

Health Homes Herald

April, 2014

Volume 1, Issue 7

Helping people live healthier lives by integrating and coordinating services and supports to treat the “whole-person” across the lifespan.

Health Homes March Stakeholder Meeting Report and Reminder about Upcoming June Meeting

On March 21st over 65 stakeholders from a variety of service systems gathered at the Topeka Public Library to learn more about the progress being made on the Kansas Health Homes initiative.

The agenda included a mixture of presentations by staff from the Kansas Department of Health & Environment (KDHE), Managed Care Organizations (MCOs), and the National Council for Behavioral Health. Information presented included:

- The payment methodology for the Chronic Conditions State Plan Amendment
- Opportunities for provider connections with the three Managed Care Organizations

- Procedural details still in development
- Lessons learned from Health Homes initiatives in other states.

Attendees reported that this was the best Stakeholder Meeting to date!

Our next Stakeholder Meeting is scheduled for Tuesday, June 3rd at the WSU Hughes Metropolitan Complex Suderman Commons Room located at 5015 E. 29th Street N. in Wichita.

Please note that this will be our final Stakeholder Meeting as after the July 1st implementation of Health Homes we will transition this group to the Learning Collaborative with the help of Wichita State University’s Center for Community Support and Research (CCSR).

More details about the June Stakeholder Meeting and topics slated for discussion will be released soon so please stay tuned!

If you missed the March meeting, presentation slides and additional handouts are available online at:

[http://
www.kancare.ks.gov/
health_home/
stakeholder_meetings.
htm](http://www.kancare.ks.gov/health_home/stakeholder_meetings.htm).

If you’d like more information about the Stakeholder Meeting or the transition to the Learning Collaborative you may contact contact Sonja Armbruster at:

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Upcoming News and Events

- Health Action Plan (HAP) Webinar — April 22nd
- Health Information Technology (HIT) Webinar — April 29th
- Stakeholder Meeting — June 3rd

Questions?

Email: healthhomes@kdh.eks.gov

Phone: 1-785-296-3981



Consumers' Frequently Asked Questions

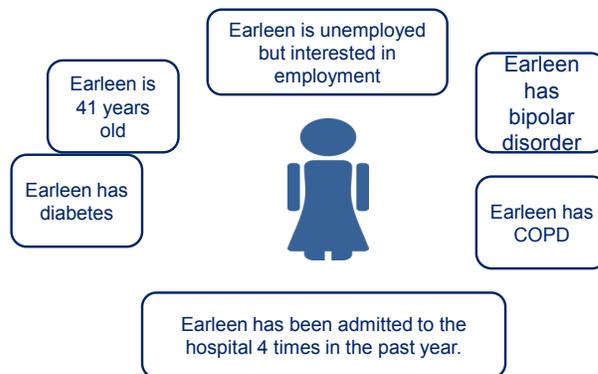
How will I know if I am going to be in a Health Home?

If you are eligible for a Health Home, you will receive a letter telling you about Health Homes and letting you know what Health Home you are assigned to. If you want to work with that Health Home you don't have to do anything, your Health Home team will contact you to get you started.

