



Dear Provider:

Please review the following Department of Health Care Services (DHCS) requirements for health education. If you need clarification on any of the requirements, please call **Liza Johnson of Preferred IPA at 818-265-0800, x232.**

Health Education Services

Please document referrals to health education services in your patient's medical record. Health education services include classes, individual counseling and support groups.

Patient Education Materials

All health education materials you provide to your Medi-Cal patients need to be between 2nd and 6th grade reading level. Additionally, these materials need to be medically accurate, culturally sensitive and linguistically appropriate. We provide you with materials that meet these requirements. They have been reviewed by the Health Plans.

Health Education Topics

Health Education materials are available on the following topics:

Age Specific Anticipatory Guidance	Asthma
Breastfeeding	Complementary and Alternative Medicine
Diabetes	Exercise/Physical Activity
Family Planning	HIV/STD Prevention
Hypertension	Immunizations
Injury Prevention	Nutrition
Obesity	Parenting
Perinatal	Substance Abuse
Tobacco Prevention and Cessation	Unintended Pregnancy

Ordering Materials

Please download materials at www.care1st.com or www.lacare.org. All materials listed have been reviewed for reading level requirement, medical accuracy, and cultural and linguistic appropriateness. Materials are available in county threshold languages and in alternative formats.

Staying Healthy Assessment Tool

DHCS released the new Staying Healthy Assessment (SHA) via Policy Letter 13-001, "Requirements for the Staying Healthy Assessment". Forms are available in English, Spanish, Arabic, Armenian, Chinese, Farsi, Hmong, Khmer, Korean, Russian, Somali, Tagalog and Vietnamese. The new SHA forms must be implemented by **April 1, 2014**. For implementation and documentation requirements please view the narrated provider training presentation on the DHCS website at

<http://www.dhcs.ca.gov/formsandpubs/forms/Pages/StayingHealthy.aspx>. There you can also download SHA forms. To request the use of an alternative IHEBA or to implement the SHA electronically, call the health education department at one of your contracted Managed Medi-Cal plans. Remember, a few words of advice



from you can have a significant impact on changing your patients' high-risk behavior.

Breastfeeding Promotion

The American Academy of Pediatrics (AAP) supports breastfeeding as the optimal form of nutrition for infants. We encourage you to support this position by continuing to promote breastfeeding services to your patients. Also, please continue to refer your Medi-Cal patients to WIC.

Infant Formula Logos

Please do not distribute infant formula samples, educational materials or promotional materials with formula logos to Medi-Cal patients, as per MMCD Policy Letter 98-10.

Tobacco Cessation

Effective as of November 30, 2016, APL (All Plan Letter) 16-014 supersedes MMCD Policy Letter 14-006.

Providers are required to implement tobacco cessation interventions and a tobacco user identification system into their practices. Providers must:

- Conduct initial and annual assessment of each patient's tobacco use and note this information in patient's medical record
- Offer FDA-approved tobacco cessation medications (for non-pregnant adults)
- Provide counseling using the "5 A's" model or other validated model for treating tobacco use and dependence
- Refer patients to available individual, group and telephone counseling services
- Offer services for pregnant tobacco users
- Provide interventions to prevent the use of tobacco in children and adolescents

Some recommendations to identify tobacco users are:

- Add tobacco use as a vital sign in the chart of Electronic Health Records
- Use International Classification of Diseases (ICD)-10 codes in the medical record to record tobacco use.
- Place a chart stamp or sticker on the chart when the beneficiary indicates he or she uses tobacco
- Record tobacco use in the SHA or other IHEBA

To view the policy letter, learn more about the required interventions, and find training and patient resources, please visit https://www.care1st.com/ca/providers/tobacco_cessation.asp.

How to Start the Conversation

"As your health care provider and someone who cares about you and your health, I'd like to help you quit smoking because it's the best thing you can do for your health and anyone who lives with you." **Provider:** Discuss some of the health problems associated with smoking.

Please contact the health education department if you would like us to schedule a tobacco program cessation specialist to come to your office to help you implement processes that will make it easier for you to identify, counsel, and provide resources for your patients that smoke.