

Michigan Department of Health and Human Services
Medical Services Administration
Bureau of Medicaid Care Management and Quality Assurance

*Healthy Michigan Plan
Healthy Behaviors Incentives Program Report*



Quarterly Report
July-September 2020

Produced by:
Managed Care Plan Division

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Introduction

Pursuant to PA 208 of 2018, sections 105d(1)e and 105d(12), a Health Risk Assessment has been developed for the Healthy Michigan Plan (form DCH-1315). It is designed as a two part document, where the beneficiary completes the first three sections and the health care provider completes the last section. It includes questions on a wide range of health issues, a readiness to change assessment, and a discussion about behavior change between the beneficiary and the health care provider. The topics in the assessment cover all of the behaviors identified in PA 208 including alcohol use, substance use disorders, tobacco use, obesity and immunizations. It also includes the recommended healthy behaviors identified in the Michigan Health and Wellness 4X4 Plan, which include annual physicals, healthy diet, regular physical exercise and reducing tobacco use. As of April 2018, three new questions were added on the topics of annual dental visit, access to transportation and unmet basic needs. The question on anxiety and depression was removed and replaced with a question on chronic stress based on feedback regarding the most meaningful ways to ask about self-reported behavioral health status.

Health Risk Assessment Part 1

Health Risk Assessments completion through Michigan ENROLLS

In February 2014, the enrollment broker for the Michigan Department of Health and Human Services (Michigan ENROLLS) began administering the first section of the Health Risk Assessment to Healthy Michigan Plan beneficiaries who call to enroll in a health plan. In addition to asking new beneficiaries all of the questions in Section 1 of the Health Risk Assessment, call center staff inform beneficiaries that an annual preventive visit, including completion of the last three sections of the Health Risk Assessment, is a covered benefit of the Healthy Michigan Plan.

Completion of the Health Risk Assessment is voluntary; callers may refuse to answer some or all of the questions. Beneficiaries who are auto-assigned into a health plan are not surveyed. Survey results from Michigan ENROLLS are updated daily in CareConnect360 for secure transmission to the appropriate health plan to assist with outreach and care management.

The completion of the Health Risk Assessment with the enrollment broker was temporarily put on hold in Many 2019.

Health Risk Assessment Part 2

Health Risk Assessments completion with Provider Attestation

In April 2014, the Healthy Michigan Plan was launched, and an initial preventive health visit to a primary care provider was promoted for all new beneficiaries. Beneficiaries were also encouraged to complete the last section of the Health Risk Assessment at this initial appointment. This final section of the Health Risk Assessment is designed as a tool for identifying annual healthy behavior goals.

Completion of this section of the Health Risk Assessment is also voluntary. Healthy Michigan Plan Beneficiaries who complete a Health Risk Assessment with a health care provider attestation and agree to maintain or address healthy behaviors are eligible for an incentive. Beginning in April 2018, in discussion with the beneficiary, health care providers also choose between 4 statements to attest to whether the beneficiary achieved or made significant progress towards the healthy behavior goal(s) he or she had previously selected to work on the year before. Only beneficiaries who both made significant progress towards the previous year goal AND select one or more goals for the upcoming year are eligible for an incentive.

The data displayed in Part 2 of this report reflect the healthy behavior goals selected in the final section of the Health Risk Assessment. As shown in Table 13, a total of 16,665 Health Risk Assessments were completed in the July-September 2020 quarter. Health Risk Assessment completion is reported by age, gender and Federal Poverty Level in Table 14.

Among beneficiaries who completed the Health Risk Assessment, 12,789 or 76.7% of beneficiaries agreed to address health risk behaviors. In addition, 3,466 or 20.8% of beneficiaries who completed the Health Risk Assessment chose to maintain current healthy behaviors, meaning that 97.5% of beneficiaries are choosing to address or maintain healthy behaviors. The healthy behaviors goal statements selected are reported in Table 15. Healthy behavior goal statements are also reported by age and FPL in Figures 15-2 and 15-3.

Of the 12,789 beneficiaries who agreed to address health risk behaviors, 52.8% chose to address more than one healthy behavior. Tables 13 and 14 report the most frequently selected health risk behaviors to address, alone and in combination. Figure 18 is a Venn diagram representing the overlapping nature of the multiple healthy behaviors selected.

