

Iowa Department of Public Health

✓ The Check-Up

An update on issues and ideas Related to health reform in Iowa

The Check-Up is a health care reform newsletter designed to keep interested Iowans up to date on the progress of health reform initiatives.

The Check-Up will feature updates on activities of the Office of Health Care Transformation, which is a key point-of-contact for health care reform initiatives within IDPH including Accountable Care Organizations, Health Benefits Exchange, Chronic Disease Management Initiatives, and Patient-Centered Medical Homes/Health Homes. The Check-Up also features health reform councils as authorized by HF 2539 (2008) including activities related to the Federal Patient Protection and Affordable Care Act (ACA) (HR 3590) and other activities related to the focus of the councils.

November – January
2013/14

Websites

[Patient-Centered Health Advisory Council](#)

[Iowa e-Health](#)

[Health and Long-Term Care Access](#)

[Direct Care Worker](#)

[Patient Autonomy in Health Care Decisions Pilot Project \(IPOST\)](#)

[Community Transformation Grant](#)

[Office of Health Care Transformation](#)

[Health Insurance Marketplace](#)

Office of Health Care Transformation (OHCT)

The OHCT is the key point-of-contact for ACA related initiatives at IDPH including Health Insurance Marketplace, Accountable Care Organizations, Patient-Centered Medical Home/Health Homes, prevention and chronic care management initiatives, community utility and care coordination. The mission of the OHCT is to promote community care coordination and advance the patient-centered transformation of the health care system, which will improve care and reduce cost. The overarching goals of the OHCT are convening stakeholders, building relationships and partnerships, streamlining efforts, presents to and offer technical assistance to a variety of organizations including outside stakeholder groups, Local Public Health Agencies and Maternal and Child Health grantees to prepare for ACA implementation.

[Patient-Centered Health Advisory Council \(Previously the \(PCCM/MH Council\)\)](#) - The Patient-Centered Health Advisory Council last met on November 15th where they voted on a new name. Agenda and presentations can be found [here](#).

[Next Meeting: March 14th, 2014 from 9:30 – 3:00 at the Iowa Hospital Association](#)

Issue Briefs

The Council developed issue briefs on a variety of topics related to prevention, chronic disease management, and the spread of the PCMH in Iowa. The issue briefs educate stakeholders and policymakers on Iowa specific information and data.

- [Chronic Disease Management](#)
- [Disease Registries](#)
- [Prevention](#)
- [Diabetes in Iowa](#)
- [Patient Centered Care- What Does it Look Like?](#)
- [Social Determinants of Health](#)
- [Community Utility](#)

OHCT Partner News-

Community Care Coordination Plan- Last legislative session, [Senate File 446](#) allocated \$1,158,150 to the Iowa Primary Care Association to be used for the development and implementation of a statewide regionally based network (often times referred to as community utility) to provide an integrated approach to health care delivery through care coordination that supports primary care providers and links patients with community resources necessary to empower patients in addressing biomedical and social determinants of health to improve health outcomes. The Patient-Centered Health Advisory Council had made a recommendation to pursue a community utility model in Iowa and the OHCT is a key partner in the development of this plan. Contracts of \$300,000 each were awarded to Webster County Public Health and Mercy Medical Center-North Iowa. The Webster County initiative is comprised of a six county region including: Webster, Hamilton, Pocahontas, Calhoun, Wright and Humboldt Counties. Mercy Medical Center's project concentrates on Cerro Gordo County.

State Innovation Model (SIM)- The SIM is an effort funded by CMS and led by Iowa Medicaid Enterprise to seek a multi-payer Accountable Care Organization (ACO). In order to make sure the transition is thoughtful and manageable for both members and providers, the shift will take place over several years. ACOs will be phased into the Medicaid delivery system over two to three years. The first step in implementation is the completion and submission of the State Healthcare Innovation Plan. This document was submitted to the Centers for Medicare & Medicaid Services in the end of December 2013. It outlines Iowa's approach to ACOs, research and stakeholder input received, and lays the groundwork for the next steps.