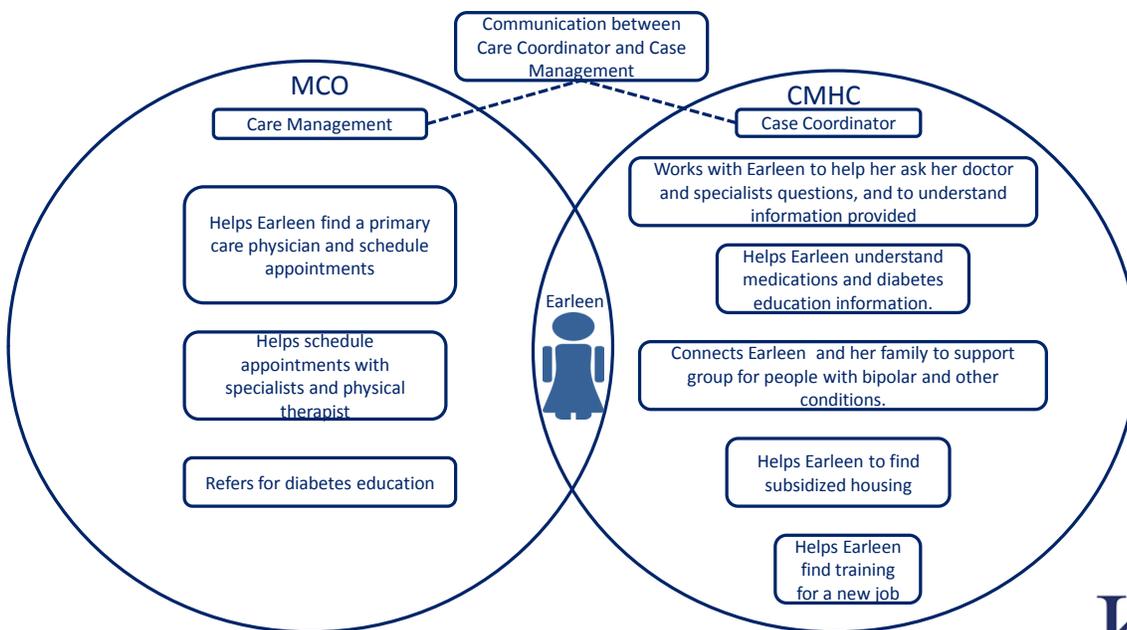
Example Of How A Health Home Can Help

Meet Earleen. Earleen is going to help us show you how a Health Home can help meet your needs. Though this is only an example, we hope that this will help you see how Health Homes can help make your life better as well. The picture to the side shows you the many conditions that Earleen is dealing with. The picture below shows how a Health Home can make sure that all of Earleen's needs are met by working with her health care providers as well as her community support providers. This means better health for Earleen and you!

MEET EARLEEN



How will Health Homes help Earleen?



CC Health Home PMPM Rates, Effective July 1, 2014:

Level	Rate
Level 1	\$108.31
Level 2	\$142.61
Level 3	\$208.46
Level 4	\$421.25
<i>Weighted Average</i>	\$147.89

I/DD Target Case Management Providers

MCOs and/or HHPs must include the targeted case management (TCM) provider as part of the Health Home team for any member who has an intellectual or developmental disability (I/DD). The MCO or the HHP must:

- 1) Contract with the TCM provider if the I/DD member wishes to continue the relationship with that provider.
- 2) Provide a minimum PMPM payment of \$208.75 to TCM providers serving I/DD members who are in Chronic Conditions Health Homes.

The TCM provider will be responsible for various components of the six core Health Homes services and these will be determined at the time the Health Action Plan is developed.

Please note: The TCM guaranteed PMPM payment amount differs between the SMI and CC target populations. The SMI guaranteed rate is \$137.32.

The Preparedness and Planning Tool and Beyond: Additional Steps Towards Implementation

Even though the April 1st target date to submit Preparedness and Planning Tools has come and gone, its not too late to submit your Tool. Health Homes are set to implement on July 1, 2014 and we are still working to build our Health Homes provider networks.

In addition to submitting your Tool, now is the time to be discussing potential partnerships and collaborations with other area providers. Health Homes are about sharing information across providers to ensure that consumers' health needs and goals are met through a team approach. We encourage providers to begin considering how they can build bridges between area providers as the implementation of Health Homes nears.

Finally, interested providers should be actively reaching out to our MCO partners and discussing procedural and contractual issues at this time. Even if you don't think that you are quite ready to become a Health Home partner at this time, now is a great time to learn more and build the framework for future involvement in Health Homes.



April Health News: Achieving and Maintaining a Healthy Weight while addressing Chronic Conditions

With the coming of spring, now is a perfect time to enjoy the outdoors, get started with physical activity and work towards maintaining or achieving a healthy weight. As we move towards implementation of Health Homes in Kansas, please remember that safely addressing weight issues is particularly important for individuals with chronic conditions.

The Centers for Disease Control and Prevention (CDC) reminds us that physical activity can help you control your blood glucose, weight, and blood pressure, as well as raise your “good” cholesterol and lower your “bad” cholesterol. It can also help prevent heart and blood flow problems, reducing your risk of heart disease and nerve damage, which are often problems for people with diabetes.

However, be mindful that people with chronic conditions, such as a heart condition, asthma, arthritis, diabetes, or high blood pressure, should talk to their doctor about what types and amounts of physical activity are appropriate.

Questions?

If you have questions, or would like more information about Health Homes in Kansas, please contact us. Our page on the KanCare website also contains information about the Health Homes project and documents are being updated regularly.

Your doctor may want to check your heart and your feet to be sure that you have no special problems before you start your workout routine. Exercise involving heavy weights may be bad for people with blood pressure, blood vessel, or eye problems.

Diabetes-related nerve damage can make it hard to tell if you’ve injured your feet during exercise, which can lead to more serious problems. If you do have diabetes complications, your health care provider can tell you which kinds of physical activity would be best for you.

Also keep in mind that some illnesses may contribute to obesity or weight gain. Drugs such as steroids and some antidepressants may also cause weight gain and make weight loss more difficult.

A doctor is always the best source to tell you whether illnesses, medications, or psychological factors are contributing to weight gain or making weight loss hard.

If you are just starting a workout regimen, and are not accustomed to physical activity, you may want to start with a little exercise, and work your way up. As you become stronger, you can add a few extra minutes to your physical activity. Try to do some physical activity every day. It’s better to walk 10 or 20 minutes each day than one hour once a week.

For more information, see [Controlling Your Diabetes](#) from the Center for Disease Control and Prevention’s (CDC) publication, *Take Charge of Your Diabetes*. Or, see the National Diabetes Information Clearinghouse’s publication, [What I Need to Know About Physical Activity and Diabetes](#)

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