



Hamaspik Headliner

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Hamaspik Choice MLTC Expanding Our Service Area!

Hamaspik Choice is expanding our service area from the existing Mid-Hudson Valley to include New York City, Nassau, and Suffolk counties. Hamaspik Choice, Inc. is acquiring the assets of Extended MLTC and welcoming thousands of Extended members to the Hamaspik family. The service area expansion takes effect on August 1, 2023. At that time, most Extended employees will become Hamaspik employees and members who have not opted for another plan will become Hamaspik Choice members. Aside from the Extended MLTC members, we are able to start assessing individuals for MLTC enrollment beginning on June 21, 2023. We welcome referrals of patients/clients to us!



Chief Medical Officer's Corner



From our Medical Director, Hammad Rizvi, DO, MBA, CPE, FHM

Exclusions for Statin Therapy for Patients with Cardiovascular Disease & Statin Use in Persons with Diabetes

The Statin Therapy for Patients with Cardiovascular Disease (SPC) HEDIS® measure looks at the percentage of patients with atherosclerotic cardiovascular disease who received and adhered to statin therapy throughout the measurement year (MY). The Statin Use in Persons with Diabetes (SUPD) Part D Star measure looks at the percentage of patients who were dispensed at least two diabetic medication refills and received a statin medication fill during the MY.

However, statin therapy does not work for everybody, and alternative therapies are necessary to control their risk for future complications. If you have patients who

can't tolerate statin therapy, it is important that you document and notify us annually so that we can exclude the patients from your list of open care gaps. Refer to NCQA guidelines for a complete listing of exclusion criteria.

SPC Exclusions include the following:

- Myalgia, myositis, myopathy, or rhabdomyolysis during the MY
- Received hospice services anytime during the MY
- Received palliative care during the MY
- Deceased during the MY
- Are age 66 and older with advanced illness and frailty (for additional definition information, see the Advanced Illness and Frailty Guide).
- Any of the following during the MY or the year prior
 - Pregnancy diagnosis, IVF or at least

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one prescription for clomiphene (estrogen agonists)
– End stage renal disease or dialysis
– Cirrhosis

SUPD Exclusions include the following during the MY:

Myopathy and rhabdomyolysis

- Received hospice services
- Pregnancy diagnosis
- Lactation and fertility

End stage renal disease or dialysis coverage dates

Liver Disease

Pre-Diabetes

- Polycystic Ovary Syndrome

Educate your patients on the importance of adhering to their statin therapy regime and on potential side effects. If they start to experience muscle pain or weakness, have them contact you to discuss their options. Statin therapy should also be accompanied by lifestyle modifications, such as a healthy diet and exercise. Work with your patients to proactively identify and overcome any barriers that may prevent lifestyle modifications. Discuss creating a realistic, individualized exercise routine based on the patient's ability and interests.

Annual Wellness Visits & Preventive Services

The Centers of Disease Control and Prevention (CDC) states that chronic diseases are among the most common and costly of all health problems; they are also among the most preventable. Annual wellness visits and preventive services (e.g., colorectal cancer screenings, diabetic retinal eye exams) are at the forefront of early detection of chronic conditions.

The annual wellness visit is a vital component of proactive healthcare management that plays a crucial role in closing gaps in care. By consistently engaging with patients and discussing their health concerns, providers establish a foundation of trust and open communication that results in better patient compliance, increased patient satisfaction, and improved overall healthcare experiences.

During an annual wellness visit, providers can identify and address gaps in care, ensure that preventive services are up-to-date, and that necessary screenings and interventions are performed in a timely manner. These assessments provide a holistic view of patient care, enabling providers to create a comprehensive care plan tailored to the patient's particular needs.

An annual wellness exam can be conducted by a doctor, nurse practitioner, physician assistant, clinical nurse specialist, medical professional (registered nurse, health educator, registered dietitian,

nutritional professional or another licensed medical professional).

A comprehensive exam includes:

- Routine measurements (height, weight, and blood pressure)
- Review of the patient's medical and family history
- Review of current providers, medications and supplements, and durable medical equipment
- Assessment of functional abilities, fall risk and hearing
- Advanced care planning
- Screening for cognitive impairment
- Screening for depression

To improve the effectiveness of annual wellness visits and preventive services, it is essential that providers and patients become partners in care. Early detection is key to reducing healthcare costs, rate of hospitalization and worsening of chronic conditions. Let us collectively embrace the Annual Wellness Visit as a powerful instrument for fostering healthier lives and establishing a solid groundwork for long-term wellness.

Hamaspik wants to be a partner in managing the chronic illnesses of your patients. To do this effectively, we need complete information about the member's health conditions, including but not limited to a complete set of ICD-10 diagnosis codes on claims.

Trainings related to treating LGBTQ+ Patients

June is Pride month and Hamaspik wants to make providers aware of Behavioral and Mental Health Trainings to increase awareness and understanding of LGBTQ+ disparities, unmet treatment needs, reduce minority stress, and promote best practices.

Community Technical Assistance Center (CTAC) and the Managed Care Technical Assistant Center (MCTAC), both part of New York University's McSilver Institute for Poverty Policy and Research, offers useful, free trainings. Go to: <https://www.ctacny.org/trainings/> and select LGBTQIA+ from the Topics menu to find several useful trainings.

Carelon Behavioral Health (formerly Beacon Health Options) manages Hamaspik Medicare's behavioral and mental health provider network and benefits. Carelon has a broad network of providers, many of whom are familiar with and trained to serve special populations, including LGBTQ+ individuals.