

The Contra Costa Health Plan Provider Bulletin

Contra Costa Health Plan Website Resources

Contra Costa Health Plan (CCHP) has a website that you might find helpful in your clinical practice. Our website can be accessed at www.contracostahealthplan.org click on: For Providers on the left column. This will open a menu that has different topics which you might find interesting, such as the clinical guidelines including:

- Normal Pregnancy clinical guidelines
- Gastric bypass surgery guidelines
- Pain Management Policy

Also our website has links to the Case Management program, the Preferred Drug List (PDL) and archive bulletins with great information.



Pre-participation Physical Evaluation (PPE)

August is a busy month for pediatricians. Kids are going back to school and many will need a pre-participation physical evaluation, also known as a sports physical. This is an opportunity to screen for life threatening or disabling medical problems. There are two parts to the PPE, a Health History and the Medical Exam. While the PPE may have a minimal effect on the overall morbidity and mortality of athletes, the medical history may identify up to 75% of the problems that affect athletes. It is important to make sure the parent signs the form attesting to the family history. RMC has resources to follow up on suspected problems such as Cardiology, and sitting a kid until they can be cleared is difficult, but safe. Last, but not least, this is a great opportunity to discuss social issues such as sex, drugs, bullying/peer pressure/depression.

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Pharmacy and Therapeutics News Notes—Winter 2014

Preferred Drug List (PDL) changes should be effective January 2015.

The CCHP Pharmacy and Therapeutics committee approved the following changes to the Preferred Drug List:

Additions:

- Doxycycline monohydrate capsules, 50mg, 100mg
- Clarithromycin tablets, 500mg

Additions with quantity and/or duration limitations:

Limited to one 6-month treatment course per year:

- Nicotine patch, 7mg/day, 14mg/day, 21mg/day
- Nicotine gum, 2mg, 4mg
- Nicotine lozenge, 2mg, 4mg
- Varenicline tablets, 0.5mg, 1mg

Removals:

- Benzoyl peroxide and clindamycin topical gel (Benzacilin)
 - Cordran tape 4mcg/cm²
-

Pharmacy and Therapeutics News Notes—Spring 2015

Preferred Drug List (PDL) change should be effective March 2015.

The CCHP Pharmacy and Therapeutics committee approved the following changes to the Preferred Drug List:

Added Percocet 10/325 (oxycodone 10mg/APAP 325mg) tablets subject to quantity limit of 30 tabs per fill.

Medication Prior Authorization processing turnaround time to become 1 business day:

CA Department of Health Care Services has promulgated new regulations regarding Prior Authorization processing turnaround times. CCHP is currently redesigning its workflows to achieve 1 business day turnaround on all medication Prior Authorizations.

Smoking cessation counseling certificate no longer required:

CCHP will no longer require members wishing to cease smoking to obtain a certificate of smoking cessation counseling. Members may access up to two 90-day courses per year of smoking cessation drugs. Reprogramming of claims processing is occurring, expect these changes to take effect in mid to late January. CCHP highly encourages providers to counsel smokers and refer them to 800-NO-BUTTS.

Prescription drugs are NOT always more effective than over-the-counter remedies. Take arthritis pain, for example. Even though prescription Cymbalta is approved for chronic arthritis pain, it does NOT work better than basic pain relievers like Aleve and Advil. That's good news because Cymbalta costs much more than those basic pain relievers and has a greater risk of side effects (Consumer Reports for Health, January 2015).

Pharmacy and Therapeutics NewsNotes—Summer 2015

Preferred Drug List (PDL) changes will be effective in August 2015

The CCHP Pharmacy and Therapeutics committee approved the **addition** of the following agent to the Preferred Drug List. This agent is **subject to some restrictions**:

- Bevacizumab (Avastin) - approved for the indication of diabetic macular edema. Monthly limit of 5mg.