Health Risk Assessment Completion with Health Care Provider

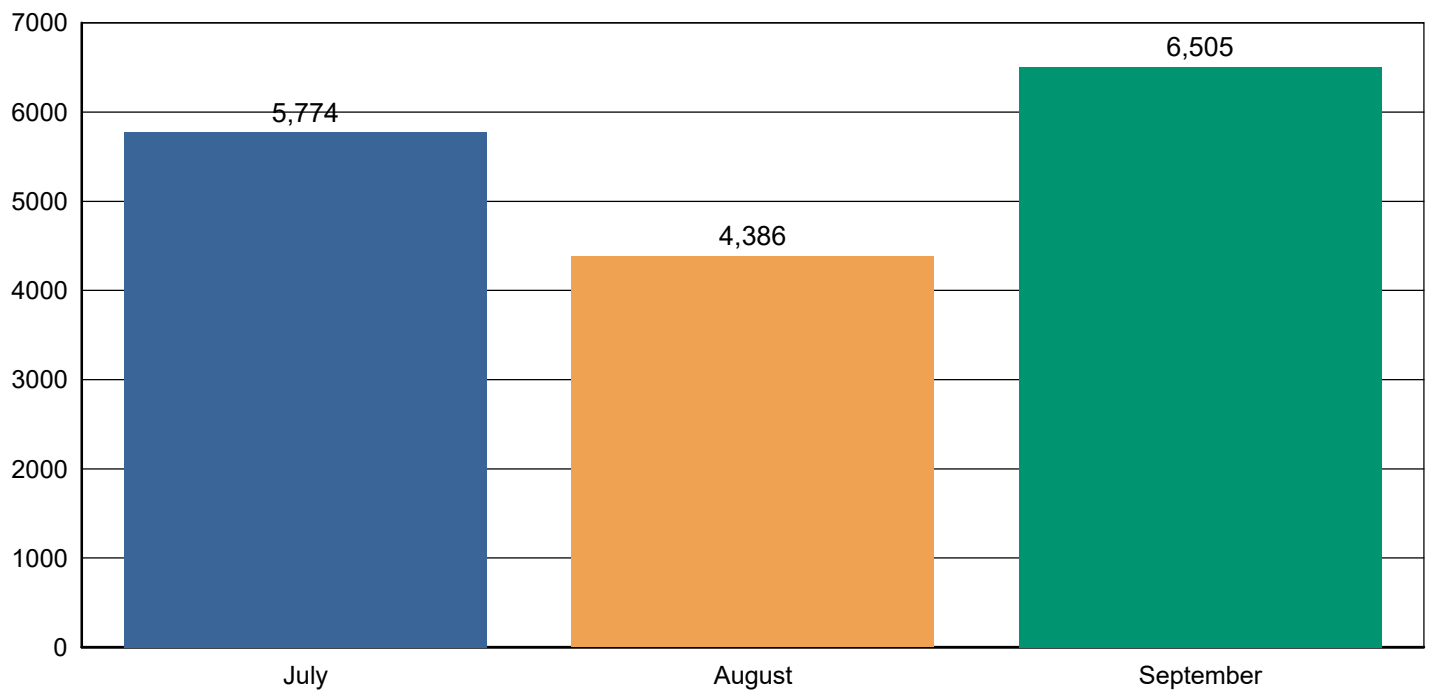
Table 13. Count of Health Risk Assessments (HRA) Completed with Attestation by Month submitted

MONTH	COMPLETE	TOTAL
October 2019	4,540	356,329
November 2019	4,093	360,422
December 2019	3,849	364,271
January 2020	3,176	367,447
February 2020	4,379	371,826
March 2020	3,933	375,759
April 2020	2,894	378,653
May 2020	2,830	381,483
June 2020	4,162	385,645
July 2020	5,774	391,419
August 2020	4,386	395,805
September 2020	6,505	402,310

Table 14. Demographics of Population that Completed HRA with Attestation

July 2020 - September 2020		
AGE GROUP	COMPLETED HRA	
19 - 34	5,593	33.56%
35 - 49	4,596	27.58%
50 +	6,476	38.86%
GENDER		
F	9,585	57.52%
M	7,080	42.48%
FPL		
< 100% FPL	12,417	74.51%
100 - 133% FPL	4,248	25.49%
TOTAL	16,665	100.00%

**Figure 13-1. Health Risk Assessments Completed with Attestation
July - September 2020**



Healthy Behaviors Statement Selection

Section 4. Healthy Behaviors: In discussion with the beneficiary, health care providers choose between 5 statements to attest to the healthy behaviors goals that the beneficiary will strive for this year. The 5 statements are:

- A. Patient does not have health risk behaviors that need to be addressed at this time.
- B. Patient has identified at least one behavior to address over the next year to improve their health.
- C. Patient has a serious medical, behavioral or social condition or conditions which precludes addressing unhealthy behaviors at this time.
- D. Unhealthy behaviors have been identified, patient’s readiness to change has been assessed, and patient is not ready to make changes at this time.
- E. Patient has committed to maintain their previously achieved Healthy Behavior Goal(s).

Figures 10-2 through 10-4 show Healthy Behaviors Statement Selections for the total population, and by age and FPL.

**Table 15. Healthy Behaviors Statement Selection
July - September 2020**

CHECK-UP	TOTAL	PERCENT
A. No Health Risk Behaviors	2,862	17.17%
B. Address Health Risk Behaviors	12,789	76.74%
C. Condition(s) Preclude Addressing Health Risk Behaviors	220	1.32%
D. Not Ready	190	1.14%
E. Maintain Previous Healthy Behavior Goals	604	3.62%
TOTAL	16,665	100.00%

