

# Building on NC's history of strong preventive benefits & new opportunities with the Affordable Care Act



**MEG MOLLOY DRPH, MPH, RD  
PRESIDENT AND CEO  
NC PREVENTION PARTNERS  
NCIOM HEALTH CARE REFORM TASK FORCE,  
PREVENTION WORKGROUP  
SEPTEMBER 21, 2010**



NC PREVENTION  
PARTNERS<sup>SM</sup>

# A little history...



- 1998 NCPP Kickoff. 100% plans (at the time, 23 licensed plans in NC; 16 active; 7 filed for licensed to do business with NC DOI) support partnering for population health and prevention. NCPP invites 6 plans with 98% market share to join Board of Directors, and Advisory Committees (Quit Now NC, Healthy NC Hospital Advisory Team).
- 1998-1999. Baseline survey of BASIC Preventive Benefits conducted among all plans and survey of preventive benefits among NC businesses in partnership with Wellness Councils of NC & NC Citizens for Business and Industry.
- 1999. NCPP publishes Healthy Employees, Healthy Businesses to support value based purchasing among NC's self insured businesses.

# A little history...



- 1999-present. NCPP convenes semi-annual Health Plan Prevention Roundtables. 100% plans participate.
- 2000-present. 100% NC plans voluntarily submit data to Preventive Benefits Profile.
- 1999-2008. Preventive Benefits supported by DPH (heart disease and stroke prevention, tobacco, diabetes, cancer, chronic disease). Joint planning with public health partners.
- 2009-2010 NCPP secures private sponsors.

# A little history...



- 1999-present. NC participated in national efforts to increase state-based voluntary benefit enhancement and federal opportunities to level playing field (i.e. redefine obesity as a condition which opened door for CMS considering it a reimbursable disease).
- 2003-2009. Link plans with NC Quitline and for NC Quitline offer NRTs (since benefit coverage of OTCs is administratively challenging).
- NC plans cover significantly more tobacco, obesity, pre-diabetes benefits than other states.

Molloy, M (2010) *North Carolina is Closing the Gap on Preventive Insurance Coverage*, NC Medical Journal, Vol 71 No 1, pp 66-67

# Preventive Benefits Profile



PREVENTIVE BENEFITS PROFILE  
NC PREVENTION  
PARTNERS



## The State Health Plan for Teachers and State Employees

**Executive Administrator:** Jack W. Walker, PhD

**Director—Integrated Health Management:**  
Anne B. Rogers, RN, BSN, MPH

**Contact Information:**  
4901 Glenwood Avenue, Suite 300  
Raleigh, NC 27612  
Phone: 919-881-2300  
Fax: 919-881-2308

**Phone:**

- PPO Customer Services: 1-888-234-2416
- Pharmacy Customer Service: 1-800-336-5933
- NC HealthSmart Health Coaching: 1-800-817-7044

### General Health Benefits Offered:

The Plan offers two comprehensive Preferred Provider Organizations (PPO) plans with a strong emphasis on wellness and prevention. Most office visits, including preventive care visits, are covered for only a copayment and no referrals are needed.

**Value Added Programs Offered:** NC HealthSmart, the Plan's healthy living initiative, offers disease and case management and wellness, preventive and worksite wellness services to Plan members whose primary health coverage is provided by the State Health Plan

Information submitted by  
The State Health Plan for Teachers and State Employees

Last Updated June 2010

### Preventive Benefits Disclaimer:

The information appearing in this profile and on the NC Prevention Partners' Web site has been voluntarily submitted by the managed care and insurance organizations referenced in the site. Benefits and products offered by these organizations change frequently, and while we will make every effort to provide current information, NC Prevention Partners (NCP) and its agents can not guarantee the accuracy or timeliness of the information contained herein. Persons or organizations receiving information from this Web site must use their own independent judgment as to the quality and relevance of the information. You should contact your managed care and insurance organization to obtain specific information on your coverage.

