

PCP E-NEWSLETTER

Cigna Medicare Advantage

November 2019

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MESSAGE FROM THE TEXAS CHIEF MEDICAL DIRECTOR

Greetings:

Now that we're in the last quarter of 2019, it's more important than ever to "reach for the Stars."

CMS' Star Quality Rating system is designed to improve quality of care, overall health outcomes and access to care. Just as importantly, it encourages those of us who are providers to engage with our patients on a deeper level. Purposeful actions such as asking patients the right questions, reaching out and following up help strengthen patient-doctor relationships while positively impacting Star Quality Ratings. Working together works, so let's continue our "Drive to Five Stars." It's beneficial to our patients as well as our practices.

November is a month of gratitude, so I'd like to thank you and your staff for your efforts all year long. We appreciate all that you do to help patients get healthier and stay healthier.

We hope this newsletter continues to be a source of useful information.

Healthy regards,

Dr. Carlos Gonzalez
Chief Medical Director



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ENCOURAGING MEMBERSHIP GROWTH

Membership growth is something you're encouraged to think about, especially this time of year. The Medicare Annual Enrollment Period began on October 15 and ends on December 7.

By being proactive and staying aware of the coverage timeline (Table 1), you have the chance to increase your membership and reap the potential benefits, such as an improvement in revenue potential for your practice and stability in performance metrics that drive bonuses.

Membership growth also creates stability in hospitalization rates and Star measures. More membership means it takes more to raise your ADK, but also that it takes more member noncompliance to affect your Star measures.

Important steps:

- › Set monthly goals and work to meet them through lead generation. Making it a point to specify how much you want your practice to grow is a great way to develop growth initiatives and measure your progress.
- › Display participating provider signs and plan comparison brochures throughout the waiting area.
- › Send birthday messages to established patients turning 65.
- › Participate in health fairs through a practice representative to identify new members within your community.
- › Identify initiatives to make your network/office unique or attractive.

Important dates:

Table 1. Coverage Timeline

Date	Period	Description
January 1 through March 31	<i>Open Enrollment Period (OEP)</i>	Medicare beneficiaries who are already enrolled in an MA plan may do a one-time switch during this time period
April 1 through September 30	<i>Lock-In</i>	During this time, Medicare beneficiaries are required to stay in their current MA plan. Switching is not allowed except for specific exceptions. Exceptions include: Relocations, Age-Ins, and low-income individuals
October 1 through December 7	<i>Annual Enrollment Period (AEP)</i>	All Medicare beneficiaries may select a new plan for coverage beginning January 1

Medicare beneficiaries who receive LIS or Medicaid may change plans only once per quarter (Q1–Q3).

2020 FORMULARY UPDATES

With long-term affordability in mind, Cigna has made changes to its prescription drug formularies for 2020. These changes were made with both clinical appropriateness and affordability in mind. Important changes:



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Select Drugs Removed from Formulary

Drug Removed	Formulary Alternatives
Ilevro	Prolesna
Moviprep	Plenvu
Praluent	Repatha
Procrit	Retacrit
Ranitidine capsules (except Essential and Extra)	Ranitidine tablets
Uloric	Allopurinol

All formularies except Leon and PDP EGWPs.

2020 Formulary Additions

Product Name	2020 Tier
Acyclovir Cream*	5
Austedo Tabs	5
Belsomra	3
Cimetidine*	3
Fenofibrate Tabs (54mg)*	3
Mavyret Tabs	5
Orencia SC	5
Pentasa CPCR	4
Plenvu SOLR	4
Stelara	5
Toviaz TB24	4
Tymlos	5
Xeljanz/Xeljanz XR	5

**Denotes formulary additions that only apply to PDP. These products are already formulary for MAPD.*

2020 FORMULARY UPDATES *continued*

Cigna Medicare Preferred Glucometers in 2020

- › FreeStyle Lite
- › FreeStyle Freedom Lite
- › FreeStyle InsuLinx
- › Precision Xtra
- › Precision Neo
- › FreeStyle Libre 10-day and 14-day Sensor Systems

**Abbott
Meters**



- › Contour Next
- › Contour Next EZ
- › Contour Next One

**Ascencia
Meters**



2020 Utilization Management Changes

Formulary Enhancements

- › Zolpidem prior authorization removed
- › Digoxin prior authorization removed
- › Livalo step therapy removed
- › Removed or increased quality limit on >160 drugs

Formulary Restrictions

- › Auryxia prior authorization always applies
- › Humulin U-500 vials require prior authorization
- › Prednisone tabs
(part B vs D only applies for transplant patients)



For a complete listing of covered drugs for the upcoming year, visit the Cigna Medicare website at <http://www.Cigna.com/medicare/part-d/drug-list-formulary>.

VALUABLE INSIGHTS: REDUCING READMISSIONS

In a recent [Valuable Insights](#) podcast, Teresa Alonzo, an [Alegis Care](#) Transition of Care nurse, talks about the in-home care interventions she conducts with patients after they have been discharged from the hospital.

“Prior to the program, there was a readmission rate of 14%. It has gone down to 5.8%.”

Teresa Alonzo, RN, BSN, Alegis Care.

To listen to this podcast, access other [Valuable Insights](#) resources and receive notifications when new resources are posted, register [here](#). If you have questions, email info@CareAllies.com.

CAHPS CORNER

As the year comes to a close, we want to ensure that our patients are getting healthier – both body and mind. Be sure to discuss bladder control with older patients. Bladder control issues can cause embarrassment and discomfort. Our goals are to help patients feel comfortable discussing any issues and to treat underlying causes.



SHARE YOUR FEEDBACK

Please email us any questions you have or topics you'd like discussed. Our goal is to tailor our content to meet your needs. We look forward to hearing from you at:

PCP_ENewsletter_Team2@HealthSpring.com

