

Montana Medicaid and Healthy Montana Kids *Plus* **MESSENGER**

NOVEMBER IS DIABETES AWARENESS MONTH!

Diabetes Prevention Program

Thinking of ways to have a healthier lifestyle?

The Montana Diabetes Prevention Program (DPP) offers group classes to coach people in making healthy choices. A strong commitment to eating healthy and being active can prevent or delay type 2 diabetes.

With the help of their healthcare provider, over 7,500 adult Montanans at risk for type 2 diabetes have enrolled in the program. Montana Medicaid covers DPP by an approved provider.

You may be able to join the DPP if you are 18 years of age or older and are overweight - **AND**

Have one or more of the following:

- High blood sugar (or a diagnosis of pre-diabetes, IGT or IFG)
- High blood pressure
- High triglycerides
- High LDL cholesterol
- Low HDL cholesterol
- You are taking medication for one of the risk factors listed above
- Your parent or sibling has type 2 diabetes
- You are physically active fewer than 3 times per week
- You ever gave birth to a baby that weighed more than 9 pounds
- You ever had diabetes while pregnant (gestational diabetes mellitus or GDM)

If you have diabetes you are not eligible for DPP. Instead, you should work with your Primary Care Provider to see what educational opportunities are available.

The program runs for 1 year. During the first 6 months of the program, you will meet about once a week. During the second 6 months, you'll meet about once a month. A lifestyle coach leads each class and focuses on:

- How to make lifestyle changes that last
- Healthy eating strategies
- Ways to become physically active
- Dealing with stress
- Coping with challenges that can derail your hard work—like how to choose healthy food when eating out
- Getting back on track if you stray from your plan—because everyone slips now and then

Recent DPP outcomes show:

- Nearly all of participants completed at least 4 classes.



In This Issue

Diabetes Prevention Program1-2

As a Medicaid/*HMK Plus* Member,
What if I Receive a Bill?.....1-2

Montana ABLE Launches!.....2

Montana Warm Line.....3

Long Acting Reversible
Contraceptives.....3

Teen Pregnancy Prevention..... 3

Presumptive Eligibility4

Key Contacts.....4

Announcements4

As a Medicaid/*HMK Plus* Member, What if I Receive a Bill?

After your appointment you may receive a bill from your provider telling you what service or you received, the date it was received, the cost, and how much copayment you may owe. Medicaid and *HMK Plus* usually do not pay your provider the full amount the provider charges for services. Your provider has agreed to accept the lower payment when they accepted you as a Medicaid member. Make sure you inform the provider you are a Montana Medicaid member **before** you receive services. You **DO NOT** pay the remaining balance amount that Medicaid/*HMK Plus* does not pay -

- Almost two-thirds achieved the goal of 150 minutes of physical activity per week.
- Most participants lost between 5% and 7% of their body weight.
- Many achieved normal blood sugar levels after participating in the program.

If you've decided to make some healthy changes, talk with your doctor about whether the DPP seems right for you!

Montana ABLE Launches!

Montana Medicaid members with disabilities Good News! Achieving a **Better Life Experience (ABLE)** accounts are now available for Montanans with disabilities. Information may be found at [Montana ABLE](#) or call the toll-free information line at: 1-888-609-3461.

Senate Bill 399 (SB 399) allows eligible individuals with disabilities to establish "ABLE accounts" that resemble the tuition programs that have long existed under the tax code. The new ABLE accounts will allow more control over personal saving and spending decisions for qualified disability expenses, while also protecting eligibility for Medicaid, Supplemental Security Income, and other important benefits for people with disabilities.

Why would a qualified individual need an ABLE Account? In the past, many people with disabilities had very limited avenues to save money. This new law recognizes the obvious – people with disabilities face added costs that aren't covered by government programs. The state should not stand in the way of these individuals saving their own money to use for disability-related expenses.

While there are annual contribution limits and caps on account balances, the person with a disability, a family member, or any person, may contribute to an ABLE account for an eligible beneficiary. Additionally, Montana state law provides an income tax deduction of up to \$3,000 per year for certain contributors.