© 2010 NC Prevention Partners

[www.ncpreventionpartners.org](http://www.ncpreventionpartners.org)

# Preventive Benefits Profile



**PREVENTIVE BENEFITS PROFILE**  
**NC PREVENTION PARTNERS**



 <b>Tobacco Cessation Benefits</b>	<b>Covered Services and Medications:</b>	
	Screening / Assessment	As needed by a physician, nurse practitioner, physician's assistant or behavioral health provider.
	Cessation Counseling by a Primary Care Provider	Covered in addition to routine office visit when billed with applicable CPT codes. As needed by a physician, nurse practitioner, physician's assistant or behavioral health provider.
	Tobacco Cessation Medications, Prescription	Nicotine Replacement Therapy (NRT) patches; Bupropion; Nicotrol Nasal Spray and Inhaler, Varenicline (Chantix).
	Tobacco Cessation Medications, Over-the-counter	Free NRT patches through the NC Tobacco Use Quitline. Four months of medication per Plan benefit year for a maximum of two years. Must participate in Quitline multi-call coaching program to be eligible.
<b>Consumer Programs, Discounts and Services</b>		
<ul style="list-style-type: none"> <li>The NC Quitline provides a free telephone quit tobacco program. Quit Coaches are available from 8:00am to 3:00am, 7 days a week. Members who participate in the multi-call cessation coaching program may be eligible for 4 months of free NRT patches per Plan year for a maximum of two years.</li> <li>Education available through NC HealthSmart Personal Health Portal at <a href="http://www.shpnc.org">www.shpnc.org</a> and NC HealthSmart Coach Support Line at (800) 817-7044.</li> <li>NC HealthSmart Worksite Wellness Toolkit 'Quit Now' resource book is available online at <a href="http://www.shpnc.org/worksite-wellness.html">http://www.shpnc.org/worksite-wellness.html</a> and additional wellness program modules may be found at <a href="http://www.shpnc.org/ww-reources.html">http://www.shpnc.org/ww-reources.html</a></li> </ul>		
<b>Physician Programs and Initiatives</b>		
<ul style="list-style-type: none"> <li>Education available through NC HealthSmart Provider Representatives and communications about benefit.</li> </ul>		

**Preventive Benefits Disclaimer:**

The information appearing in this profile and on the NC Prevention Partners' website has been voluntarily submitted by the managed care and insurance organizations referenced in the site. Benefits and products offered by these organization change frequently, and while we will make every effort to provide current information, NC Prevention Partners (NCP) and its agents can not guarantee the accuracy or timeliness of the information contained herein. Persons or organizations receiving information from this web site must use their own independent judgment as to the quality and relevance of the information. You should contact your managed care and insurance organization to obtain specific information on your coverage.

# Preventive Benefits Profile



**PREVENTIVE BENEFITS PROFILE**  
**NC PREVENTION PARTNERS**



## Covered Services and Medications:

Screening / Assessment	Members with diabetes are eligible for 6 nutritional visits per benefit year with no copayment. Non-diabetic members with are eligible for 4 nutritional visits per benefit year at a primary copay.
Preventive Counseling by a Primary Care Provider	Covered as part of routine office visit and included within 4 visits for obesity assessment and intervention. See nutritional visits above.
Medical Nutrition Therapy by a Registered Dietitian	Members with diabetes are eligible for 6 nutritional visits per benefit year at no copayment. Non-diabetic members are eligible for 4 nutritional visits per benefit year at a primary copay.



