

CONNECTIONS

Coordinated Care Provider Newsletter • Spring 2015

Encourage Active Living

*Join Coordinated Care &
Bite into a Healthy Lifestyle*


coordinated care™


ambetter.

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Inside

- Updates for you •*
- Focus on nutrition •*
- Monitor snacking •*
- Support puff-free pregnancies •*
- And lots more •*

Encourage Active Living

Exercising regularly is one of the most important things that people can do to improve their health. You can remind patients about the benefits of exercise by providing physical activity assessments, counseling, and references to local health care and fitness professionals. Coach staff to make sure patients know:

Exercise does more than help you lose weight.

Kids and teens should get at least one hour of exercise each day*.

Adults should get at least 2.5 hours of moderate-intense exercise each week*.

Encourage your **Ambetter** patients to take advantage of our My Health Pays® program so they can get rewarded for being healthy. (Learn more at Ambetter.CoordinatedCareHealth.com.)

You can also help your **Apple Health (Medicaid)** patients earn rewards for staying up-to-date with their wellness exams and immunizations through the CentAccount® Healthy Rewards program. (Learn more at CoordinatedCareHealth.com.)

*Source: Physical Activity Guidelines for Americans

New Year, New Impact

Healthy lifestyles create stronger families and communities. As you know, what we eat affects our bodies, and people need access to balanced meals to stay healthy. That's why Coordinated Care will focus on giving back to programs that give people access to healthy food this year.

Recently, we awarded four Centene Foundation Community Impact Grants totaling over \$25,000 to community organizations. The grants will help these partners make a positive impact on nutrition in our state:

Teen Feed, Seattle
Lifelong Alliance, Western WA

Rescue Mission, Tacoma
Second Harvest, Eastern WA



Spotlight on Nutrition

Healthy eating will help your patients feel their best.

Share these tips to help them “sink their teeth” into a healthy lifestyle:

Make half of your plate fruits and vegetables at each meal.

Keep a bowl of whole fruit on the table, counter or in the refrigerator.

Buy fresh vegetables in season. They cost less and are likely to have their best flavor.

Choose whole grain bread, cereal, rice and pasta.

Skip or limit breading on meat, poultry or fish. Breading adds calories and causes food to soak up more fat during frying.

Use fat-free or low-fat milk for oatmeal, cereal and desserts.

Check the Nutrition Facts label to find margarines with 0 grams of trans fat.

Puff-Free Pregnancy Program

A simple message from physician to pregnant mom can make a difference

The HCA recently reported that 15% of pregnant women on Medicaid in Washington State smoke during pregnancy, and only 0.6% of these women are using resources to quit. According to the US Preventive Services Task Force, a simple message from a physician to a pregnant mom can affect change in smoking behavior. That's where Coordinated Care's Puff-Free Pregnancy Program comes in.

Our program offers health coaching from Nurtur, a national leader in disease management and wellness solutions.

The program was developed using evidence-based guidelines and is designed to complement and support your treatment plan.

So how does it work?

We contact all women identified as pregnant and smoking.

If there's interest, we'll send them information and a toolkit for pregnant smokers.

Trained lifestyle coaches from Nurtur will provide free tobacco cessation counseling over the phone.

Coaches work with patients to create quit plans, set a quit date, identify coping strategies, and more.

You will receive updates on your patient's progress.



1 Patients can download the "My Care Planner" personal journal from our website to help track their wellness journey.

2 Maximize your Provider Portal. It's loaded with resources just for you. You can verify patient eligibility online – even without an ID card.

3 We've got your back! Encourage members to call our 24-hour Nurse Advice Line for help outside your office hours.

4 Access forms, educational materials and resources at coordinatedcarehealth.com (Medicaid) or at ambetter.coordinatedcarehealth.com.

5 Go paperless! Register for PaySpan to make electronic transactions online at no cost.

Any Questions?

We're here to help.

Call Provider Services:

Apple Health (Medicaid) 1-877-644-4613 or
Ambetter from Coordinated Care 1-877-687-1197

Visit CoordinatedCareHealth.com to:

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