Prior to the ABLE Act, folks with disabilities were essentially penalized for saving money and being financially responsible. Giving people with disabilities the power to save their own money or use contributions from others, can help them improve their living conditions. Funds can be used to enhance accessibility, find appropriate transportation options to enable employment, or used toward additional education or training to lead to future independence.

Federal law sets specific requirements for ABLE account eligibility. To qualify, the person must:

- Have a disability that occurred before age 26
- AND**
 - Be entitled to benefits on the basis of disability or blindness under the Supplemental Security Income (SSI) program or Social Security disability program.
- OR**
 - Meet the criteria to certify as a person with a disability

Accounts are easy to open and manage online and offer a variety of investing and saving options. A dedicated call center is available for assistance.

These accounts can improve the lives of Montanans across the state. If you think you or someone you know may qualify, please visit [Montana ABLE](#) to get more information.

but you **ARE** responsible to pay for the service ... if you signed a private pay agreement before services were provided. You **ARE** responsible for the payment of your copay.

If you receive a bill **DO NOT THROW IT AWAY**, contact your provider to ensure they have submitted the claim to Medicaid. If your provider is attempting to bill you for the services, try to work with your provider to resolve the billing error. Suggest they call the Provider Helpline (1-800-624-3958) for assistance resolving the issue.

If you continue to be billed for the service and have not signed a private pay agreement, contact the **Medicaid/HMK Plus Member Helpline at 1-800-362-8312**. Please contact this Helpline if:

- you think a provider is billing you and Medicaid/*HMK Plus* for the same service
- you believe you or Medicaid/*HMK Plus* is being billed for services you did not receive.

Sooner is always better. You generally have a year from the date of service to resolve an issue. The longer you wait the harder it will be for Medicaid/*HMK Plus* to assist with resolution.

Please remember to present **ALL YOUR INSURANCE CARDS** to the provider before any services are performed, so the provider can bill correctly.



Montana Warm Line – 1-877-688-3377

The Warm Line is a free, confidential, non-crisis support line for people dealing with mental illness. It's staffed by mental health consumers who are in recovery and have been through multiple peer support trainings. The Warm Line is designed to offer support to people living in rural areas where there are no mental health services available and to allow people to anonymously reach out and network with other Montanans living with mental illness. The mental health support phone line, **1-877-688- 3377**, is open Monday through Friday from 4:00pm to 10:00pm, and Saturday and Sunday from 10:00am to 10:00pm.

In addition to the call-in support line, the Warm Line offers a variety of services including open chat sessions, FYI sessions (each one-night-per-week), and a call-in support group. During open chat sessions, multiple people call in from all over the state of Montana to talk and network with other consumers. FYI sessions are informational call-in groups where a variety of relevant topics are discussed. Open chat and FYI access information, dates, and FYI topics are posted on the Warm Line website at [Montana Warm Line](#) . The Warm Line website also contains links to many resources throughout the state, a peer-moderated blog, and a calendar of events.

If you or someone you know is having a mental health crisis, please call the Montana Suicide Prevention Line at 1-800-273-8255.

Long Acting Reversible Contraceptives

Family planning services improve the health of women & men and help them decide when to have children. These services help prevent unintended pregnancies, unplanned births, and abortions.

Besides birth control, family planning services include testing for sexually transmitted diseases (STDs) such as chlamydia, gonorrhea, and HIV; cervical cancer screening including Pap tests, and testing and vaccination for the human papillomavirus (HPV).

It's important to provide different birth control options for all Montanans. Many people want to learn about long acting reversible contraceptives (LARCs). LARCs are methods of birth control that can last for many years. They include intrauterine devices (IUDs) and hormonal implants. These birth control methods are popular because they are very effective and last a long time. The failure rate of LARCs is less than 1% compared to a failure rate of 9% for oral contraceptive pills.