The CCHP Pharmacy and Therapeutics committee approved the addition of the following **quantity limits** to the Preferred Drug List. These agents are subject to some restrictions:

- Rivaroxaban (Xarelto) - For the indication of post-operative DVT prophylaxis, quantity limit is reduced from 35 tablets/year to 21 tablets/year.
- Glucose Testing Strips - For non-insulin dependent diabetes patients (excluding gestational diabetes patients), the quantity limit is reduced from 150 strips/month to a maximum of 100 strips/90days

Information presented at the P&T committee included the following:

The California Department of Health Care Services (DHCS) released new guidance regarding the treatment of Chronic Hepatitis C, Effective July 1, 2015:

As of July 1, 2015, CCHP has implement changes laid out in the treatment policy; policy changes ease restrictions to Hepatitis C treatment eligibility. The most significant changes include eligible treatment candidates who have Stage 2 or greater hepatic fibrosis (i.e, F2+, Apri score >0.7), HIV or HepB co-infection, hepatocellular carcinoma, and Type 2 diabetes mellitus, to name a few. Evidence for policy changes are based on recent guidelines published by IDSA, AASLD, EASL, and the WHO. Nationwide, only a fraction of health plans are able to implement these changes, as guidelines specify that “recommendations are based on available resources”. California health plans are strongly encouraged to comply with the guidelines to ensure reimbursement. The introduction of new, albeit costly hepatitis C treatments has prompted new guideline recommendations to cure hepatitis C and reduce transmission.

NEJM article compared Aflibercept, Bevacizumab and Ranibizumab for Diabetic Macular Edema: Results of the study demonstrate that bevacizumab is equally as efficacious for mild diabetic macular edema when compared to other more costly VEGF inhibitors such as aflibercept or ranibizumab. CCHP has added Bevacizumab as a preferred formulary option for the indication of diabetic macular edema, with a maximum monthly dose of 5mg. Aflibercept and Ranibizumab continue to be non-formulary and require a prior authorization request.

Reference: The Diabetic Retinopathy Clinical Research Network. Aflibercept, Bevacizumab, or Ranibizumab for Diabetic Macular Edema. New England Journal of Medicine, Feb 2015

Medication Prior Authorization processing turnaround time clarification by the state:

The California Department of Health Care Services has clarified new regulations regarding Prior Authorization processing turnaround times; the recommendation is to review prior authorizations within 24 hours and to render a decision within 72 hours to allow time for weekends and holidays.

The ‘Choosing Wisely’ initiative by the Society of General Internal Medicine does not recommend daily home finger glucose testing in non-insulin dependent type 2 diabetes mellitus patients:

Pharmacy and Therapeutics News Notes continued...Summer 2015

“Self-monitoring of blood glucose (SMBG) is an integral part of patient self-management in maintaining safe and target-driven glucose control in type 1 diabetes. However, there is no benefit to daily finger glucose testing in patients with type 2 diabetes mellitus who are not on insulin or medications associated with hypoglycemia, and there is negative economic impact and potential negative clinical impact of daily glucose testing. SMBG should be reserved for patients during the titration of their medication doses or during periods of changes in patients’ diet and exercise routines”.

A literature review of multiple meta-analyses including non-insulin dependent diabetes patients reveals that little to no benefit is seen in this patient population with frequent daily glucose monitoring. A data report specific to CCHP members shows that a large portion of our non-insulin dependent patients are receiving quantities of 150 test strips per 30 days each quarter. Thus, CCHP quantity limits have been reduced to 100 strips per 90 days for non-insulin dependent patients who may not derive much benefit from glucose monitoring multiple times per day. (Pregnant patients with gestational diabetes are excluded from such quantity limitations.)

CCHP updates the Preferred Drug List (PDL) formulary after each quarterly Pharmacy & Therapeutics Committee meeting. CCHP invites and encourages practitioners to access each update through the following means:

A printable copy of the CCHP preferred drug list can be found here:

<http://cchealth.org/healthplan/pdf/pdl.pdf>

A searchable CCHP preferred drug list can be found here:

<http://formularynavigator.com/Search.aspx?siteID=MMRREQ3QBC>

State Reporting Requirements for Provider Preventable Conditions (PPC)

By Federal law, a provider must report the occurrence of any Provider Preventable Condition (PPC) in any Medi-Cal patient that did not exist prior to the provider initiating treatment. A provider must report the occurrence regardless of whether or not the provider seeks Medi-Cal reimbursement for services to treat the PPC. Reporting a PPC for a Medi-Cal beneficiary does not preclude the reporting of adverse events, pursuant to *Health and Safety Code* (H&S Code), Section 1279.1, to the California Department of Public Health (CDPH).

