UCare Foundation Awards 25 Community Health Grants Across Minnesota

The UCare Foundation has awarded more than 25 grants throughout Minnesota for health improvement initiatives benefitting underserved populations. The grants fund programs addressing prevailing health disparities in the state; they also provide needed resources for counties and providers. The UCare foundation is a community-directed initiative of UCare focused on supporting innovative services, education, community outreach and research.

The following is a sample of UCare-sponsored programs across Minnesota

Local needs
- U Health & Learning Express mobile service in Carver County
- Community Paramedic home visit programs with Fairview Health System and North Memorial Health
- Crisis Funding for Open Cities Health Center in St. Paul

Mental health
- Postpartum depression support group in Duluth as part of Hennepin County's Project Child
- Promoting mental health and health equity in Dakota County
- Medication Assisted Treatment and mental health services to underserved and inmate populations in Ramsey County, Scott County and the Washington County Jail
- Mental health redesign at Allina Health

Health equity
- Health equity training programs at Children's Minnesota and Park Nicollet
- Justice involved families initiative with Anoka County
- Housing and wellbeing fund for homeless or at-risk individuals in St. Louis County
- Twin Cities Mobile Market, a Wilder Foundation program

Immigrant health

- Somali Circles of Health & Wellbeing program in Minneapolis and Rochester
- Bridge funding to Portico Healthnet
- Somali Community Resettlement program in Olmsted County

Aging

- Lutheran Social Service Senior Companion Services
- Thriving Minds and Healthy Aging initiative in Carlton County

2020 Update to UCare's Provider Manual Available

UCare's 2020 Provider Manual contains critical information that providers need to know to effectively work with UCare and our members. It is important that providers reference the online manual regularly for up-to-date content. The Provider Manual has been updated to reflect current business practices.

2020 Model of Care Training

UCare's Minnesota Senior Health Options (MSHO) and UCare Connect + Medicare plans are Dual Eligible Special Needs Plans, meaning that the member's Medicare and Medicaid benefits and services are integrated into one benefit package, with Long Term Services and Supports incorporated in the MSHO product. The Model of Care (MOC) describes the population, management, procedures and UCare's approach to caring for our population. It also details how UCare provides and coordinates benefits and services for these members.

UCare's MSHO and UCare Connect + Medicare members face a host of unique challenges and barriers to getting the care they need. These products are designed with a unique set of benefits and services to help members meet these needs and assist them in staying healthy and independent.

The Centers for Medicare and Medicaid Services (CMS) requires training on the Model of Care for providers on the management and procedures necessary to provide services and coordination of care to members to promote knowledge of the MSHO and Connect + Medicare population and assist providers in caring for these members.

All providers are required by CMS to complete one training option annually. Two options are available:

- Review the MSHO and UCare Connect + Medicare Model of Care description posted on UCare's website (https://home.ucare.org/en-us/providers/model_of_care_training).

OR

- Attend in-person presentations, which are available upon request.

Following the training, share or review the information with all appropriate staff and partners at your clinic. UCare recommends that you document and maintain training completion records.

Providers may also contact us at clinicalliaison@ucare.org for information about our MSHO and UCare Connect + Medicare Model of Care training.

Notification of Medicare Deactivation

Providers' contracts with UCare require that they provide 10-day written notification of changes in participation status with Medicare, Medicaid or any Minnesota state health care program. This includes, but is not limited to, informing UCare when the Centers for Medicare & Medicaid Services (CMS) has deactivated Medicare billing privileges.

Notifications related to CMS deactivation should be sent to UCare at demographicupdates@ucare.org and should include Provider Name, Tax ID, NPI and the effective date of deactivation. Providers should also indicate whether deactivation is effective at the entity level or the practitioner level. A copy of the notification from CMS should be included.

Please note that it will also be necessary to notify UCare when CMS billing privileges have been reinstated

Revised Coverage Requirements for PANDAS and PANS - Updated Age Range

Health plans in Minnesota are required to cover treatments and services associated with PANDAS (Pediatric Autoimmune Neuropsychiatric Disorder Associated with Streptococcal infection, specifically group A strep) and PANS (Pediatric Acute onset Neuropsychiatric Syndrome). For Minnesota residents, these services may include antibiotic therapy, behavioral therapies, associated anxiety and/or depression prescription medications, plasma exchange and immunoglobulin (IVIG) treatment.

The effective date of coverage for Prepaid Medical Assistance Program, Connect and Connect + Medicare members and MinnesotaCare was July 1, 2019. However, effective Jan. 1, 2020, the age range has been expanded from age 3 through 14 to age 1 through18.

The effective date of coverage for UCare Individual & Family Plans (IFP) and UCare Individual & Family Plans with M Health Fairview members was Jan. 1, 2020. The age range for coverage is also 1 through 18.

Claims submitted to UCare for treatments directly associated with PANDAS and PANS should have the ICD-10-CM diagnosis code of D89.89 in the primary position on the claim form and appropriately linked to each service related to treatment.

Preventing Falls for UCare Medicare Members

Falls are the leading cause of fatal and nonfatal injuries for older adults. Each year 1 in 3 adults 65 or older experience falls. Since falls are all too common among older adults, many people develop a fear of falling. This fear may cause them to limit their activities, which leads to reduced mobility, loss of physical fitness, and an increased risk of falling.

