



Healthy Blue



Provider News

September 2022



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Contact Us

If you have questions or need assistance, visit the *Contact Us* section at the bottom of our provider website for up-to-date contact information and self-service tools or call Provider Services.

Provider website:

<https://provider.healthybluene.com>

Provider Services:

833-388-1406

7 a.m. to 8 p.m. CT Monday to Friday



New Digital Provider Enrollment tool added to Availity

In October, Healthy Blue will add new functionality to the provider enrollment tool hosted on Availity* to further automate and improve your online enrollment experience.

Who can use this new tool?

Digital provider enrollment will only be available for professional practitioners.

Note: Facilities and providers who submit rosters or have delegated agreements will continue to use the existing enrollment process in place.

What features does the tool provide?

- Apply to add new practitioners to an already existing group
- Apply and request a contract to enroll a new group of practitioners
- Monitor submitted applications statuses real-time with a digital dashboard

How the online enrollment application works

The system pulls in all your professional and practice details from Council for Affordable Quality Healthcare (CAQH) ProView to populate the information Healthy Blue needs to complete the enrollment process — including credentialing, claims, and directory administration. Please ensure your provider information on CAQH is updated and in *complete* or *re-attested* status.

The online enrollment application will guide you through the process, and a dashboard will display real-time application statuses. You'll know where each provider is in the process without having to call or email for a status.

Accessing the provider enrollment application

Log onto <https://availity.com> and select Payer Spaces > Healthy Blue > Applications > Provider Enrollment to begin the enrollment process.

Before you begin

If your organization is not registered for Availity, the person in your organization designated as the Availity administrator should go to <https://availity.com> and select **Register**.

For organizations already using Availity, your administrator(s) will automatically be granted access to the provider enrollment tool.

Staff using the provider enrollment tool need to be granted the user role Provider Enrollment by an administrator. To find yours, go to My Account Dashboard > My Account > Organization(s) > Administrator Information.

Need assistance with registering for Availity?

Log onto <https://www.availity.com/Contact-Us>.

** Availity, LLC is an independent company providing administrative support services on behalf of Healthy Blue.*

BNE-NL-0153-22

Alcohol use disorders linked to chronic diseases

A number of chronic diseases, including heart disease, cancer, and type 2 diabetes, are linked to alcohol use disorders (AUD).



Heart disease

Low alcohol consumption is associated with a reduced risk for cardiovascular disease (CVD), but higher amounts and binge drinking lead to a higher risk of CVD. Binge drinking and chronic heavy alcohol consumption is associated with a higher risk of hypertension. Alcohol leads to buildup of plaque in the arteries, disruptions in arterial function, oxidative stress throughout the body, and imbalances in hormones that control blood pressure regulation.

Heavy alcohol use is also associated with increased risk for coronary heart disease, stroke, peripheral arterial disease, and cardiomyopathy. It is suspected that the increase in blood pressure from heavy alcohol use plays a part in these increased risks. Alcohol also appears to contribute to atherosclerosis and chronic inflammation, which follow the pathophysiologic process behind most CVD.

See Piano, 2017 (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5513687/>)¹ for a more thorough examination of the increased risk of CVD from excess alcohol use; mechanisms of action; biomarkers; and considerations of genetic, socioeconomic, and racial factors.

Alcohol use disorders linked to chronic diseases (cont.)

Cancer

An estimated 3.5% of cancer deaths in the United States are alcohol-related. Alcohol is a known human carcinogen.² When consumed, ethanol breaks down into acetaldehyde, which is carcinogenic.

Alcohol consumption is linked to seven types of cancers. It raises the risk for cancer of the mouth, larynx, throat, and esophagus. Drinking and smoking together significantly increases this risk. Alcohol helps the harmful chemicals in tobacco to better infiltrate the cells and cause disease. Alcohol can also limit the cells' ability to repair DNA damage from the chemicals in tobacco.

Regular, heavy alcohol use damages the liver and causes inflammation and scarring. This increases the risk of liver cancer.³ In addition, alcohol can raise estrogen levels, which is associated with a higher risk of breast cancer. Moderate drinkers have up to a one and a half times increased risk of colorectal cancer. While the risk is increased for men and women, the evidence of this link is stronger in men.

Type 2 diabetes

Chronic use of alcohol is considered to be a potential risk factor for the development of type 2 diabetes mellitus (T2D).⁴ Like heart disease, low alcohol consumption decreases the risk of T2D, but chronic heavy alcohol use increases the risk. Alcohol disrupts glucose homeostasis in the body and is associated with insulin resistance.

In addition, alcohol affects excess caloric intake, pancreatitis, and impaired liver function. This affects blood glucose levels and causes hypoglycemia. Alcohol alters the brain's ability to produce hunger hormones and increases food-seeking behaviors. Dysregulation of these hormones (specifically ghrelin and leptin) plays a part in T2D.

Heavy alcohol use can worsen symptoms in patients with T2D and cause hyper- and hypoglycemia.⁵ Alcohol-induced hypoglycemia can lead to serious neurological complications in T2D patients, which may or may not be reversible. It can also cause life-threatening ketoacidosis and worsen diabetic neuropathy and retinopathy. Alcohol has serious interactions with some T2D medications including Chlorpropamide, Metformin, and Troglitazone.

If you need assistance connecting your patients to chronic disease or AUD treatment, please contact Healthy Blue at **833-388-1406**.