A provider reports a PPC by completing and submitting the *Medi-Cal Provider-Preventable Conditions (PPC) Reporting Form* (DHCS 7107). Providers must submit the form within five days of discovering the event and confirming that the patient is a Medi-Cal beneficiary.

If the beneficiary is enrolled in the fee-for-service (FFS) Medi-Cal program, the form must be sent to the DHCS Audits and Investigations Division. If the beneficiary is enrolled in a Medi-Cal Managed Care Plan (MCP), the provider must report the PPC to the beneficiary’s managed care plan and to DHCS.

As specified by federal regulations, PPCs are recognized as Other Provider-Preventable Conditions (OPPCs) in all health care settings and Health Care-Acquired Conditions (HCACs) in inpatient hospital settings only. The PPCs are defined on the reporting form. The only ones applicable to the ambulatory setting relate to invasive procedures/surgeries.

To report a PPC related to a member of Contra Costa Health Plan, please complete and fax the *Medi-Cal Provider-Preventable Conditions (PPC) Reporting Form* (DHCS 7107) to the Quality Department at (925) 313-6870.

Provider Relations Tidbits

Mental Health Referrals:

Medi-Cal members can self-refer at 1 (888) 678-7277 or be referred by their primary care Provider (PCP) for mental health services by ccLink Referral.

Commercial and Medicare members may access mental health services in accordance with their benefit plan and limitations. These members or their PCP can access services by calling the CCHP Mental Health Authorization Unit at **(925) 313-6683**.



Child Abuse Reporting:

If you suspect child abuse, it is mandatory to report the case. Before filling out the Suspected Child Abuse Report form, you would need to do a verbal report by calling the Abuse Reporting Line at:

Central County: **(925) 646-1680**

West County: **(510) 374-3324**

East County: **(925) 427-8811**



Visit our CCHP Provider & Pharmacy Online Search Engine (OSE)
at:

www.contracostahealthplan.org

Welcome Contracted Provider Network (CPN) Providers—winter 2014

Brighter Beginnings Family Health, Aisha Mays, MD, Monica Smart, NP—
PCP-Family Medicine

Healthy Living Clinic, Adrian James, MD, Yvonne Cobbs, NP—PCP-Internal Medicine

La Clinica De La Raza, Scott Loeliger, MD—PCP-Family Medicine

Sutter East Bay Medical Foundation, Nina Birnbaum, MD, Wendy Buffett, MD, Jan Diamond, MD,
Adrienne McGrael-Souders, MD, Otis Ingersoll, NP, Margaret Kirkham, NP—PCP-Family Medicine

Allergy & Asthma Medical Group, Valerie Jerdee, MD—Allergy & Immunology

Surgical Anesthesia Specialists, Jonathan Cohen, MD—Anesthesiology

First Steps for Kids, Elizabeth Monday, BCBA—Behavior Analysis

La Clinica De La Raza, Yolanda Rodriquez, RD—Dietitian

Planned Parenthood, Douglas Jimenez, MD, Jennifer Bryson-Alderman, NP,
Elizabeth Ewing, NP, —Family Planning

Bay Area Surgical Specialists, Sam Saeed Zamani, MD—Gastroenterology

BayChildren's Physicians, Yen Pham, MD, Joanna, Yeh, MD—Pediatric Gastroenterology

Cypress Women's Cancer Treatment Center, Daniel Paik, MD—Gynecologic Oncology

Axis Community Health, Mary Weatherbee, PsyD—Mental Health

Touchstone Counseling Services, Johanna Hourany, MFT—Mental Health

Diablo Nephrology Medical Group, Doris Galina-Quintero, MD, Zita Shiue, MD—Nephrology