Unintended pregnancy can hurt women's health, delay education, and cost more for families and society. It's important to make LARCs more available in Montana. Family planning clinics have been educating clients on the benefits of LARC use and they accept Medicaid.

For more information on the Family Planning Program please visit [MT Family Planning](#).



Teen Pregnancy Prevention

Montana has improved the teen birth rate over the past few years, but the state's teen birth rate is still higher than the rest of the United States. From 2010 to 2015, the U.S. teen birth rate declined by 35%, while Montana lowered its teen birth rate by 30%.

The birth rate for young women, age 15-19, is 25.3 births per 1,000 in Montana and 22.3 births per 1,000 in the U.S. In 2015, 44% of high school students in Montana reported ever having had sex and 19% did not use an effective birth control method the last time they had sex.

The good news is that unintended pregnancy is 100% preventable. It's important to have open and honest discussions with your kids about teen sexuality and pregnancy prevention. Let teens know they can wait to have sex. If they choose to have sex, use a birth control method and a barrier method like condoms, to decrease the risk of pregnancy and sexually transmitted disease (STD). Family planning clinics offer different kinds of birth control methods with some lasting for several years. They also provide a lot of other health services and accept Medicaid.

For more information on teen pregnancy prevention or family planning please visit: [MT Family Planning](#).

Presumptive Eligibility (PE)

Access to health care is critical for uninsured or underinsured persons when faced with sudden, serious, and often expensive health care needs. Presumptive Eligibility (PE) is a program that offers temporary coverage, and allows for immediate access to health care, while a full health coverage determination is being processed.

Coverage for PE is determined by State of Montana trained staff at health care facilities like hospitals. The determination is based on age, current health condition, income and household size. Persons are only eligible for Presumptive coverage one time each calendar year or one time per pregnancy.

Once a person is determined eligible, they will receive short-term coverage from the date of the determination up to the last day of the following month, so the coverage could be for as short as one month or as long as two months. During this time the person should submit a full Medicaid application. When a determination on the full application is made the Presumptive coverage ends.

The State of Montana has offered Presumptive Eligibility coverage for children and pregnant women since 2006. With recent changes, PE coverage is now available for the following groups:

- Adults between the ages of 19-64,
- Children between the ages 0 - through the month of their 19th birthday,
- Pregnant women,
- Former foster care applicants up to age 26,
- Breast and cervical cancer applicants that have been screened at a qualified cancer site.

PE's goals are to help identify individuals in our communities who need immediate health care services and assist them in getting those services while eligibility for continued health coverage is considered by the State of Montana.



KEY CONTACTS

**Medicaid/HMK Plus
Member Help Line**
For questions regarding
benefits copayments, or
Passport to Health. 1-
800-362-8312
[MT Healthcare Programs](#)

Nurse First Advice Line
For questions when you
are sick, hurt, or have
health questions.
1-800-330-7847
[MT NurseFirst](#)

Montana Relay Service
For the deaf or hard of
hearing.
1-800-253-4091 or 711

**Montana Public Assistance
Help Line**
For eligibility questions.
1-888-706-1535
[MT Public Assistance](#)

Transportation Center
For questions regarding
travel or approval. Call
before you travel or you
may not be reimbursed.
1-800-292-7114

ANNOUNCEMENTS

Medicaid Open Enrollment is . . . ANYTIME!

You may have noticed public announcements for the
Affordable Care Act/Health Insurance Marketplace
Open Enrollment period
(Nov 1st – Dec 15th) but ...

You may qualify for Montana Medicaid. Applications for Medicaid can be
submitted anytime! See if you qualify at [Apply Medicaid](#)

Cold Weather Help Available

DPHHS has two programs to help low-income individuals with heating costs:

Weatherization – items to help make your home more energy efficient

LIEAP – Assistance with heating bills

Both homeowners and renters may apply for these programs

**You may qualify automatically if your household receives
SNAP, SSI or TANF benefits**

Ask for more information at your local HRDC Office, locations found here
[HRDC Offices](#)