## Nutrition Benefits

### Consumer Programs, Discounts and Services

- Education available through NC HealthSmart Personal Health Portal at [www.shpnc.org](http://www.shpnc.org) and NC HealthSmart Coach Support Line at (800) 817-7044.
- Coaching, disease and intensive case management services available for eligible members with obesity.
- NC HealthSmart Worksite Wellness Toolkit 'Eat Smart' resource book is available online at <http://www.shpnc.org/worksite-wellness.html> and additional wellness program modules may be found at <http://www.shpnc.org/ww-reources.html>.
- Blue 365 resources—discounts on weight loss programs and gym memberships at <http://www.shpnc.org/sc-my-member-services.html>
  - Save an extra 12% on any 28-day program order and get an extra week of food on Nutrisystem. 25% off any online diet or 15% off the eDiets Meal Delivery program. Save \$40 on the Kronos Weight Management program.
- Vita Blue savings on vitamins, mineral and herbal supplement purchases.

### Provider Programs

- Education through NC HealthSmart Provider Representatives and communications about discounts.

### Preventive Benefits Disclaimer:

The information appearing in this profile and on the NC Prevention Partners' website has been voluntarily submitted by the managed care and insurance organizations referenced in the site. Benefits and products offered by these organization change frequently, and while we will make every effort to provide current information, NC Prevention Partners (NCP) and its agents can not guarantee the accuracy or timeliness of the information contained herein. Persons or organizations receiving information from this web site must use their own independent judgment as to the quality and relevance of the information. You should contact your managed care and insurance organization to obtain specific information on your coverage.

© 2010 NC Prevention Partners

[www.ncpreventionpartners.org](http://www.ncpreventionpartners.org)

# Preventive Benefits Profile



**PREVENTIVE BENEFITS PROFILE**  
**NC PREVENTION PARTNERS**



**Physical Activity Benefits**

**Covered Services and Medications:**

Screening / Assessment	Covered as part of routine office visit.
Preventive Counseling by a Primary Care Provider	Covered as part of routine office visit.
Personal Trainers	See Blue 365 discounts below.

**Consumer Programs, Discounts and Services**

- Education available through NC HealthSmart Personal Health Portal at [www.shpnc.org](http://www.shpnc.org) and NC HealthSmart Coach Support Line at (800) 817-7044.
- Blue 365: Discounts on weight loss programs and gym memberships at <http://www.shpnc.org/sc-my-member-services.html>.
  - Snap Fitness—50% enrollment fee discount, plus 5% off monthly dues, 10% off personal training and many other FREE bonus perks.
  - Gold's Gym
- NC HealthSmart Worksite Wellness Toolkit 'Move More' resource book is available online at <http://www.shpnc.org/worksite-wellness.html> and additional wellness program modules may be found at <http://www.shpnc.org/ww-reources.html>

**Physician Programs and Initiatives**

- Educational available through NC HealthSmart Provider Representatives and communications about benefit.

**Preventive Benefits Disclaimer:**

The information appearing in this profile and on the NC Prevention Partners' website has been voluntarily submitted by the managed care and insurance organizations referenced in the site. Benefits and products offered by these organization change frequently, and while we will make every effort to provide current information, NC Prevention Partners (NCP) and its agents can not guarantee the accuracy or timeliness of the information contained herein. Persons or organizations receiving information from this web site must use their own independent judgment as to the quality and relevance of the information. You should contact your managed care and insurance organization to obtain specific information on your coverage.