Bay Area Retina Associates, Roger Goldberg, MD—Ophthalmology

La Clinica De La Raza, Ai Nguyen, OD—Optometry

Vallejo Optometry Group and Walnut Creek Optometry Group, Dianne Wong, OD,
Tammy Hong, OD—Optometry

Joel Ross, MD—Otolaryngology (ENT)

LifeLong Medical Care, Joshua Kayman, MD—Psychiatry

Bay Area Pediatric Pulmonary Medical Group, Mustafa Bseikri, MD—Pediatric Pulmonary

Canyon Pinole Surgery Center—Outpatient Surgery Center

Bay Area Surgical Specialists, Denise Romero, MD—Surgery-Orthopaedic

Muir Orthopaedic Specialists, Jothi Murali, MD—Surgery Orthopaedic

Welcome Contracted Provider Network (CPN) Providers—spring 2015

Sutter East Bay Medical Foundation, Mary Bunzel, NP, Mary Wardlaw, NP—
PCP-Family Medicine



LifeLong Medical Care, Anna Nordensjo, MD-Family Medicine, Haylene Anesoar, MD,
Omoniyi Omotoso, MD—PCP-Pediatrics,

Parham Gharagozlou, MD, Spencer Goss, NP—PCP Internal Medicine

Healthy Living Clinic, Joyce Morgan-Thompson, NP—PCP-Internal Medicine

La Clinica de La Raza—PCP-Internal Medicine, Janice Louie, MD



Springhill Medical Group, Garima Gandhir, DO—PCP-Internal Medicine

Behavior Analysis

Applied Behavior Consultants, Inc., Casey Holton, BCBA, Joseph Morrow, BCBA, PhD

Behavioral Intervention Association, Anna Kern, MFT, Rachel Manfredi, BCBA

Behavior Support Partnership, San Leandro—Behavior Analysis, Melissa Sweitzer, BCBA, PhD,
Pamela Yata, BCBA, Heidi Okamoto, BCBA

Encompass Consulting, LLC, Phillip Grant, BCBA, Kevin Koo, BCBA, Mai X. Chung, BCBA

First Steps for Kids-Bay Area, Jesslyn Farros, BCBA

Kids Overcoming, LLC, Matthew McAlear, BCBA, Stacy Stapleton, BCBA

Goals for Autism, Andrea Barker, BCBA, Jose Castellanos, BCBA

Sheri Artis, BCBA

Pacific Child and Family Associates, Tiffany Word, BCBA, Anna Crumpecker, BCBA,
Patrick Jung, BCBA, Fae Rubenstein, BCBA

Positive Pathways, LLC, Michelle Zody, BCBA, Dawn Fleminger, BCBA



STE Consultants, LLC, Hilary Gibson, BCBA, DeAnna Mercier, BCBA, Kristin Peterson, BCBA,

Kimberlee Romick, BCBA, Hannorah Thurman, BCBA, Melissa Thompson, BCBA, Erin Tracy, BCBA,

Sarah Trautnant-Eslinger, BCBA, Nirupa Fenn, BCBA, Gina Gavrilis, BCBA, Tyler Godsy, BCBA,

Amanda Johnson, BCBA, Michelle Modrich, BCBA, Penelope Schenckan, BCBA, Anna Shafovaloff,
BCBA, Natasha Stong-Hicks, BCBA

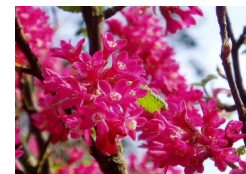
Cardiovascular Consultants Medical Group, Priscilla Narain, PA—Cardiovascular Disease

Ames Chow, DC—Chiropractic Medicine

MiniMed Distribution Corp., - DME (Insulin Pumps and Supplies)

Planned Parenthood, Ann-Elizabeth Griego, MD, Lynn Hayden, CNM, Jennifer Scafidi, CNM,
Jenna Breton, NP-Family Planning

Gerald Tarder, MD—Gastroenterology



Welcome Contracted Provider Network (CPN) Providers Continued...spring 2015

Bay Area Surgical Specialists, Jenny Jew, MD-Gastroenterology, Sarah Woon, MD-Nephrology

Contra Costa Infectious Disease Medical Group, Nimisha Shukla, MD—
Infectious Disease