UCare is working to prevent falls in our Medicare population by partnering with SilverSneakers to host Balance Builder fall prevention classes at provider locations in March. Members will learn about common risk factors and steps they can take to prevent falls, including exercises to strengthen and improve balance. The workshops include 20 minutes of educational discussion with a focus on internal and external risk factors for falls, tips to prevent falls, and how exercise plays a role. The remaining 25 minutes are interactive balance exercises. Attendees go home with a workbook detailing exercises they can do to prevent falls as well as a checklist to prevent falls around their home. Look for Balance Builder workshops during the month of March at provider and community locations near you!

For more information on preventing falls visit ucare.org/falls.

March 16, 2020 Update: The following classes have been cancelled.

Event Date	Day	Time	Location name
~~March 25th~~	~~Wednesday~~	~~10:45 AM - 11:45 AM~~	~~Emma B Howe YMCA~~
~~March 26th~~	~~Thursday~~	~~2:00 PM - 3:00 PM~~	~~Southdale YMCA~~
~~March 27th~~	~~Friday~~	~~1:00 PM - 2:00 PM~~	~~Burnsville Senior Center~~
~~March 23rd~~	~~Monday~~	~~11:30 AM- 12:30 PM~~	~~Sabes Jewish Community Center~~

Combatting Social Isolation for UCare Members through Community Education Class Discounts

Social isolation, the physical separation from other people, poses many mental and physical health risks. Social isolation can come on suddenly when there is a major life change that leaves an individual home bound, living alone or no longer working. Those experiencing social isolation experience higher risks of high blood pressure, heart disease, obesity, depression, cognitive decline and more.

UCare is working to encourage social connection among its members by offering discounts on community education classes. UCare currently partners with 100+ Community Education programs across Minnesota. UCare members can receive up to a $15 discount on Community Education classes taken through one of our partnering programs. Through this discount, we hope to remove the cost barrier of participating in community education classes and help our members stay engaged in their communities.

To receive the discount, members simply show their UCare member ID card when enrolling in the class. Member should check their local community education catalog or contact the local school district for class times and locations.

Do you know a Community Education Program that would like to partner with UCare? Please have the Community Education Program contact UCare at wellness@ucare.org.

To learn more about the UCare Community Education Discount program visit https://home.ucare.org/en-us/health-wellness/fitness-wellness/community-education-classes/

2020 Summer Camps for Young UCare Members

UCare is partnering with summer camps across Minnesota to pay for the cost of camp for young members with asthma, diabetes and housing instability. Young Prepaid Medical Assistance Program and MinnesotaCare members with these health conditions will receive a call and information in the mail upon request with information on the camp and registration details. Campers must be UCare members at the time of registration and the time of camp to be eligible for the program.

- If you are interested in becoming a provider referral source for UCare members for any of the camps listed below, please contact Lauren Solheid at 612-676-3668 or lsolheid@ucare.org.
- If you have a young UCare member as a patient who is diagnosed with asthma or diabetes and would like to learn more, direct them to call the number on the back of their UCare insurance card or the contact listed for the camp.

The camp partners include:

Camp	Age - Condition	Dates	Contact Information
Camp Superkids – **American Lung Association** YMCA Camp Ihduhapi, Loretto, MN	Ages 7-14 with asthma	June 21-26, 2020	Val Haga, 651-268-7591, val.haga@lung.org
Camp Needlepoint –**American Diabetes Association (ADA)** YMCA Camp St. Croix, Hudson, WI	Ages 8-16 with diabetes	August 9-14, 2020 & August 16-21, 2020	Paula Williams, 703-549-1500 x4211, pwilliams@diabetes.org
Camp Daypoint - ADA YMCA Camp St. Croix, Hudson, WI	Ages 5-9 with diabetes	August 10-14, 2020	Paula Williams, 703-549-1500 x4211, pwilliams@diabetes.org
Camp Northstar (One Heartland)	Ages 7-13 experiencing housing instability	Dates TBD	One Heartland Camp

Documentation Improvement: Skin Ulcers

A skin ulcer is a wound that is open and raw on the skin and heals slowly. There are several different types of skin ulcers. Each type of skin ulcer is caused by a different set of underlying factors, but the primary issue is disrupted blood flow.[1] The types of skin ulcers include: decubitus ulcers also known as pressure ulcers, venous skin ulcers, arterial skin ulcers and neuropathic skin ulcers also known as diabetic foot ulcers.

Anyone at any age can develop skin ulcers, but they are more common in the elderly, people with certain chronic diseases like diabetes and atherosclerosis and those with mobility issues.[2] It is important to document skin ulcer to the highest level of specificity to help improve patient care.

When documenting pressure ulcers be sure to include the following:
- Indicate the type of ulcer – decubitus or pressure ulcer
- Location
- Laterality
- Stage – stage 1, 2, 3, 4 or unstageable
- Document any associated gangrene
- Document any complications that are due to the pressure ulcer that require treatment

Note that while non-physician clinicians can document the depth and stages of pressure ulcers, the diagnosis must be documented by a physician.

When documenting non-pressure chronic ulcers, include the following in the medical record:

- Type of ulcer – venous ulcer, arterial ulcer, neuropathic ulcer or diabetic foot ulcer
- Site
- Severity
- Laterality
- Any associated underlying condition

Documentation that includes the noted elements above will support the patient's true health status, medical necessity and quality care management.

1. Al Aboud AM, Manna B. Wound Pressure Injury Management. (Updated 2019 Sep 10). In: StatPearls. Treasure Island (FL): StatPearls Published 2020 Jan.
2. Palmer, A. (Updated 2020 Jan 28). An Overview of Skin Ulcers. Retrieved from https://www.verywellhealth.com/skin-ulcers-overview-4175813.

UCare Provider Website
www.ucare.org/providers

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612-676-3300
1-888-531-1493 toll free
Contact the newsletter staff: providernews@ucare.org

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