

PUBLISHED FOR INTER VALLEY HEALTH PLAN PHYSICIANS

Info-Link

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 Inter Valley Health Plan
For health. Not for profit.

PCP PIZZA PARTY WINNERS



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OCTOBER 1, 2014 = ICD-10

The year 2014 is here and with it looms the ICD-10 implementation date of October 1, 2014. The Centers for Medicare & Medicaid (CMS) have indicated this single implementation date for all users. This means **all** ambulatory and physician services provided on or after October 1, 2014 **and all** inpatient discharges occurring on or after October 1, 2014 will use ICD-10 CM diagnosis codes and ICD-10 PCS codes, as applicable to a hospital setting.

Now is the time to ensure that you and your office coders are prepared (or preparing) for the transition. It is also time to plan for productivity dips and to make clinical documentation improvement a priority in your office.

Although the American Medical Association, on behalf of physicians, continues to lobby Congress for ICD-10 delays, it is imperative that you and your office staff jump on the preparation bandwagon — *which includes anticipating an estimated 50 percent reduction in coder productivity during the first few months of ICD-10 use.*

What to do first?

Examine your ICD-9 codes to start your ICD-10 assessments.



The most important step to planning your ICD-10 transitions may be collecting information on how and where you currently use ICD-9 codes. Look for your use of ICD-9 codes in:

- Authorizations/pre-certification forms
- Orders
- Medical Records
- Super bills/encounter forms
- Public health reporting
- Any other areas that could benefit from ICD-10 coding after October 1, 2014.
- Practice management and billing systems and databases. Determine how the codes are entered and if the database is maintained in house or by a vendor.

This review process will assist you in creating a list of your most commonly used ICD-9 codes. This list should be your initial tool to identify the new ICD-10 codes you will need for the transition.

CMS recommendations:

- Identify the most common diagnosis codes used in your office/specialty
- Use an ICD-10 code book or software to look up these diagnoses and establish the best match to the new codes.
- Understand that clinical documentation is critical to the selection of the correct ICD-10 codes. How is your communication with your biller/coder?
- Identify key words, medical notes and medical record contents so that the documentation is clearly communicated. Remember that **ICD-10 is very specific** and for the first time, **laterality factors are on a large portion of the codes.**

NOTE TO REMEMBER:

ICD-9 contains 3 - 5 characters.

ICD-10 contains 3 - 7 characters.

ICD-9 contained approximately 33,000 codes.

ICD-10 contains approximately 68,000 codes.

- Share your coding interpretation and selections with your office colleagues and staff to avoid miscommunication.

While the task appears massive, there are websites available to assist with education at no charge. The two worth mentioning are:

- The CMS ICD website provides information and links to resources for providers. MLN (Medicare Learning Network) has multiple videos and articles available.
- WHO (World Health Organization): <http://apps.who.int/classifications/apps/icd/ICD10Training/> (This is an online training tool).

Inter Valley Health Plan will be updating and distributing HCC books and educational booklets as the deadline gets closer. In the meantime, if you have any questions or comments regarding this transition, please feel free to contact Gail Wagner at (909) 623-6333 Ext. 243.



LEARN YOUR ABCS

Inter Valley Health Plan's Chronic Care Improvement Program (CCIP) aims to effectively promote control of HbA1c level below 7%, blood pressure level less than 130/80 mm Hg, cholesterol – LDL level less than 100 mg/dl and promote treatment for smoking cessation.

Based on our HEDIS data, it appears that our providers do a good job monitoring chronic health conditions but still have room for improvement in controlling chronic diseases such as diabetes and heart disease. The 2013 HEDIS score for HbA1c testing was 91.73% and with only 33.33% HbA1c control (<7%) which yielded a "3 Star" score. For LDL-C screening, testing was 90.75% and 54.74% LDL-C level control (<100 mg/Dl) which yielded a "4 Star" score. And finally for blood pressure control <140/90 mm Hg (HEDIS compliant rate - higher than clinical guideline recommendations) our score was 70.07% and 50.85% for (<130/80 mm Hg) which yielded a "5 Star" score, although the goal is to achieve closer control of BP 130/80 mm Hg per clinical guideline recommendations.