Ace Home Health and Hospice, Inc., American Hospice and Home Health Care Services-
Home Health/Hospice

Comfort Assisting, Inc., Harmony Healthcare, LLC, Nova Care Home Health Services, Inc.,—
Home Health

Bayside Mobile Medical Services—In-Home Laboratory Services (for homebound members)

Precision Pathology Medical Group—Laboratory

Kindred Hospital San Francisco Bay Area, Long Term Acute Care



La Cheim School. Inc., Marylou Beban, LCSW—Mental Health Social Work

Touchstone Counseling, Rachel Connelly, MFT—Mental Health Counselor

Comprehensive Psychiatric Services, Kulwinder Singh, MD—Psychiatry

Daniel Zimmerman, MD, Colette Pellowski, NP—OB/GYN

La Clinica De La Raza, Jacqueline Theis, OD—Optometry



Dublin Physical Therapy, Inc., Stephanie Kalivoda, PT, Rosanna O'Leary, PT, Kimika Raffety, PT,
Kevin Takao, PT—Physical Therapy

Community Mobile Ultrasound, Community Mobile Diagnostics—Portable Ultrasound Services
(for homebound members)

Vani Velkuru, MD—Rheumatology

Epic Care-East Bay Medical Oncology-Hematology Associates, Shoko Abe, MD,
Gregory Broderick-Villa, MD, Teresa Kim, MD, Steven Stanten, MD—Surgery
General, Ramandeep Bambrah, MD—Medical Oncology



Amerjit Dosanjh, MD AMC, Christian Kirman, MD, Mauricio Kuri, MD—Surgery Plastic

Welcome Contracted Provider Network (CPN) Providers—summer 2015

LifeLong Medical Care, Katherine Winter, MD—Primary Care/Family Medicine,
Haylene Anesoïr, MD—Pediatrics

LifeLong Medical Care, Desmond Carson, MD, Richard Turner, MD, Thomas Crawford, PA,
Laurel Hodgson, MD, Damon Poole, PA, Erin Littmann, PA—Urgent Care

Sutter East Bay Medical Foundation, Drew Ho, NP, — Primary Care/Family Medicine

La Clinica de la Raza, Eva Mardones, NP, Kathryn Voelker, PA, Kerri Fjeld, NP—Primary Care/
Family Medicine, Elizabeth DaCosta, MD—Family Medicine

Roots Community Health Center, Noha Aboelata, MD—Family Medicine, Donna Carey, MD—
Pediatrics

Behavior Analysis

Animate Consulting, LLC, Elyse Hunt, BCBA

Applied Behavior Consultants, Inc., Brenda Terzich-Garland, BCBA, Mari Ueda, BCBA,

Ashley Fiorilli, BCBA

Behavior Analysis, Inc., Scott Partington, BCBA

Behavior Support Partnership, Christy Burner, BCBA, Jocelyn Huffaker, BCBA

First Steps for Kids-Bay Area, Jacquelyn Higgs, BCBA

Gateway Learning Group, Cynthia Skocypec, BCBA, Melissa Willa, BCBA

Pacific Child & Family Associates, Linda Kim-Stewart, BCBA

Positive Pathways, LLC—Aimie Jory-Hile, MA

Supporting Social Success, Anthony Alberding, BCBA

Therapeutic Pathways, Inc., Konark Sharma, MD, Amanda Bradley, BCBA,

La Trise Nunnally, BCBA, Margarita Polk, BCBA, Jane Howard, PhD, BCBA

Natural Life Chiropractic, Rod Van Buskirk, DC—Chiropractic Medicine

Axis Community Health, James Becker, LCSW—Clinical Social Work

DaVita-Total Renal Care—Dialysis

Access Medical, Inc.,—DME-Wheelchairs

Byram Healthcare Centers, Inc., - DME

Health Star America, Healthy Living at Home-East Bay, LLC, CVH Care—Home Health

Infectious Disease Doctors Medical Group, Konark Sharma, MD—Infectious Disease

East Bay Nephrology Medical Group, Golaun Odabaei, MD—Nephrology

Welcome Contracted Provider Network (CPN) Providers continued...summer 2015

Bellevue Eye Medical Group, Leonardo Dacanay, MD—Ophthalmology

California Eye Clinic, Jimin Lee, OD—Optometry

Martinez Optometry—Cheyenne Huber, OD Optometry

Bay Area Surgical Specialists, Inc., Benjamin Busfield, MD—Surgery Orthopaedic

Muir Orthopaedic Specialists, Leo Calafi, MD—Surgery Orthopaedic, Michael Cadette, PA,