Figure 15-1. Healthy Behaviors Statement Selection

July - September 2020

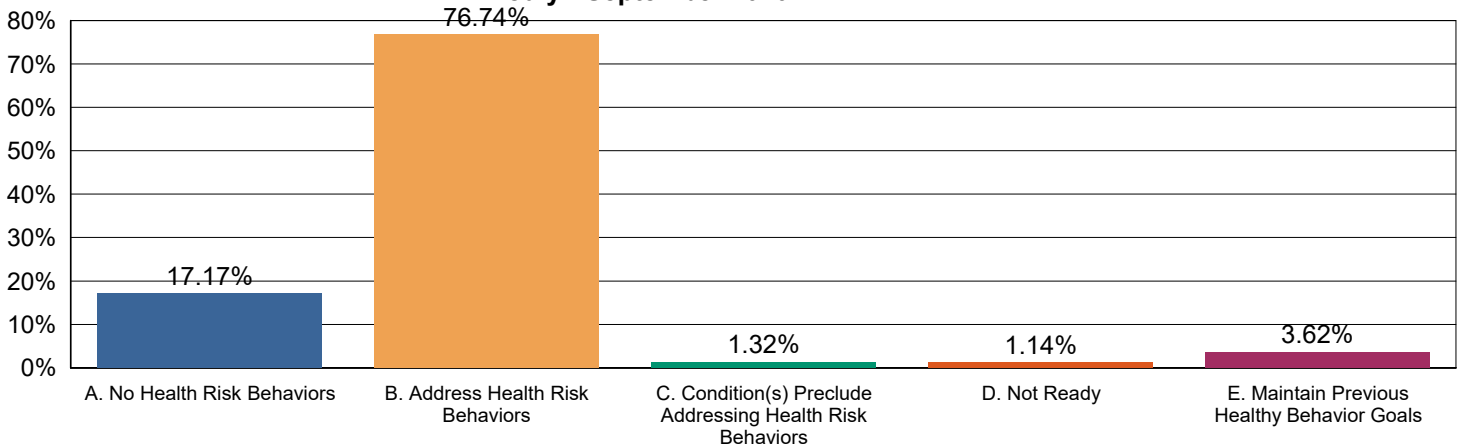


Figure 15-2. Statement Selection by Age
July - September 2020

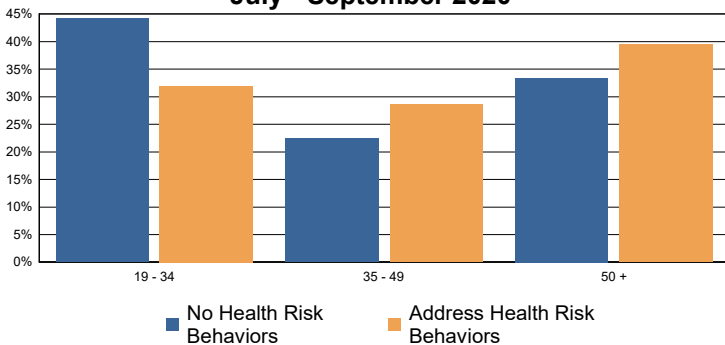
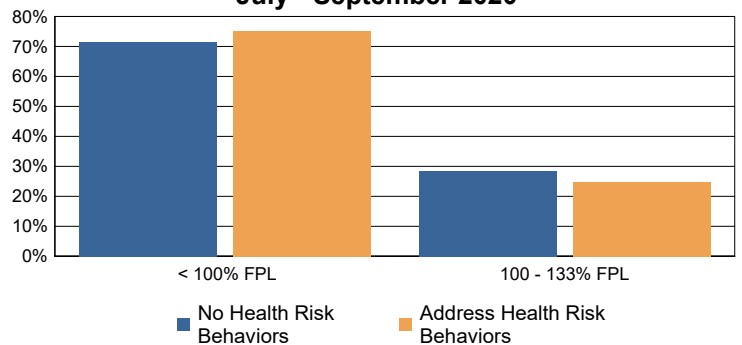


Figure 15-3. Statement Selection by FPL
July - September 2020



Selection of Health Risk Behaviors to Address

Section 4. Healthy Behaviors: In discussion with the beneficiary, when Statement B, "Patient has identified at least one behavior they intend to address over the next year to improve their health" is selected, providers choose one or more of the following 11 statements to identify the healthy behaviors the beneficiary has chosen to address for the year:

1. Increase physical activity, Learn more about nutrition and improve diet, and/or weight loss.
2. Reduce/quit tobacco use.
3. Annual Influenza vaccine.
4. Agrees to follow-up appointment for screening or management (if necessary) of hypertension, cholesterol and/or diabetes.
5. Reduce/quit alcohol consumption.
6. Treatment for Substance Use Disorder.
7. Dental Visit.
8. Follow-up appointment for maternity care/reproductive health.
9. Follow-up appointment for recommended cancer or other preventative screening(s).
10. Follow-up appointment for mental health/behavioral health.
11. Other: explain _____

Of the 12,789 HRAs submitted through July-September 2020 where the beneficiary chose to address health risk behaviors, 52.81% of beneficiaries chose more than one healthy behavior to address. The top 10 most selected behavior combinations and the rate that each behavior was selected in combination and alone are presented in the tables below:

Table 16. Health Risk Behaviors Selected in Combination and Alone

Health Risk Behavior	Chose this behavior and at least one more	Chose ONLY this behavior
Weight Loss	66.64%	25.50%
Tobacco Cessation	24.50%	6.94%
Immunization Status (Annual Flu Vaccine)	26.25%	2.49%
Follow-up for Chronic Conditions	28.82%	3.18%
Addressing Alcohol Abuse	3.47%	0.36%
Addressing Substance Abuse	1.48%	0.17%
Dental visit	17.69%	1.88%
Follow-up appointment for maternity care/reproductive health	1.75%	0.16%
Follow-up appointment for recommended cancer or other preventative screening(s)	15.02%	1.46%
Follow-up appointment for mental health/behavioral health	7.54%	1.53%
Other	9.48%	3.53%