- Access the plan here: <http://www.dhs.state.ia.us/uploads/IA%20SHIP%20Final.pdf>

For more information about Iowa's SIM click [here](#).

Iowa Health and Wellness Plan-

- **Approval of Iowa Health and Wellness Plan:** On January 3, 2014, Iowa received final documents from CMS regarding the approval of the Iowa Wellness Plan and Iowa Marketplace Choice Plan waivers. Issued with the approval were the special terms and conditions of the waiver. Review the [Iowa Wellness Plan](#) and [Iowa Marketplace Choice Plan](#) special terms and conditions. Amendments to the waivers include the acceptance of premiums for individuals with income 50-100% FPL which may be waived for hardship or the completion of healthy behaviors. Nonpayment of premiums will not result in disenrollment for individuals with income 50-100% FPL. Premiums will also be permitted for individuals with income 100-133% FPL. For additional information, see the [frequently asked questions document](#).
- **Medically Exempt Definition Released:** The final definition of Medically Exempt is available [here](#).
- **Medically Exempt Provider Referral Form Released:** The final Medically Exempt Provider Referral form has been released. The form may be used for individuals who have been made eligible for the Iowa Health and Wellness Plan. The form cannot be accepted until the individual has been made eligible for the plan. See page four of the form for a list of individuals permitted to submit the form to Iowa Medicaid. The form may be submitted by mail, fax or email to Iowa Medicaid. [Access the referral form here](#).
- **Provider Outreach Toolkit:** A [toolkit](#) has been created for providers to use in any outreach and education efforts related to the Iowa Health and Wellness Plan. The toolkit includes sample newsletter content and other educational information.
- **Accountable Dental Care Plan:** A [draft](#) Iowa Health and Wellness Plan Dental Paper is available [here](#) which outlines current thoughts about a new and innovative approach to providing dental coverage through a commercial carrier.
- For more information about the Iowa Health and Wellness Plan click [here](#).

Integrated Health Care Models and Multi-payer Delivery Systems Study Committee

The Integrated Health Care Models and Multi-payer Delivery Systems Study Committee (2013 Iowa Acts, SF 446, §§182 & 183) met on November 19th and 20th 2013 and included all day presentations/discussions on a variety of topics including ACOs, Iowa's Community Transformation Grant, Patient-Centered Medical Homes, Social Determinants of Health, Care Coordination, Population Health, prevention, data, eHealth etc. An "Integrated Health Care Model" is a more coordinated and integrated form of care delivery that is very patient-focused.

Background information about the Committee can be found here:

<https://www.legis.iowa.gov/docs/publications/BM/2013/24330/24330.pdf>

The Committee's website including the committee charge, members, and all of the handouts/presentations can be accessed here: <https://www.legis.iowa.gov/committees/committee?ga=85&session=2&groupID=19051>

Health Insurance Marketplace

The Health Insurance Marketplace is designed to make buying health coverage easier and more affordable. Open enrollment for the Marketplace began in October 2013 and coverage began on January 1st. The Marketplace allows individuals and small businesses to compare health plans, get answers to questions, find out if they are eligible for tax credits for private insurance or health programs like the Children's Health Insurance Program (CHIP), and enroll in a health plan that meets their needs. Consumers must enroll by **March 31, 2014** to avoid the individual shared responsibility penalty.

There are four basic ways to apply for health coverage through the Marketplace. Besides going online to www.healthcare.gov, consumers can use a paper application, meet with a trained Navigator or Certified Application Counselor in their community, or call the Call Center at **1-800-318-2596** to apply and enroll over the phone.

Iowa has formed a Health Insurance Marketplace Interagency Workgroup with the Iowa Insurance Division, the Iowa Department of Human Services, and Iowa Department of Public Health.

Iowa's Navigator Grant Recipients- Iowa has 3 awards totaling \$514,002.