# Preventive Benefits Profile



**PREVENTIVE BENEFITS PROFILE**  
**NC PREVENTION PARTNERS**



 <b>Pre-Diabetes Benefits</b>	<b>Covered Services and Medications:</b>	
	Screening / Assessment	As needed.
	Test Strips	Non-insulin dependent members receive 51 test strips per 30-day supply. Additional test strips are covered under the medical supply benefit.
	Pre-Diabetes Medication	Covers oral diabetes medication. See Preferred Drug List at <a href="http://www.shpnc.org/pdf/PreferredPrescList.pdf">http://www.shpnc.org/pdf/PreferredPrescList.pdf</a>
	Preventive Counseling by a Primary Care Provider	As needed.
	Medical Nutrition Therapy by a Registered Dietitian	Four visits per benefit year at a primary copayment.
	Comprehensive Diabetes Education by a Certified Diabetes Educator	Not Covered.
	<b>Consumer Programs, Discounts and Services</b> <ul style="list-style-type: none"> <li>• Education available through NC HealthSmart Personal Health Portal at <a href="http://www.shpnc.org">www.shpnc.org</a> and NC HealthSmart Coach Support Line at (800) 817-7044.</li> <li>• Coaching and disease and case management for members whose primary coverage is through the SHP.</li> <li>• The NC HealthSmart Worksite Wellness Toolkit is available online at <a href="http://www.shpnc.org/worksite-wellness.html">http://www.shpnc.org/worksite-wellness.html</a> and brand new wellness program modules may be found at <a href="http://www.shpnc.org/ww-resources.html">http://www.shpnc.org/ww-resources.html</a>.</li> <li>• Blue 365 resources—Web seminars on food and nutrition and discounts on weight loss programs at <a href="http://www.shpnc.org/sc-my-member-services.html">http://www.shpnc.org/sc-my-member-services.html</a></li> </ul>	
	<b>Provider Programs</b> <ul style="list-style-type: none"> <li>• Referrals for coaching or disease/case management.</li> <li>• NC HealthSmart provides practices with the SMART® Registry, a tool designed to assist physicians in providing high-quality, evidence-based care to NC HealthSmart eligible patients with chronic illnesses. The SMART® Registry offers practical, relevant information about the physician's patients in an easy-to-use format.</li> </ul>	

**Preventive Benefits Disclaimer:**

The information appearing in this profile and on the NC Prevention Partners' website has been voluntarily submitted by the managed care and insurance organizations referenced in the site. Benefits and products offered by these organization change frequently, and while we will make every effort to provide current information, NC Prevention Partners (NCCP) and its agents can not guarantee the accuracy or timeliness of the information contained herein. Persons or organizations receiving information from this web site must use their own independent judgment as to the quality and relevance of the information. You should contact your managed care and insurance organization to obtain specific information on your coverage.

# Preventive Benefits Profile



**PREVENTIVE BENEFITS PROFILE**  
**NC PREVENTION PARTNERS**



## Diabetes Benefits

### Covered Services and Medications:

Screening / Assessment	As needed.
Test Strips	Insulin dependent members receive 153 test strips and non-insulin dependent members receive 51 test strips per 30-day supply. Additional test strips are covered under medical supply benefit.
Diabetes Medications	The Plan covers oral diabetes medication and injectables, as well as insulin pumps. See Preferred drug list at: <a href="http://www.shpnc.org/pdf/PreferredPrescList.pdf">http://www.shpnc.org/pdf/PreferredPrescList.pdf</a>
Preventive Counseling by a Primary Care Provider	As needed.
Medical Nutrition Therapy by a Registered Dietitian	Up to six in-network office-based nutrition visits are covered at 100% per benefit period for members with diabetes. Additional nutrition visits are covered for members with diabetes at deductible and coinsurance.
Comprehensive Diabetes Education by a Certified Diabetes Educator	Not Covered.

### Consumer Programs, Discounts and Services

- Education available through NC HealthSmart Personal Health Portal at [www.shpnc.org](http://www.shpnc.org) and NC HealthSmart Coach Support Line at (800) 817-7044.
- Coaching, disease and intensive case management services available for eligible members with diabetes.
- The NC HealthSmart Worksite Wellness Toolkit is available online at <http://www.shpnc.org/worksite-wellness.html> and brand new wellness program modules may be found at <http://www.shpnc.org/ww-resources.html>.
- Blue 365 resources: Discounts on weight loss programs and gym memberships at <http://www.shpnc.org/sc-my-member-services.html>.

### Provider Programs and Initiatives

- Education through NC HealthSmart Provider Representatives.
- Referrals for coaching and disease/case management.
- NC HealthSmart provides practices with the SMART® Registry, a tool designed to assist physicians in providing high-quality, evidence-based care to NC HealthSmart eligible patients with chronic illnesses. The SMART® Registry offers practical, relevant information about the physician's patients in an easy-to-use format.