Table 17. Top 10 Most Selected Health Risk Behavior Combinations

Health Risk Behavior Combination	Count	Percent
1. Weight Loss ONLY	3,261	25.50%
2. Tobacco Cessation ONLY	887	6.94%
3. Weight Loss, Follow-up for Chronic Conditions	577	4.51%
4. Weight Loss, Immunization Status	494	3.86%
5. Other	451	3.53%
6. Weight Loss, Tobacco Cessation	426	3.33%
7. Follow-up for Chronic Conditions	406	3.18%
8. Weight Loss, Immunization Status, Follow-up for Chronic Conditions	375	2.93%
9. Immunization Status (Annual Flu Vaccine)	319	2.49%
10. Weight Loss, Other	230	1.80%
Total for Top 10	7,426	58.07%
Total for All Other Combinations	5,363	41.94%
Total	12,789	100.00%

Healthy Behaviors Goals Progress

Section 4. Healthy Behaviors Goals Progress: In discussion with the patient, health care providers choose between 4 statements to attest to whether the patient achieved or made significant progress towards the health behavior goal(s) he or she had previously selected to work on the year before. The 4 statements are:

- A. Not applicable - this is the first known Healthy Michigan Plan Health Risk Assessment for this patient.
- B. Yes.
- C. No.
- D. Patient had a serious medical, behavioral, or social condition or conditions which precluded addressing unhealthy behaviors.

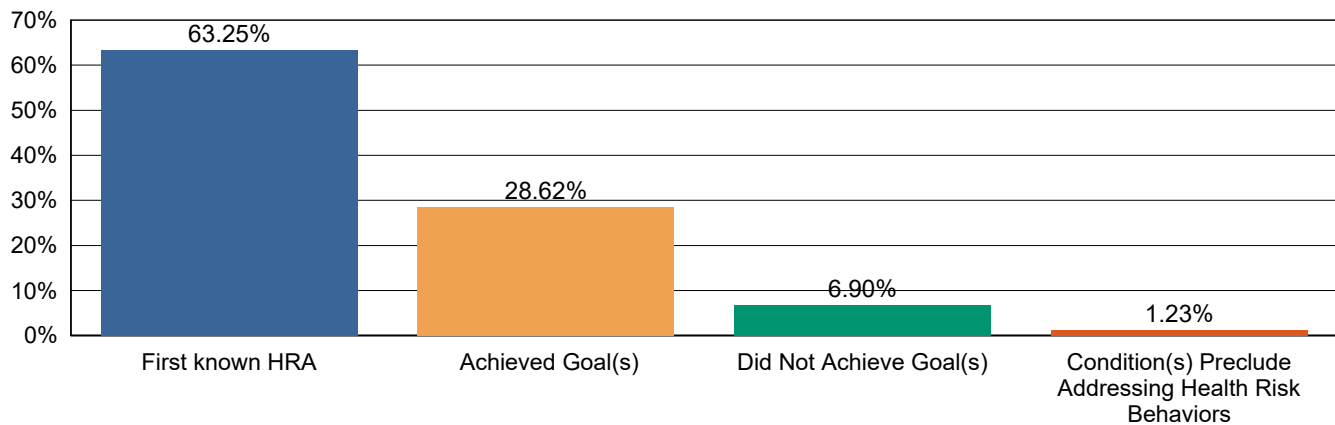
1,450 Health Risk Assessments were submitted during this quarter where this question was not available because the Healthy Behavior Goals Progress question was not available on the original form of the Health Risk Assessment.

Figures 18-1 through 18-3 show Healthy Behavior Goals Progress for the total population, and by age and FPL.

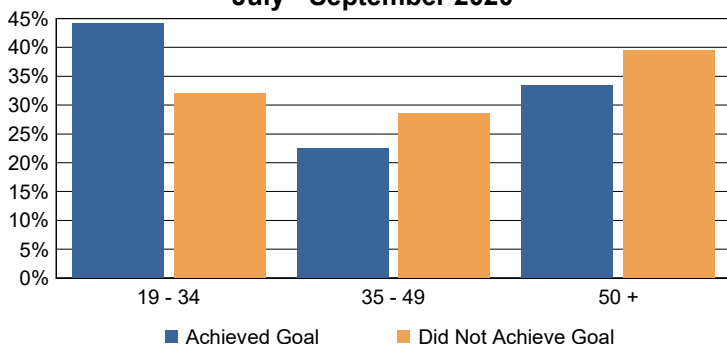
**Table 18. Healthy Behaviors Goals Progress
July - September 2020**

GOALS PROGRESS	TOTAL	PERCENT
A. First known HRA	9,623	63.25%
B. Achieved Goal(s)	4,355	28.62%
C. Did Not Achieve Goal(s)	1,050	6.90%
D. Condition(s) Preclude Addressing Health Risk Behaviors	187	1.23%
TOTAL	15,215	100.00%

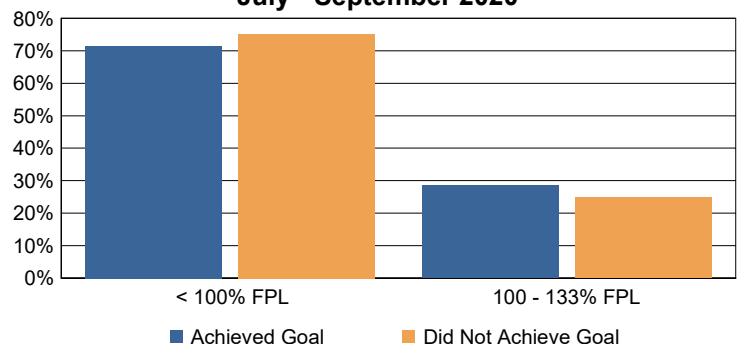
**Figure 18-1. Healthy Behaviors Goals Progress
July - September 2020**