1. Genesis Health System- \$128,430
2. Visiting Nurse Services of Iowa- \$257,142
3. Planned Parenthood of the Heartland- \$214,427

Certified Application Counselors (CACs)

If you're interested in training your staff and volunteers to assist people applying for coverage through Marketplace, you can apply to be a CAC organization at <http://marketplace.cms.gov/help-us/cac.html>

- [FAQ on CAC Certification and Training](#)
- [FAQ on Designation of CAC Organizations](#)

Outreach Efforts

Community Health Centers: HHS announced that an additional \$58 million in grants were awarded to 1,157 health centers across the nation currently working to enroll uninsured Americans in new health insurance coverage options made available by the ACA. All 14 of Iowa's Community Health Centers (CHCs) received additional funding from HRSA to support outreach and enrollment activities. For a list of the award amounts click [here](#).

Community Outreach Campaign: The Iowa Insurance Division has announced the award recipients of the Community Outreach Campaign RFP. More information will be shared as soon as it is available.

- Broadlawns Medical Center
- Iowa CareGivers
- Iowa Community Action Association
- Iowa State University Extension and Outreach
- ISED Ventures
- One Iowa
- Proteus, Inc.

[Iowa Health Insurance Marketplace Weekly Updates](#)

If you'd like to subscribe to these weekly email notifications, please email "subscribe" along with your name, organization and contact information to affordablecareact@iid.iowa.gov.

[Stakeholder Outreach and Education Workgroup](#)

This is a workgroup for Iowa stakeholders. The workgroup meets bi-weekly via WebEx. If you would like to participate, contact affordablecareact@iid.iowa.gov.

[Health Insurance Marketplace Consumer and Business Research Survey](#)

- IDPH contracted with the University of Iowa to conduct a consumer and business research survey to evaluate their insurance purchasing needs and knowledge about the new Marketplaces in order to help the state design and structure the education and outreach programs for the Marketplace. A number of business and consumer groups disseminated the survey to their members. The final report on the consumer survey can be found [here](#). Some of the main results from the consumer survey include:
 - Those likely to use the Marketplace are not as comfortable with the online system and will want one-on-one help
 - Cost is most important when choosing plan (in focus groups they said it was quality)
 - Trusted sources for marketplace information include the organization's human resources staff, public health agencies, community resources

[Health Insurance Marketplace Resources](#)

- The Iowa Collaborative Safety Net Network created a [Health Insurance Marketplace Toolkit](#) for Safety Net Providers
- **New FAQ Document:** [Helping Consumers with the Application Process](#)
- **New FAQ Document:** [Helping Consumers with Eligibility and Plan Selection](#)
- **New Application Toolkit:** CMS posted a toolkit for you to use as you help consumers prepare and complete a paper application for health coverage. The new resource can be found [here](#).

Consumer Factsheets:

- [What to know about seeing your doctor](#)
- [What to know about getting your prescription medications](#)
- [Appealing your insurers' decision not to pay](#)
- [I signed up, but don't have health coverage. What should I do?](#)
- [Getting emergency care](#)
- [What you should know about early renewal of health coverage](#)
- [What you should know about provider networks](#)

Iowa e-Health



Iowa Health Information Network (IHIN) participation is really gaining momentum. All four "early adopter" organizations (University of Iowa Hospitals and Clinics, UnityPoint, Mercy Healthcare, and Genesis) have signed their Participation Agreements and have completed technical testing with the system. They are working internally to set their respective go-live dates to begin exchanging electronic patient information via the IHIN. In addition, over 45 other healthcare organizations in the state have already signed up for IHIN services and are using the system to exchange electronic patient information.