Inter Valley Health Plan offers an extensive medication formulary for the treatment of blood pressure, cholesterol, diabetes and smoking cessation medications. We encourage providers to utilize our formulary for effective optimal treatment therapy, which includes adjusting dosing as needed to get patients to goal. In many situations, we find patient's therapies are not titrated up as needed to achieve lab values to goal levels. Our provider community does an excellent job at initiating therapy at the lowest starting dose, however we may not always increase dosage as needed. Our Pharmacy and Therapeutics Committee continually reviews all drugs for inclusion or exclusion in the formulary. The committee ensures that new drug treatments that offer advances for patient therapies are immediately added to the formulary as well. Recent updates for Diovan and Chantix can be found on this publication, as well as by visiting our website at www.ivhp.com/site/PrescriptionDrugSearch.aspx or by calling our Pharmacy Services line at (800) 523-3142.

Empowering patients to lead a healthy lifestyle—not using tobacco, being physically active, maintaining a healthy weight, and making healthy food choices—greatly reduces a person's risk of developing heart disease or stroke. Preventing and controlling high blood pressure, high cholesterol and maintaining HbA1c level at 7% or below also play a significant role in cardiovascular health. Improved control of LDL less than 100 mg/dl can greatly reduce CVD complications by 20-50%. Blood pressure control less than 130/80 mm Hg reduces CVD risk among persons diagnosed with diabetes by 33-50%.

- A** **HbA1c (blood glucose)** less than 7 percent/
Aspirin use
- B** **Blood Pressure** less than 130/80 mm Hg
- C** **Cholesterol control** with LDL less than 100 mg/dL
- S** **Smoking cessation** counseling or treatment



- In general, every percentage point drop in HbA1c blood test results (e.g., from 8.0 % to 7.0 %) reduces the risk of diabetes, kidney, eye, and nerve disease by 40%.
- Blood pressure control reduces the risk of CVD among persons with diabetes by 33% to 50%, and the risk of diabetic kidney, eye, and nerve disease by approximately 33%. In general, for every 10 mm Hg reduction in systolic blood pressure the risk for any complication related to diabetes is reduced by 12%.
- Improved control of cholesterol or blood lipids (i.e., HDL, LDL, and triglycerides) can reduce CVD complications by 20% to 50%.

SANTA ANA & ANAHEIM OFFICES OPEN IN OC

Inter Valley Health Plan is now in Orange County! We have opened two Medicare Information and Vitality Centers to serve Inter Valley members in our North Orange County service area.

The Anaheim Medicare Information and Vitality Center, at 927 S. Brookhurst St, celebrated their opening on Thursday, September 26. The “Luau-style” open house included island-themed refreshments and surf music, performed live by Woodie and the Long Boards. Guests sang along to some classic Beach Boys songs and applauded the officiated and colorful “lei” ribbon-cutting.

Then on Friday, November 8, the Santa Ana Medicare Information and Vitality Center office opened at 2022 E. 17th Street, with a Fiesta-themed open house. In addition to enjoying “fiesta fare” guests also enjoyed classic flamenco-style acoustic guitar performed live. The fiesta theme included a string of chilies used for the ribbon-cutting ceremony.

Please come visit our new offices for a hot cup of coffee and a nice place to chat.

In addition to the two offices in Orange County, Inter Valley Health Plan has eight other Medicare Information and Vitality offices located in Banning, Claremont, Hemet, La Quinta, Palm Springs, Riverside, Chino and Victorville.

For more information about the free For Health and Living classes and social activities offered, please visit www.IVHP.com.



PHARMACY UPDATE

Inter Valley Health Plan's Pharmacy and Therapeutics Committee continually reviews all drugs for formulary inclusion or exclusion. This information was accurate at the print date. For more up-to-date information about additions, limitations or exclusions on our Formulary please visit our website at www.ivhp.com/site/PrescriptionDrugSearch.aspx or call Pharmacy Services, 7:30 am to 8 pm, 7 days a week, for Service to Seniors, Total Fit & OC Preferred Choice Update at 800-523-3142 or TTY/TTD 800-505-7150 or for DPC Pharmacy at 866-632-7890 or TTY/TDD 866-706-4757.