**Figure 15-2. Statement Selection by Age
July - September 2020**



**Figure 15-3. Statement Selection by FPL
July - September 2020**



Additional Healthy Behaviors

To improve the ability of individuals to participate in the Healthy Behaviors Incentives Program, additional mechanisms to document healthy behaviors were added April 1, 2018 for individuals who may have completed healthy behavior activities but do not have a submitted Health Risk Assessment for documentation. The mechanisms include documented participation in approved wellness and population health management programs and claims/encounters review for beneficiaries who utilize preventive and wellness services. Completion of these additional healthy behavior options is also voluntary. The data displayed in this section of the report reflect counts of the number of wellness programs and preventive services completed by beneficiaries. Beneficiaries may choose to complete one or more of these programs in a given 12 month period, however, they will still only be eligible for one incentive per year. The last section of this report focuses on the number of distinct HMP beneficiaries who completed one or more healthy behavior activities.

A total of 7,851 wellness programs were completed in the July-September 2020 quarter. Wellness Program completion is reported by age, gender and Federal Poverty Level in Table 20. Wellness Programs are reported by health domain in Table 21.

A total of 333,948 Preventive Services were completed in the July-September 2020 quarter. Preventive Services completion is reported by age, gender and Federal Poverty Level in Table 23. Preventive Services are reported by health domain in Table 24.

A total of 320,622 distinct HMP beneficiaries completed at least one healthy behavior in the previous twelve months, October 01, 2019-September 30, 2020. Healthy Behavior completion is reported by type of healthy behavior activity in Table 25.

Wellness Programs

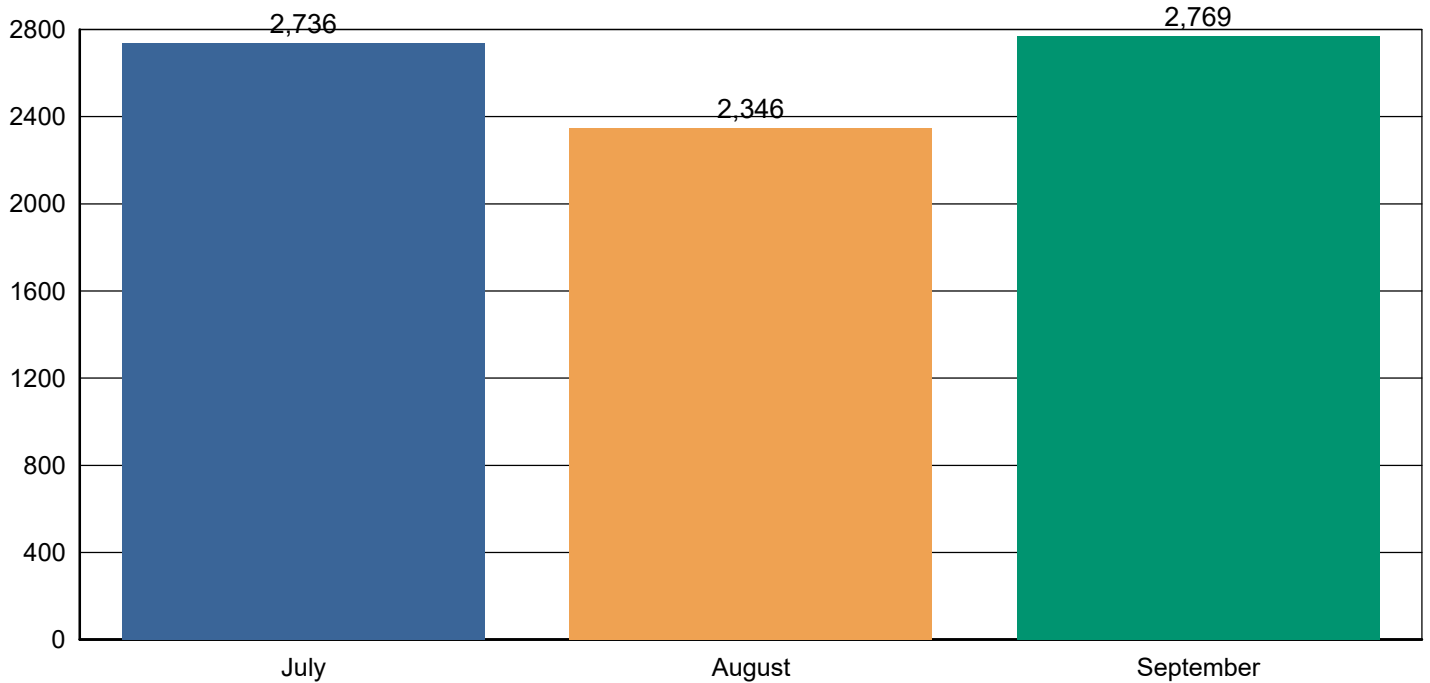
Table 19. Count of Wellness Programs Reported for Total population by Month submitted

MONTH	COMPLETE	TOTAL
October 2019	2,587	45,978
November 2019	6,269	52,247
December 2019	3,241	55,488
January 2020	2,822	58,310
February 2020	2,976	61,286
March 2020	15,531	76,817
April 2020	3,721	80,538
May 2020	1,368	81,906
June 2020	2,910	84,816
July 2020	2,736	87,552
August 2020	2,346	89,898
September 2020	2,769	92,667