Megan Smith, PA—Orthopaedic Surgery Assistant, Richard Kerbavaz, MD—Otolaryngology

Balance Physical Therapy, Inc., Lindsey Johnson, PT—Physical Therapy

Sutter East Bay Medical Foundation, Wen-Yin Choi, DPM—Podiatry

Diablo Medical and Sleep Clinic Medical Corporation, Abid Majid MD,

Muhammad Raees, MD—Pulmonary Disease

Comprehensive Psychiatric Services, Philipp Sack, MD, Marija Petrovic, MD—Psychiatry

Sarah Warner, PhD—Psychology

Carrie Wasson, PsyD—Psychology

Endurance—A Sports & Psychology Center, Inc., Daniel Blum, PhD, Anerien Botha, PsyD—
Psychology

Salzman MD & Uhl MD, Gopal Sachdeva, MD, John Salzman, MD, Valery Uhl, MC—Radiologist

California Ambulance—Non-Emergency Transport

Pacific Urology, Richard Long, MD—Urology



The Bulletin Board

winter additons...

Welcome New CCRMC Providers

Alexandra Duque-Silva, MD
Brentwood Health Center

Trang Lehman, MD
Concord Health Center

Daniel Moring-Parris, MD
Christopher Zamani, MD
Margaret Rothman, MD
Sara Richey, MD
Martinez Health Center

Margaret Kray, MD
North Richmond Center for Health

Alison Block, MD
West County Health Center

spring additions...

Welcome New CCRMC Providers

Karla Ballesteros, NP
Bay Point Health Center

Irina Pyrkova-Corotan, MD
Martinez Health Center

summer additions...

Welcome New CCRMC Providers

Diedre Francis, NP
Brentwood Health Center

Michelle Wong, MD, Concord
Health Center



Holidays Observed by CCHP

September 7, 2015, Labor Day



Find resources for uninsured
individuals at
www.cchealth.org/insurance

Our **URAC** accredited **Advice Nurse Unit**
is available for our members 24 hours a day,
7 days a week including holidays.

Members can call The Advice Nurse
Unit at

1 (877) 661-6230 Press 1.



Providers needing help with
translation services
or needing help with arranging face to face
ASL (American Sign Language)
interpretation services call
1 (877) 800-7423 Press 4.





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Martinez, CA 94553
Ph: (925) 313-9500
Fax (925) 646-9907
E-mail us: ProviderRelations@hsd.cccounty.us
Website: www.contracostahealthplan.org

Contra Costa Health Plan Provider Relations/Contracts Staff Contact Information

Terri Lieder Director of Provider Relations/Credentialing (925) 313-9501 Terri.Lieder@hsd.cccounty.us

Brenda Flowers, RN Provider Liaison/FSR Nurse (925) 313-9503 Brenda.Flowers@hsd.cccounty.us

Jenny Galindo, RN Provider Liaison/FSR Nurse (925) 313-9513 Jenny.Galindo@hsd.cccounty.us

Ronda Arends Credentialing Supervisor (925) 313-9522 Ronda.Arends@hsd.cccounty.us

Patricia Cline Contracts Supervisor (925) 313-9521 Patricia.Cline@hsd.cccounty.us

Contra Costa Health Plan Provider Call Center 1 (877) 800-7423

Press 1 – Member Eligibility and Primary Care Physician Assignment
Press 2 – Pharmacy Services Department
Press 3 – Authorization Department/Hospital Transition Nurse
Press 4 – Interpreter Services (Advice Nurse)
Press 5 – Claims Department
Press 6 – Provider Relations Department
Press 7 – Member Services Department