SERVICE TO SENIORS, TOTAL FIT & OC PREFERRED CHOICE UPDATE

COVERED DRUG NAME	ALTERNATE DRUG NAME	TIER DESCRIPTION	UTILIZATION LIMITS
CELEBREX CAP 50 & 100 MG	celecoxib	Preferred Brand	QL (60 per 30 days)
CELEBREX CAP 200 & 400 MG	celecoxib	Preferred Brand	QL (60 per 30 days)
CHANTIX PAK 0.5 & 1 MG	varenicline	Preferred Brand	QL (60 per 30 days)
CHANTIX TAB 0.5 & 1 MG	varenicline	Preferred Brand	QL (60 per 30 days)
DELZICOL CAP 400 MG	mesalamine	Non-Preferred Brand	
DIOVAN TAB 40 & 80 MG	valsartan	Preferred Brand	QL (30 per 30 days)
DIOVAN TAB 160 & 320 MG	valsartan	Preferred Brand	QL (30 per 30 days)
estradiol dis 0.025, 0.0375 mg	CLIMARA	Preferred Generic	
estradiol dis 0.05 & 0.06	CLIMARA	Preferred Generic	
estradiol dis 0.075 & 1 mg	CLIMARA	Preferred Generic	
finasteride tab 5 mg	PROSCAR	Preferred Generic	QL(30 per 30 days)
lidocaine pad 5%	LIDODERM	Non-Preferred Generic	QL (90 per 30 days)
lovastatin tab 10, 20 & 40 mg	MEVACOR	Preferred Generic	
nystatin pow 100000	nystatin	Preferred Generic	
omeprazole cap 10, 20 & 40 mg	PRILOSEC	Preferred Generic	
oxybutynin tab 5 mg	Ditropan	Preferred Generic	QL(180 per 30 days)
pilocarpine sol 1%	ISOPTO CARP	Non-Preferred Generic	

PA = Prior Authorization QL = Quantity Limits

PHARMACY UPDATE



DESERT PREFERRED CHOICE UPDATE

COVERED DRUG NAME	ALTERNATE DRUG NAME	TIER DESCRIPTION	UTILIZATION LIMITS
finasteride tab 5mg	PROSCAR	Preferred Generic	QL(30 per 30 days)
DIOVAN TAB 40 & 80 MG	valsartan	Preferred Brand	
DIOVAN TAB 160 & 320 MG	valsartan	Preferred Brand	

PA = Prior Authorization QL = Quantity Limits

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EDITOR'S NOTE:

We value your opinion. If you have any comments on this issue or have a topic suggestion for future issues, please contact Cyndie O'Brien at 909-623-6333 or cobrien@ivhp.com.



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Inter Valley Health Plan is a not-for-profit HMO with a Medicare contract. Enrollment in Inter Valley Health Plan depends on contract renewal

WIN A PIZZA PARTY ON US!

Inter Valley is proud of their providers and all the great work they do. As a token of our appreciation we are rewarding one lucky physician and their entire staff with a pizza party, delivered directly to their office. Adam D. Hickerson, MD; Aaron Linh Nguyen, MD and Elmer B. Pineda, MD and the staff of Inland Urology Medical Group and their excellent team are the most recent winners of our PCP Pizza Party.



Your staff provide exceptional care to patients, and essential support to you every day. Show them how much you appreciate all they do by entering them for a chance to win. Fill in the information below and mail to Inter Valley Health Plan, Attn. Pharmacy Dept, 300 South Park Ave, PO Box 6002, Pomona CA 91769-6002, or fax to 909-620-8092. Entries must be post-marked by March 31, 2014.

1. This means _____ and _____ services provided on or after _____, ___ and ___ inpatient _____ occurring on or after _____, ___ will use _____ diagnosis codes and _____ codes, as applicable to a _____.
2. It is _____ that you and your office staff jump on the _____ bandwagon — which includes anticipating an estimated _____ reduction in coder productivity during the first few months of _____.
3. The most _____ to planning your ICD-10 _____ may be _____ on how and where you currently use ICD-9 codes.

Physician: _____

Office Address _____