### Preventive Benefits Disclaimer:

The information appearing in this profile and on the NC Prevention Partners' website has been voluntarily submitted by the managed care and insurance organizations referenced in the site. Benefits and products offered by these organizations change frequently, and while we will make every effort to provide current information, NC Prevention Partners (NCP) and its agents can not guarantee the accuracy or timeliness of the information contained herein. Persons or organizations receiving information from this web site must use their own independent judgment as to the quality and relevance of the information. You should contact your managed care and insurance organization to obtain specific information on your coverage.

# Preventive Benefits Profile



PREVENTIVE BENEFITS PROFILE  
 NC PREVENTION  
 PARTNERS



 <b>Hypertension                  Benefits</b>	<b>Covered Services and Medications:</b>	
	Screening / Assessment	As needed.
	Hypertension medications	The Plan covers medication. See Preferred drug list at: <a href="http://www.shpnc.org/pdf/PreferredPrescList.pdf">http://www.shpnc.org/pdf/PreferredPrescList.pdf</a>
	Preventive counseling by a Primary Care Provider	As needed.
	Medical Nutrition Therapy by a Registered Dietitian	Four visits per benefit year with a primary copay.
<b>Consumer Programs, Discounts and Services</b>		
<ul style="list-style-type: none"> <li>• Education available through NC HealthSmart Personal Health Portal at <a href="http://www.shpnc.org">www.shpnc.org</a> and NC HealthSmart Coach Support Line at (800) 817-7044.</li> <li>• Coaching, disease and intensive case management services available for eligible members with hypertension.</li> <li>• The NC HealthSmart Worksite Wellness Toolkit is available online at <a href="http://www.shpnc.org/worksite-wellness.html">http://www.shpnc.org/worksite-wellness.html</a> and brand new wellness program modules may be found at <a href="http://www.shpnc.org/www-resources.html">http://www.shpnc.org/www-resources.html</a>.</li> <li>• Blue 365 resources: Discounts on weight loss programs and gym memberships at <a href="http://www.shpnc.org/sc-my-member-services.html">http://www.shpnc.org/sc-my-member-services.html</a>.</li> </ul>		
<b>Provider Programs and Initiatives</b>		
<ul style="list-style-type: none"> <li>• Education through NC HealthSmart Provider Representatives.</li> <li>• Referrals for coaching and disease/case management.</li> <li>• NC HealthSmart provides practices with the SMART® Registry, a tool designed to assist physicians in providing high-quality, evidence-based care to NC HealthSmart eligible patients with chronic illnesses. The SMART® Registry offers practical, relevant information about the physician's patients in an easy-to-use format.</li> </ul>		

**Preventive Benefits Disclaimer:**

The information appearing in this profile and on the NC Prevention Partners' website has been voluntarily submitted by the managed care and insurance organizations referenced in the site. Benefits and products offered by these organization change frequently, and while we will make every effort to provide current information, NC Prevention Partners (NCP) and its agents can not guarantee the accuracy or timeliness of the information contained herein. Persons or organizations receiving information from this web site must use their own independent judgment as to the quality and relevance of the information. You should contact your managed care and insurance organization to obtain specific information on your coverage.

# Preventive Benefits Profile



**PREVENTIVE BENEFITS PROFILE**  
**NC PREVENTION PARTNERS**



## Cholesterol Benefits

### Covered Services and Medications:

Screening / Assessment	As needed.
Cholesterol medications	The Plan covers medications. See Preferred Drug List at <a href="http://www.shpnc.org/pdf/PreferredPrescList.pdf">http://www.shpnc.org/pdf/PreferredPrescList.pdf</a>
Preventive counseling by a Primary Care Provider	As needed.
Medical Nutrition Therapy by a Registered Dietitian	Four visits per benefit year with a primary copayment.

