteen and adolescent health issues by visiting the site frequently.

Health Resources for Adoptive Parents and Guardians

For parents who have recently adopted a child, or for those considering adoption, health and safety are important issues. Our *Health Resources for Adoptive Parents and Guardians* booklet provides important information about health, development, immunizations, home and child safety tips, nutrition, bonding and attachment, choosing a daycare or preschool, and adding children to your health insurance plan. Members can download the booklet from our secure Member website, amerihealthexpress.com.

Well-being Profile

The interactive online Well-being Profile can help Members identify and learn about possible health risks; discover opportunities for improving overall well-being; and connect to other health resources. Once a Member completes the Well-being Profile, he or she will receive a customized summary report that contains an overall health score of 0 to 100. The report includes health risks and suggests ways the Member can improve his or her health. The Well-being Profile is available on our secure Member website, amerihealthexpress.com.

Nutrition counseling

Most commercial managed care Members are eligible for up to six fully covered one-on-one nutrition counseling sessions with a participating registered dietitian or primary care Provider per benefit contract year. The purpose of the six nutrition counseling visits is to support our Members in establishing good eating habits that will contribute to a healthier lifestyle. PCPs may bill for nutrition counseling services above capitation.

A nutrition counseling visit could include:

- an assessment of dietary habits;
- the use of measurement tools, such as the BMI, to assess risks;
- development of strategy and goals to achieve dietary changes;
- ongoing support to maintain dietary changes and re-evaluate goals;

- guidance toward an appropriate exercise program.

HMO Members must use an in-network Provider to take advantage of these benefits and do not need a Referral for these services. PPO and POS Members may use an out-of-network Provider subject to applicable Deductibles and Coinsurance. For all Members, Copayments do not apply when using an in-network Provider for these nutritional counseling services.

Nutrition counseling in a group setting is not eligible for payment. Providers should not bill for medical nutrition therapy with the following codes: 97804, G0271. Only diabetic education services rendered by Providers who are certified by the American Diabetes Association® are eligible for payment with these codes.

Members can learn about the nutrition counseling program by visiting the Member portal at amerihealthexpress.com.

Note: Only certain Providers (i.e., PCPs or registered dietitians) are eligible to provide nutrition counseling services. Appointments with nutritionists are not a covered benefit.

One Pass™

A One Pass membership offers a comprehensive fitness program to AmeriHealth Medicare Advantage members. The program provides access to a variety of physical, social, and mental fitness programs allowing members to create a personal fitness experience tailored to their needs and lifestyle. The basic fitness membership includes:

- Access to a national fitness network including participating gyms and local YMCAs, boutique and spinning studios, as well as yoga, Pilates, and more.
- Home fitness kits for members who are not able to access a gym.
- Choose from thousands of on-demand and live-streamed online fitness classes, including recommended routines for your interests and fitness level.
- A Brain HQ brain training program designed to improve cognitive abilities.

Members can create a One Pass account and get a member code for access to in-person and online programs by visiting www.youronepass.com. Members can obtain more information about the fitness benefits by visiting the [One Pass information](#) page.

Shared Decision-Making Tools

Providers can now access several shared decision-making tools adopted by AmeriHealth. Providers and patients have different expertise and experiences when it comes to making consequential clinical decisions. Providers know about the disease, tests, and treatments while patients know about their bodies, circumstances, and goals for life and health care. These tools are considered the accepted standard of care and use and adherence to these tools may lead to improved patient outcomes. Tools include electronic, interactive, and paper-based decision aids, risk calculators, storyboards, videos in multiple languages, and additional decision aids in literature resources. Individual clinical decisions should be tailored to specific patient medical and psychosocial needs. As national guideline recommendations evolve, we suggest that you update your practice accordingly.

Shared Decision-Making Tools are evidenced-based resources considered the accepted standard of care in the medical profession between members and their physician by developing a partnership, exchanging information about the available options, deliberating while considering the potential consequences of each one, and making a decision by consensus.

These decision aids available for the following medical and behavioral health condition: Cardiovascular primary prevention, depression medication choice, diabetes medication choice, Head Computed Tomography (CT) choice, osteoporosis, Percutaneous Coronary Intervention

(PCI), Smoking Cessation around the time of surgery, Rheumatoid Arthritis, and Statin choice electronic decision aids. Shared decision-making aids are adopted from national sources and providers can link to the shared decision-making aids on our Internet Resources webpage www.amerihealth.com/resources/for-providers/patient-management/index.html.

These shared decision-making tools are not a statement of benefits. Benefits may vary based on State requirements, benefits plan (HMO, PPO, etc.), and/or employer group. Member coverage can be verified using the Practice Management application on the Provider Engagement, Analytics & Reporting (PEAR) portal or by calling Customer Service.