Table 20. Wellness Programs Reported for Age Group, Gender and FPL

July 2020 - September 2020		
AGE GROUP	COMPLETED	
19 - 34	1,901	24.21%
35 - 49	2,866	36.51%
50 +	3,084	39.28%
GENDER		
F	3,992	50.85%
M	3,859	49.15%
FPL		
< 100% FPL	6,366	81.09%
100 - 133% FPL	1,485	18.92%
TOTAL	7,851	100.00%

**Figure 19-1. Wellness Program Reported for Total Population
July - September 2020**

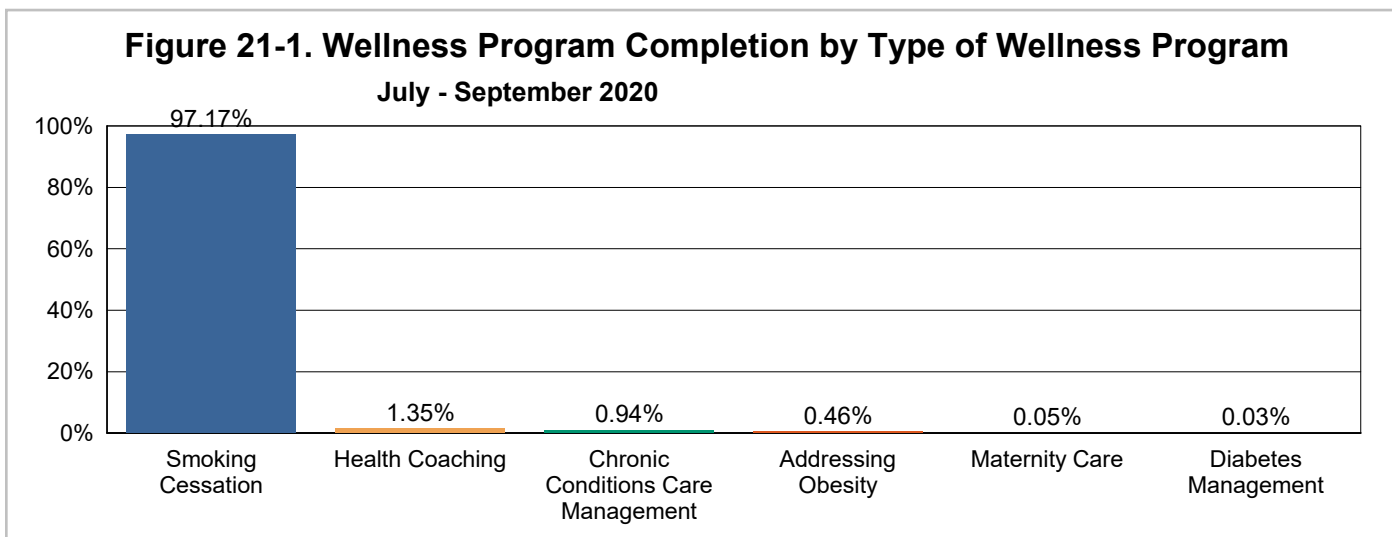


Wellness Programs: The Managed Care Plans offer a range of wellness and population health management programs to their members as part of the Healthy Behaviors Incentives Program. All Managed Care Plans offer a tobacco cessation program which follows standardized criteria. For this reason, 97.17% of wellness programs reported are tobacco cessation programs. Completed wellness programs by program type are displayed in Table 21 for the quarter July-September 2020.

**Table 21. Wellness Program Completion by Type of Wellness Program
July - September 2020**

Wellness Programs	TOTAL	PERCENT
Smoking Cessation	7,629	97.17%
Health Coaching	106	1.35%
Chronic Conditions Care Management	74	0.94%
Addressing Obesity	36	0.46%
Maternity Care	4	0.05%
Diabetes Management	2	0.03%
TOTAL	7,851	100.00%