### Consumer Programs, Discounts and Services

- Education available through NC HealthSmart Personal Health Portal at [www.shpnc.org](http://www.shpnc.org) and NC HealthSmart Coach Support Line at (800) 817-7044.
- Coaching, disease and intensive case management services available for eligible members with elevated cholesterol.
- The NC HealthSmart Worksite Wellness Toolkit is available online at <http://www.shpnc.org/worksite-wellness.html> and brand new wellness program modules may be found at <http://www.shpnc.org/ww-resources.html>.
- Blue 365 resources: Discounts on weight loss programs and gym memberships at <http://www.shpnc.org/sc-my-member-services.html>.

### Provider Programs and Initiatives

- Education through NC HealthSmart Provider Representatives.
- Referrals for coaching and disease/case management.
- NC HealthSmart provides practices with the SMART® Registry, a tool designed to assist physicians in providing high-quality, evidence-based care to NC HealthSmart eligible patients with chronic illnesses. The SMART® Registry offers practical, relevant information about the physician's patients in an easy-to-use format.

### Preventive Benefits Disclaimer:

The information appearing in this profile and on the NC Prevention Partners' website has been voluntarily submitted by the managed care and insurance organizations referenced in the site. Benefits and products offered by these organizations change frequently, and while we will make every effort to provide current information, NC Prevention Partners (NCP) and its agents can not guarantee the accuracy or timeliness of the information contained herein. Persons or organizations receiving information from this web site must use their own independent judgment as to the quality and relevance of the information. You should contact your managed care and insurance organization to obtain specific information on your coverage.

© 2010 NC Prevention Partners

[www.ncpreventionpartners.org](http://www.ncpreventionpartners.org)

# Preventive Benefits Profile



PREVENTIVE BENEFITS PROFILE  
**NC PREVENTION PARTNERS**



 <b>Youth/                  Adult                  Obesity                  Benefits</b>	<b>Covered Services and Medications:</b>	
	Screening / Assessment	4 visits per benefit year with a primary copayment.  Starting July 1, 2010, bariatric surgery must be performed at a Blue Distinction Center (BDC) in order to be covered as a Plan benefit.
	Preventive counseling by a Primary Care Provider	4 visits for obesity assessment and treatment
	Medical Nutrition Therapy by a Registered Dietitian	4 nutrition visits per benefit year with a primary copayment.
	Obesity Visits—Primary Diagnosis	4 nutrition visits per benefit year with a primary copayment.
	Obesity Medications	FDA-approved weight-loss medications are covered if medically necessary.
<b>Consumer Programs, Discounts and Services</b>		
<ul style="list-style-type: none"> <li>• Education available through NC HealthSmart Personal Health Portal at <a href="http://www.shpnc.org">www.shpnc.org</a> and NC HealthSmart Coach Support Line at (800) 817-7044.</li> <li>• Coaching, disease and intensive case management services available for eligible members with obesity.</li> <li>• The NC HealthSmart Worksite Wellness Toolkit is available online at <a href="http://www.shpnc.org/worksite-wellness.html">http://www.shpnc.org/worksite-wellness.html</a> and brand new wellness program modules may be found at <a href="http://www.shpnc.org/www-resources.html">http://www.shpnc.org/www-resources.html</a>.</li> <li>• Blue 365 resources: Discounts on weight loss programs and gym memberships at <a href="http://www.shpnc.org/sc-my-member-services.html">http://www.shpnc.org/sc-my-member-services.html</a>.</li> </ul>		
<b>Provider Programs and Initiatives</b>		
<ul style="list-style-type: none"> <li>• Education through NC HealthSmart Provider Representatives.</li> <li>• Referrals for coaching and disease/case management.</li> <li>• NC HealthSmart provides practices with the SMART® Registry, a tool designed to assist physicians in providing high-quality, evidence-based care to NC HealthSmart eligible patients with chronic illnesses. The SMART® Registry offers practical, relevant information about the physician's patients in an easy-to-use format.</li> </ul>		