1 Piano, 2017, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5513687/>

2 National Cancer Institute, 2021 - <https://www.cancer.gov/about-cancer/causes-prevention/risk/alcohol/alcohol-fact-sheet>

3 American Cancer Society, 2020, <https://www.cancer.org/cancer/cancer-causes/diet-physical-activity/alcohol-use-and-cancer.html>

4 Kim & Kim, 2012, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3335891/>

5 Emanuele et al. 1998, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6761899/>

Products and Programs — Pharmacy

Rx Vivitrol notice

Healthy Blue is pleased to announce Vivitrol® is available through our member's pharmacy and medical benefit. Members can obtain Vivitrol through a retail specialty pharmacy and medical specialty pharmacy.

Healthy Blue provides several retail specialty pharmacies for our members. Please see below for an in-network retail specialty pharmacy:

Pharmacy name	Pharmacy address	Pharmacy NCPDP® ID	Pharmacy phone	NPI
CORAM ALTERNATE SITE SERVICES	11111 MILL VALLEY ROAD OMAHA, NE 68154	2814641	402-330-5482	1326093899
PERFORM SPECIALTY LLC	2416 LAKE ORANGE DRIVE SUITE 190 ORLANDO, FL 32837	5721267	855-287-7888	1437562642
CHI HEALTH SPECIALTY PHARMACY	7710 MERCY ROAD SUITE 102 OMAHA, NE 68124	2818699	402-398-5503	1699196899
INGENIO RX* SPECIALTY	1127 BRYN MAWR AVENUE SUITE A REDLANDS, CA 92374	591796	833-255-0646	1013998921
INGENIO RX SPECIALTY	800 BIERMANN COURT SUITE B MOUNT PROSPECT, IL 60056	1466033	833-255-0646	1134100134
INGENIO RX SPECIALTY	11162 RENNER BLVD LENEXA, KS 66219	1715830	833-255-0646	1902887805
INGENIO RX SPECIALTY	180 PASSAIC AVENUE, UNIT B-5 FARFIELD, NJ 07004	3137141	833-255-0646	1518948413
INGENIO RX SPECIALTY	105 MALL BLVD MONROEVILLE, PA 15146	3958898	833-255-0646	1043382302

Healthy Blue is contracted with CVS® Medical Specialty* as a medical specialty pharmacy (MSP). A medical specialty pharmacy is a pharmacy that can provide specialty medications that are typically covered under a member's medical benefit. This MSP pharmacy can conveniently deliver medication to your office for administration to the member or directly to the member's home.

Using CVS Medical Specialty is easy!



Rx Vivitrol notice (cont.)

To arrange a delivery, please choose one of the following:

- **Call 877-254-0015** Monday to Friday 8 a.m. to 10:30 p.m. ET, and Saturday 9 a.m. to 1 p.m. ET, and you will be transferred to a pharmacist for a verbal prescription order. Provide your patient's Healthy Blue ID located on their ID card. Staff will obtain additional information necessary to support the delivery of the medication, including the need by date. Please allow up to 10 days for processing and shipping. If it is an urgent medication, and the need by date is less than seven days from the order date, be sure to indicate that so the order can be expedited. The staff will make an outbound call to the member to obtain consent as needed to support the delivery of the medication. When the pharmacy has all the information required for shipping, the staff will make an outbound call to your office to confirm delivery.
- **Fax** prescription orders to **866-336-8479**, and a staff member will contact your office for additional information necessary to support the delivery of the medication.

To check on prescription order status, call **877-254-0015** Monday to Friday 8 a.m. to 10:30 p.m. ET, and Saturday 9 a.m. to 1 p.m. ET.

** Ingenio Rx Inc. is an independent company providing pharmacy benefit management services on behalf of Healthy Blue. CVS Medical Specialty is an independent company providing pharmacy benefit management services on behalf of Healthy Blue*

NEHB-CD-002929-22



Quality Management

Chlamydia screening



Chances are one of these teenagers has chlamydia (insert photo above). According to the Centers for Disease Control (CDC), one of the largest growing populations for chlamydia are teens and young adults. Chlamydia infection is often asymptomatic, and screening for asymptomatic infection is a cost-effective strategy to reduce transmission and prevent pelvic inflammatory disease among females.

Talking to a teenager about sexual health issues like chlamydia can be difficult. But, left untreated, an affected individual may develop conditions such as pelvic inflammatory disease (PID), infertility, ectopic pregnancy, and chronic pelvic pain. Provider resources can help get the conversation started. To help get the conversation started, visit the National Chlamydia Coalition website for a free *Chlamydia How-To Implementation Guide for Healthcare Providers*.

Facts about chlamydia:

- The United States Preventive Services Task Force (USPSTF) recommends screening for chlamydia in all sexually active women 24 years or younger and in women 25 years or older who are at risk for infection.
- Chlamydia is the most commonly reported sexually transmitted disease (STD) with over 1.8 million cases reported in 2019.
- Young women account for 43% of reported cases and face the most severe consequences of an undiagnosed infection.
- It is estimated that undiagnosed STDs cause infertility in more the 20,000 women each year.

Chlamydia Screening in Women (CHL) HEDIS® measure

This HEDIS measure looks at the percentage of women 16 to 24 years of age who were identified as sexually active and who had at least one test for chlamydia during the measurement year, including teens and women who:

- Made comments or talked to you about sexual relations.
- Had a pregnancy test.
- Were prescribed birth control (even if used for acne treatment).
- Received gynecological services.
- Have a history of sexually transmitted diseases.
- Have a history of sexual assault or abuse.

Description	CPT® codes
Chlamydia tests	87110, 87270, 87320, 87490, 87492, 87810
Pregnancy test exclusion	81025, 84702, 84703

HEDIS is a registered trademark of the National Committee for Quality Assurance (NCQA).

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