**Figure 21-1. Wellness Program Completion by Type of Wellness Program
July - September 2020**



Preventive Services

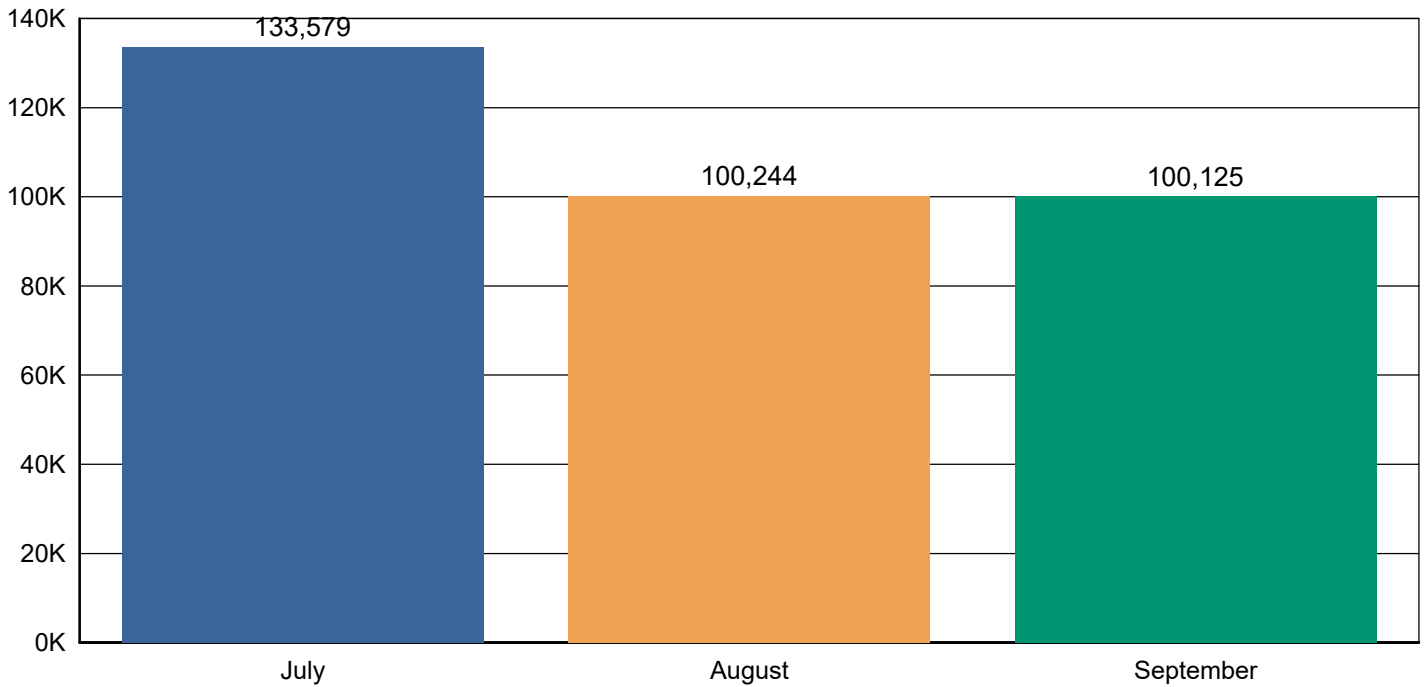
Table 22. Count of Preventive Services Reported for Total population by Month submitted

MONTH	COMPLETE	TOTAL
October 2019	125,455	2,932,634
November 2019	124,704	3,057,338
December 2019	98,976	3,156,314
January 2020	113,940	3,270,254
February 2020	99,531	3,369,785
March 2020	119,372	3,489,157
April 2020	80,058	3,569,215
May 2020	43,821	3,613,036
June 2020	69,219	3,682,255
July 2020	133,579	3,815,834
August 2020	100,244	3,916,078
September 2020	100,125	4,016,203

Table 23. Preventive Services Reported for Age Group, Gender and FPL

July 2020 - September 2020		
AGE GROUP	COMPLETED	
19 - 34	153,198	45.88%
35 - 49	86,452	25.89%
50 +	94,298	28.24%
GENDER		
F	244,125	73.10%
M	89,823	26.90%
FPL		
< 100% FPL	250,910	75.13%
100 - 133% FPL	83,038	24.87%
TOTAL	333,948	100.00%

**Figure 22-1. Preventive Services Reported for Total Population
July - September 2020**

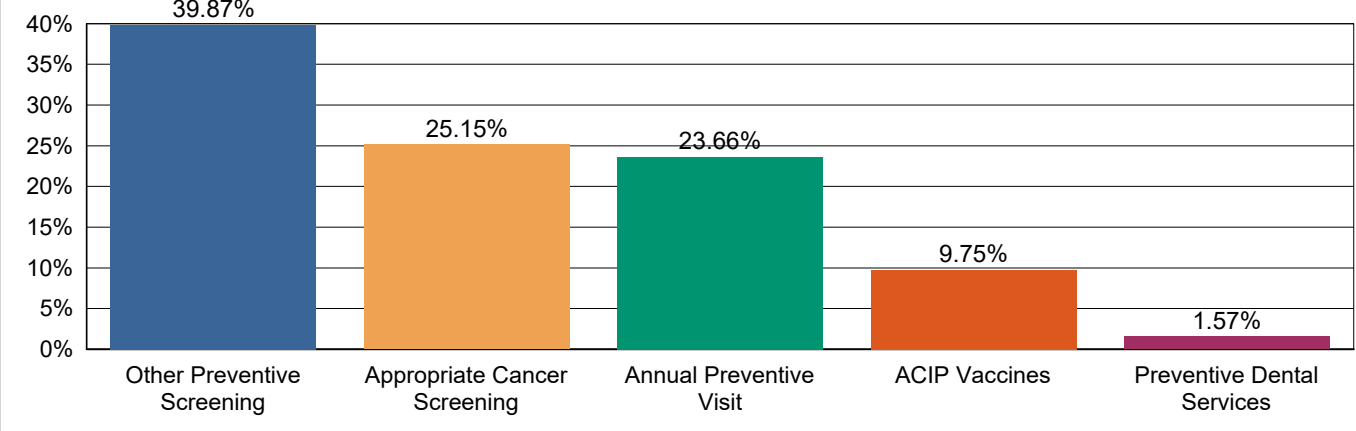


Preventive Services Reported: All Healthy Michigan Plan Enrollees can participate in the Healthy Behaviors Incentives Program by utilizing select preventive services. Utilization of these services are identified through claims/encounter review. The preventive services utilized and their percentage of total preventive services reported are displayed in Table 24 for the quarter July-September 2020. The associated codes for the selected preventive services can be found in Appendix 1.