**Preventive Benefits Disclaimer:**

The information appearing in this profile and on the NC Prevention Partners' website has been voluntarily submitted by the managed care and insurance organizations referenced in the site. Benefits and products offered by these organization change frequently, and while we will make every effort to provide current information, NC Prevention Partners (NCP) and its agents can not guarantee the accuracy or timeliness of the information contained herein. Persons or organizations receiving information from this web site must use their own independent judgment as to the quality and relevance of the information. You should contact your managed care and insurance organization to obtain specific information on your coverage.

# Preventive Benefits Profile



PREVENTIVE BENEFITS PROFILE  
**NC PREVENTION PARTNERS**



**Cancer Benefits**

**Covered Services and Medications:**

Screening Mammograms	Annually. Beginning at age 35, coverage is provided for one screening mammogram per female member per benefit period, along with a doctor's interpretation of the results. Earlier and/or more frequent mammograms will be covered as recommended by a doctor when a female member is considered at risk for breast cancer.
Follow-up Mammograms	
HPV Vaccine	One series per lifetime. Up to age 26.
Cervical Cancer Screenings	Annually
Follow-up Cervical Cancer Screenings	As needed
Colon Cancer Screening: Colonoscopy	Once every five years or more frequently as recommended by a physician. Member must be at least 50 years of age, or is less than 50 years of age and at high risk for colorectal cancer.
Colon Cancer Screening: Sigmoidoscopy	
Follow-up Colon Cancer Screenings	As needed
PSA	
Follow-up PSA/Biopsy	

**Consumer Programs, Discounts and Services**

- Cancer Treatment Support through NC HealthSmart Health Coach Support Line at (800) 814-7044.
- Education through NC HealthSmart Personal Health Portal at [www.shpnc.org](http://www.shpnc.org) and NC HealthSmart Health Coach Support Line
- Coaching, disease and intensive case management services available for eligible members with cancer.

**Provider Programs**

- Care/Disease Management referrals to NC HealthSmart Nurse Case Managers for intensive case management services.
- NC HealthSmart provides practices with the SMART® Registry, a tool designed to assist physicians in providing high-quality, evidence-based care to NC HealthSmart eligible patients with chronic illnesses. The SMART® Registry offers practical, relevant information about the physician's patients in an easy-to-use format.

**Preventive Benefits Disclaimer:**

The information appearing in this profile and on the NC Prevention Partners' website has been voluntarily submitted by the managed care and insurance organizations referenced in the site. Benefits and products offered by these organizations change frequently, and while we will make every effort to provide current information, NC Prevention Partners (NCP) and its agents can not guarantee the accuracy or timeliness of the information contained herein. Persons or organizations receiving information from this web site must use their own independent judgment as to the quality and relevance of the information. You should contact your managed care and insurance organization to obtain specific information on your coverage.



Aetna

Blue Cross and Blue Shield  
of NC

CIGNA

Division of Medical  
Assistance/ Community  
Care of NC

United HealthCare

Inclusive Health

FirstCarolinaCare

NC Association of Health  
Plans

NC State Health Plan

Wellpath/Coventry

## Health Plan Prevention Roundtables



# Additional Collaborations



State Health Plan, 2007.

Quit for Life tobacco cessation study with DOI, DOC and 2 school districts. Tested two levels of benefits among state employees. Summarized outcomes with report with recommendation to cover full suite of evidence based cessation benefits.

Inclusive Health, 2009. Advisory board requested evidence base for obesity and tobacco. NCPP provided gold standard benefits, IH's Board approved them.

FirstCarolinaCare, 2009-2010. Local report cards in 5 Sandhill communities to increase local businesses interest in prevention & opportunity to participate in WorkHealthyAmerica.

