

NORTH DAKOTA MEDICAID MEMBER NEWSLETTER

OCTOBER 2021

NORTH
Dakota | Human Services
Be Legendary.™

IMPORTANCE OF CHECKUPS AND VACCINES

The pandemic has changed many things, but one thing that has not changed is children need their Health Tracks well-child checkups, dental visits and vaccines. Families are encouraged to schedule routine care that they delayed getting as this may put children at risk for health and dental issues.

It's recommended that parents continue to schedule their child's well-child visits, dental visits and stay up-to-date with vaccines. Regular checkups are an important way to keep track of your child's health and physical, emotional and social development. These visits are important for ALL children, including children with special health care needs who may also be under the care of specialists. Think of these visits as your chance to learn as much as you can about the best ways to help your child grow. Routine visits are a chance to talk with your child's health care providers about any questions and concerns related to your child's health.

Contact a Health Tracks coordinator to schedule your child's appointment today! Find contact information at:
www.nd.gov/dhs/services/medicalserv/health-tracks/index.html

SERVICE LIMIT CHANGES

The following changes to service limits will go into effect on January 1, 2022.

Limit Prior to January 1, 2022

12 Visits

20 Visits

15 Visits

- Intensive outpatient treatment: 35 days per year
- Partial hospitalization: 45 days per year
- Clinically managed high-intensity residential care: 45 days per year
- Level A: 45 days per year
- Level B: 30 days per year

45 days per year

- Psychological evaluations: one per year
- Psychological testing: 10 units per year
- Psychological therapy: 40 visits per year

Services

Chiropractic Care

Occupational Therapy

Physical Therapy

Substance Use Disorder
Treatment Services

Partial Hospitalization
Psychiatric Services

Inpatient Psychiatric
Services

Psychological Evaluations,
Testing and Therapy

Limit for Dates of Service as of January 1, 2022 or After

20 Visits

30 Visits

30 Visits

Limitations Removed

Limitations Removed

Limitations Removed

Limitations Removed

CONTINUOUS GLUCOSE MONITORS

ND Medicaid is now covering a Continuous Glucose Monitoring (CGM) system at pharmacies. If Medicaid is not your only health care coverage, follow the CGM coverage and payment information provided by your other health insurance plan or Medicare. CGM is an option commonly used for people on multiple insulin doses per day. Your doctor will request coverage from Medicaid if a CGM would help your glucose management. A CGM replaces glucose meters and finger sticks, so 200 test strips are covered every year to allow finger pricks for the rare times when your symptoms don't feel like they match the glucose value displayed by the CGM receiver. Work with your doctor or pharmacist to understand how to use and maximize the benefits of a CGM.

one is chosen for you, you will receive another letter telling you the name of your PCP and that you need to receive your health care services from this PCP or get a referral from this PCP before you receive services from another provider. The letter also says that if you receive services from another provider before you get a referral from your PCP, you will be responsible to pay for the services.

If you want to change your PCP, contact the number listed in the letters.

For more information about the PCCM program, visit:

**[http://www.nd.gov/dhs/
services/medicalserv/
medicaid/managedcare.html](http://www.nd.gov/dhs/services/medicalserv/medicaid/managedcare.html)**



PRIMARY CARE CASE MANAGEMENT (PCCM) PROGRAM INFORMATION

A strong relationship with your health care provider is good for your health. They get to know you and your health history and understand your health care needs. In the Medicaid Primary Care Case Management (PCCM) program, this provider is called your primary care provider (PCP).

If you are in the PCCM program, you will receive a letter telling you that you are required to name a PCP. It is important to read all letters that come from the ND Department of Human Services and to talk with your zone worker if you don't understand them. Letters are how you will be informed that you need a PCP and who to contact to select your PCP within 14 days from the date on the letter. The letter also tells you that if you do not choose a PCP in 14 days, one will be chosen for you. After you have selected your PCP, or if

WIC HELPS WITH FOOD, NUTRITION, BREASTFEEDING EDUCATION AND MORE

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) is a program for pregnant women, breastfeeding women, infants, and children younger than five years old. It provides access to foods like fruits, vegetables, milk, whole grains, eggs, peanut butter, cereal, infant formula, and baby food. The food benefits are provided monthly on an eWIC card to use at your local grocery store. WIC also provides nutrition, breastfeeding, health information, and referrals to other services.

WIC is available to a variety of families, including married and single parents, working or not working. If you are a mother, father, grandparent, foster parent, or another legal guardian of a child younger than five years old, you can apply for WIC. To qualify, you must meet WIC's income guidelines or participate in ND Medicaid, Temporary Assistance for Needy Families (TANF), Supplemental Nutrition Assistance Program (SNAP), Head Start, or Healthy Steps. In addition, the applicant must be determined to be at nutritional risk. WIC staff can determine nutritional risk after completing a health assessment (height, weight, hemoglobin, and nutrition questionnaire) during the first appointment.

To apply, contact your local WIC office. For more information, including a list of WIC offices statewide, go to:

**<https://www.health.nd.gov/wic>
or call 1.800.472.2286**



NORTH DAKOTA AUTISM SPECTRUM DISORDER VOUCHER PROGRAM

The Autism Spectrum Disorder Voucher Program is a state-funded program that helps families, who may not qualify for other help, with non-therapy related services and supports. The voucher can help with respite, tutoring, sensory items, assistive technology, and memberships to adaptive classes.

To qualify for the program, a child must be between the ages of three and 17, diagnosed with an autism spectrum disorder, be a ND resident, **have a family gross income below 200% of the Federal Poverty Level (currently below \$4,417 for a family of four), and not receiving services through a ND Medicaid waiver.**

To apply, complete the application at www.nd.gov/eforms/Doc/sfn60611.pdf or get one by contacting the ND Department of Human Services. Completed applications can be mailed to: Autism Services, Department of Human Services, 600 E. Boulevard Ave., Dept. 325, Bismarck ND 58505, faxed to 701.328.1544 or emailed to dhsautism@nd.gov

For questions, call Kaitlin Kurtz at 701.328.8912.

IS YOUR MEDICATION "AS NEEDED" OR "MAINTENANCE"

"As needed" medication is generally taken as needed based on when and how the prescription says the medication should be used. "Maintenance" medication is taken regularly (daily or weekly). It can be very dangerous, even life-threatening, if

certain medications are not taken exactly as prescribed. If you are unsure if your medication is "as needed" or "maintenance," ask your pharmacist.

ND Medicaid expects medication to be taken exactly as prescribed, with the correct dose and the correct number of times per day or week. If you have missed doses, explain the reason to your pharmacist. Were you in the hospital? Did you have samples? Did you previously pay cash? Did your doctor contact you with different directions? With this information, your pharmacy and ND Medicaid can work together to get you your medication more quickly and efficiently.

If you haven't been taking your medication as prescribed, it is important to be honest with your doctor and pharmacist. Let them know how you have been taking the medication because your doctor may increase the dose or change the medication if they think the medication is not working. Also, your doctor and pharmacist can help if you are having a hard time remembering to take your medication.

PARTIAL MEDICATION FILLS

Did you know you can get a partial fill of your prescription?

Let's say you are almost out of your medication. You have a doctor appointment coming up, BUT you don't have enough medication left. Your pharmacy can fill enough medication to get you through the day of your appointment. Just explain that you have a doctor appointment coming up and that changes might be made at that appointment.

Why should you do this?

Medication can be expensive, and we want to work together to reduce wasted dollars. Having unused medication at home can be dangerous. Also, extra medication with different instructions and strengths can be confusing. ND Medicaid tries to help avoid this, so depending on the medication, you might have to finish the medication that you have before filling again.