At this time, use of the IHIN's query functionality (patient look-up) is limited through a combination of Iowa Code 135.154-156 and the IHIN policies and participation agreement to only be used for the explicit treatment of patients by Providers and Hospitals. The Iowa Department of Public Health is sponsoring legislation (LSB 5306) during this year's legislative session to expand the use of the IHIN to include healthcare payment and operations. This would enable the modification of Iowa Code 135.154-156 to allow for expansion of the use of the IHIN patient look-up (query) tool. It is important to understand that IHIN policies and the participation agreement will continue to restrict use beyond what the legislation allows going forward. If LSB 5306 is approved, organizations wishing to utilize the IHIN patient look-up tool for the purpose of health care payment or operations will be approved through a review process. Iowa eHealth's stakeholders believe it's important to do this now because some of the efforts involved in new models of care, like ACOs, are requiring use not allowed by current law. Authorized care coordinators, for example, would then be able to look up patient information using the IHIN.

[Next Meetings: February 21st, 2014 from 10 – 2 at Mercy Medical Center- East Auditorium](#)
[April 4th, 2014 from 10 – 2 at Mercy Medical Center- East Auditorium](#)

Direct Care Worker Initiative

[Upcoming Webinars Hosted by Telligen](#)

Interested in learning more about Iowa's first-ever comprehensive direct care training: ***Prepare to Care – Iowa's Direct Care and Support Curriculum***? The cross-discipline curriculum was developed and delivered to more than 400 direct care professionals through a federally-funded pilot project based on recommendations of the Direct Care Worker Advisory Council. During the times listed below, Erin Drinnin, Project Manager of the Initiative at IDPH, will provide an overview of the project, outcomes from the pilot training, and opportunities to access the training now that it is becoming available statewide. She will answer questions about benefits of the curriculum and options for using it as new and continuing education. Dates, times and registration information is below (the same webinar is being offered two times):

February 7, 2014 9:00 a.m. to 10:00 a.m. To register, click [here](#)

February 12, 2014 12:00 p.m. to 1:00 p.m. To register, click [here](#)

[Free Online Training Launched!](#)

The *Prepare to Care* online Core training module was officially launched on January 20th. It was developed through a partnership between IDPH, The University of Iowa College of Nursing, and the Upper Midwest Public Health Training Center. The course is an introduction to direct care and trains students in communication and interpersonal skills, documentation, person-centered support, infection control, mobility assistance and worker safety, and professionalism. The Core online course is great for new workers as well as incumbent workers who are interested in a refresher. It takes approximately six hours to complete online, and students are able to 'pause' and return to the course later. Successful completion of the online course makes students eligible to enroll in other *Prepare to Care* advanced training modules. To access the course, go to <http://directcare.training-source.org/>. To learn more about *Prepare To Care: Iowa's Direct Care and Support Curriculum*, check out our wiki site [here](#).

[Instructor Trainings in March](#)

Interested in becoming an instructor of the *Prepare to Care* curriculum? IDPH is offering another round of free instructor trainings in March for qualified applicants. Space is limited, so apply soon!

Two types of instructors are being trained (instructor types and requirements can be found [here](#)). Every instructor must take two days of training: one day focused on Principles of Adult Learning and the other day focused on the modules which they are planning to teach. There is no cost for the instructor training, but individuals will be responsible for their own travel costs (mileage, meals, and lodging if needed). To apply to attend one of the instructor trainings in Des Moines March 12-14 or Davenport March 26-28, click [here](#). If you are interested in becoming a trained instructor but cannot attend one of the sessions, click [here](#) to be added to our interest list. If funding and time permits, we hope to add more instructor trainings soon.

[An Instructors Perspective: Collaborative Industries and Developmental Service of Iowa](#)

Jace Smrcka, Director of Training and Staff Development at Collaborative Industries recently became a *Prepare to Care* Instructor, and we asked him to share some thoughts with us. Collaborative Industries is a management company that provides management and oversight services to a number of different companies that provide direct care services to people with intellectual disabilities, mental health needs, and other special needs. Developmental Services of Iowa (DSI) has area offices in Council Bluffs and Des Moines, and is one of the companies within Collaborative Industries' provider network. DSI provides home and community based services to Iowans through the Intellectual Disability, Traumatic Brain Injury, and Habilitation Medicaid waivers. Here is an excerpt from our interview with Jace:

What got you and your organization interested in the Prepare to Care curriculum?