# Connecting the dots: providers & employers



- 2003-2008. Prevention Rx. Train providers about available reimbursement and CPT & ICD-9 codes to file for payment, and tools and approaches to set up quality systems to deliver preventive screening, counseling and evidence-based care.
- 2006-present. Healthy NC Hospitals.
  - Tobacco-free policies, benefits & environments= tobacco free employees and patients.
  - Healthy Food Environments & nutrition benefits=employees supported for good nutrition, healthy weight & chronic disease prevention.
- 2008-present. WorkHealthy America. Assess and guide employers to establish worksite wellness, preventive policies, environments & purchase and communicate benefits.

# So can we go home?



- New requirements of insurers go into effect as of Oct 23, 2010
- Next health plan roundtable is Oct 29
- Plan executive jokingly said we should title this roundtable, what's the point?

# A closer look



## What does ACA do for preventive benefits ?

- New law requires A & B recs of the USPSTF: screening & counseling for specific conditions/ages.
- Office of Consumer Information and Insurance Oversight in the US Department of Health and Human Services launched website as of July 1, 2010: [www.healthcare.gov](http://www.healthcare.gov). Links to marketing information for each licensed plan.
- As of Oct 1, will include cost information (“sticker pricing” ) for various products, premiums, copays and deductibles so that consumers can make decisions about purchasing insurance.

## What does it not do?

- New law requires A & B recs of the USPSTF: screening & counseling for specific conditions/ages.
- Does not include preventive medications across the board. Does include aspirin in heart disease, but does not include for tobacco cessation over the counter or prescription medications (recommended by the Surgeon General /PHS Guideline).
- Does not define annual or lifetime limits (how many times should a tobacco use be supported in quit attempts; how many visits for weight control).

# A closer look



- Does not cover areas where NC plans have exceeded current USPSTF (i.e. Recs of the NC Diabetes Advisory Council for pre-diabetes and diabetes coverage, Tobacco and Obesity coverage where NCPP, CCNC, DPH, foundations, and others have worked).
- Side by side policy analysis with great detail about each benefit encourages collaboration among public plans and prevention community and each others, and competition among private plans for products for a growing awareness among self insured employers.
- Does not link plans collaboratively to NC's strengths through relationships, partnerships and needs.

## Recommendation 12.4: Expand Health Insurance Coverage to More North Carolinians (Priority Recommendation)



The North Carolina Division of Public Health (DPH) should collaborate with NC Prevention Partners to include the coverage of all the US Preventive Services Task Force's (USPSTF) recommended screenings and treatment, including but not limited to screenings, counseling, and treatment for **STDs/HIV, obesity, alcohol and substance use, and depression** in the existing annual Preventive Benefits Profile survey of public and private health insurers in the state. If coverage is found to be inadequate or lacking, then public and private health insurers should expand coverage to include all USPSTF recommended screenings, counseling, and treatment (pages 288, 343).

# Current NCPP Goals



1. Automate Preventive Benefits Profile (allow for online submission, realtime updates, allows links to WorkHealthy America toolboxes and database).
2. Expand to include all aspects of USPSTF and CDCs immunization and NCIOM benefit recommendations.
3. Show where NC plans exceed ACA/USPSTF/CDC recommendations to promote gold standard care (i.e. tobacco medications) & healthy competition for promising practices and emerging evidence exist (i.e. obesity benefits).
4. Continue side by side policy analysis of preventive benefits.
5. Continue to promote coverage to PPOs, brokers, employers, consumers and providers.

# Critical Opportunities



1. Through WorkHealthy America and other groups that reach employers, link self insured employers to PBP so that they purchase the strongest benefits.
2. Assist small group purchasers to communicate benefits so they are utilized.
3. Gain input from consumers, advocates, providers, plans, employers to align resources (web, training, leadership, communications) so that consumers, providers, employers link to this new coverage. Do not replicate federal site, but assist specific target audiences to connect the dots between federal, state, and private NC innovations.
4. Align/link with new approaches that NC takes given the work of this new NCIOM Task Force.