I was able to attend an informational meeting in September of 2013. I was very impressed to learn about the multi-faceted and interdisciplinary process that was utilized to develop the curriculum. I was equally impressed when able to review the statistical improvements in employee knowledge level and employee retention that were included in the reports of the results of the original Pilot Program.

[What is a Direct Care Professional?](#)

A direct care professional (DCP) is an individual who provides supportive services and care to people experiencing illnesses or disabilities and receives compensation for such services. DCPs provide 70-80% of all direct hands-on services, assisting individuals with daily living tasks, personal care, independent living skills, and basic health care services. DCP is the umbrella name for the workforce. DCPs are commonly called direct support professionals, direct care workers, supported community living workers, home health aides, certified nurse aides and others.

Direct Care Worker Initiative (cont.)

How do you plan to use the curriculum?

My vision is to use the Core Curriculum as the basis for New Hire Orientation and incorporate the other modules as part of an on-going in-service training program for all support professionals.

Please share one thing you learned during instructor training that you are planning to use in the future.

One concept that was emphasized is how often we, as trainers, need to provide breaks in classroom work in order to optimize learner engagement and retention of information. After taking this course, I immediately began to closely evaluate presentations that I've done for years to look for ways I could update them in accordance with the principles I learned through this trainer course.

To keep up to date on progress and activities, check out our wiki site at <http://iowadirectcare.wikispaces.com/> for information and to sign up for the e-update. Contact Erin Drinnin at erin.drinnin@idph.iowa.gov if you have questions or would like to be involved in the project.

Next Direct Care Worker Advisory Council Meeting: January 30th, 2014 from 10 – 2:30 at the West Des Moines Learning Resource Center

Community Transformation Grant (CTG)

Making Connections for a Healthier Iowa: Your Place at the Table Webinar

On November 26, 2013, the Iowa Community Transformation Grant project director, Kala Shipley, presented during the Iowa Public Health Association's (IPHA) "Making Connections for a Healthier Iowa: Your Place at the Table" webinar.

The webinar's agenda included the following:

- Introduce the concept of health considerations in decision-making
- Spur thinking and make connections for collaboration across sectors to achieve mutual goals
- Identify opportunities and leverage non-traditional partners across sectors and within the community to advance the consideration of health
- Educate on how policies and services from all sectors have beneficial or neutral impacts on the determinants of health

Please visit the IPHA website at <http://iowapha.org/HiAP> to view this informative webinar.

Worksite Wellness in County Government

Since worksite wellness is an important initiative for Iowa CTG, many of the 25 grantee counties have not only worked with employers within their community, but they have also voluntarily applied healthy changes within their own county worksites.

- The Black Hawk County Board of Supervisors voluntarily passed a wellness policy. One of the components of the policy stated that "Black Hawk County shall promote and give preference in all county-owned facilities to the access of healthy food and beverages for employees and the public during the workday in manner that makes the healthy choice the easy choice."
- The Cerro Gordo County Health Department voluntarily began following the Nutrition Practice Guidelines. The healthy practices guidelines were inserted in the employee handbook for use and compliance by employees who are charged with purchasing department meals. In addition to the food guidelines, a supplemental catering directory highlighting the "healthy" menu selections of local restaurants was created to assist employees with "healthy" catering options for meetings.
- In Linn County, the county government voluntarily passed a worksite wellness policy. The guidelines of the policy included provisions for flex-time and a lactation room for new mothers, gym membership benefits, and healthy food and beverages at meetings and in vending machines.
- Ringgold County also voluntarily passed a worksite wellness policy that includes provisions for physical activity and healthier food options.
- Mills County's government worksite wellness policy now includes offering healthy food options to employees.