**Table 24. Preventive Services Completion by Type of Preventive Service
July - September 2020**

Preventive Services	TOTAL	PERCENT
Other Preventive Screening	133,142	39.87%
Appropriate Cancer Screening	83,995	25.15%
Annual Preventive Visit	79,003	23.66%
ACIP Vaccines	32,560	9.75%
Preventive Dental Services	5,248	1.57%
TOTAL	333,948	100.00%

**Figure 24-1. Preventive Services Completion by Type of Preventive Service
July - September 2020**



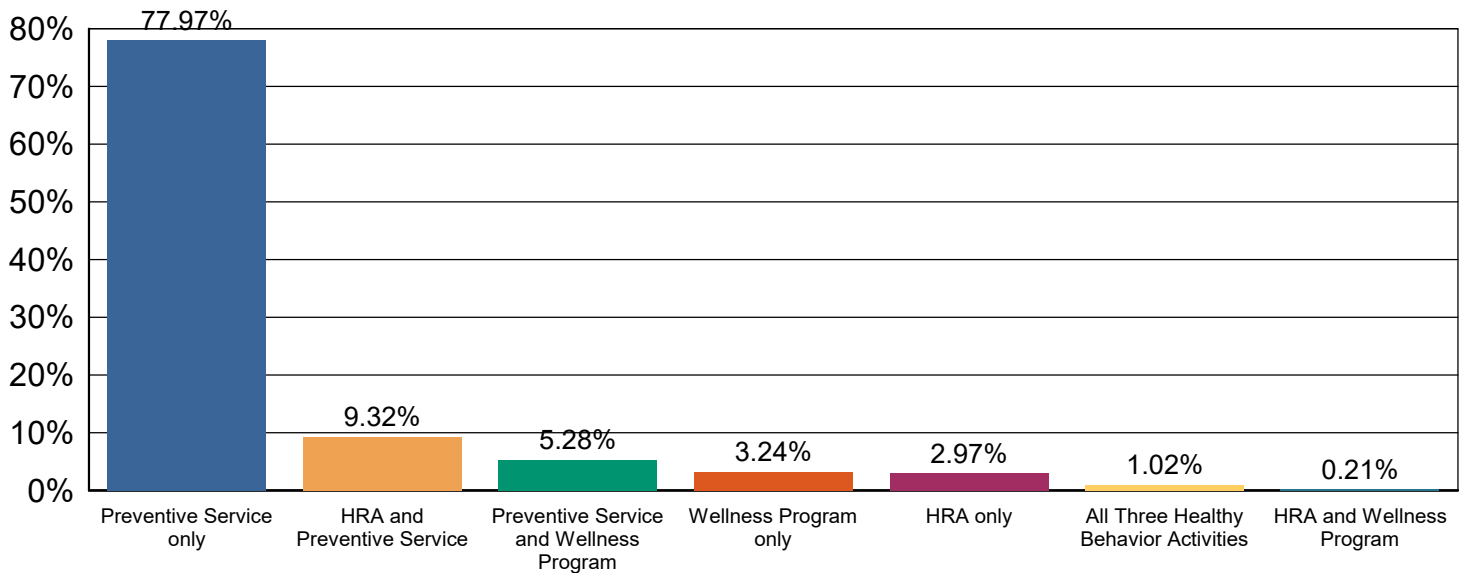
Healthy Behavior Activities

Table 25. Count of distinct HMP beneficiaries who completed Healthy Behavior Activities for October 2019 - September 2020

Healthy Behavior Activity	Total	Percent
HRA only	9,514	2.97%
Wellness Program only	10,374	3.24%
Preventive Service only	250,000	77.97%
HRA and Preventive Service	29,882	9.32%
HRA and Wellness Program	680	0.21%
Preventive Service and Wellness Program	16,915	5.28%
All Three Healthy Behavior Activities	3,257	1.02%
TOTAL	320,622	100.00%

Figure 25.1 Count of Distinct HMP Beneficiaries who completed one or more Healthy Behavior Activities

October 2019 - September 2020



Appendix 1: Healthy Behaviors incentives Program - Preventive Services Procedure and Diagnosis Codes

PREVENTIVE DENTAL SERVICES	
PROCEDURE CODE	DIAGNOSIS CODE
D0120	Z0120, Z0121, Z1384
D0191	Z0120, Z0121, Z1384
D1110	Z0120, Z0121, Z1384
D1354	Z0120, Z0121

ACIP VACCINES	
PROCEDURE CODE	DIAGNOSIS CODE
90620	NA
90621	NA
90630	NA
90632	NA
90636	NA
90649	NA
90650	NA
90651	NA
90654	NA
90656	NA
90658	NA
90661	NA
90670	NA
90673	NA
90674	NA
90686	NA
90688	NA
90707	NA
90714	NA
90715	NA
90716	NA
90732	NA
90733	NA
90734	NA
90736	NA
90740	NA
90744	NA
90746	NA
90747	NA
G0008	NA
G0009	NA
G0010	NA
Q2034	NA
Q2035	NA
Q2036	NA
Q2037	NA
Q2038	NA
Q2039	NA

ANNUAL PREVENTIVE VISIT	
PROCEDURE CODE	DIAGNOSIS CODE
99385	NA
99386	NA
99395	NA
99396	NA
99401	NA
99402	NA

CANCER SCREENING: BREAST	
PROCEDURE CODE	DIAGNOSIS CODE
77063	NA
77067	NA
G0202	NA

CANCER SCREENING: CERVICAL/VAGINAL	
PROCEDURE CODE	DIAGNOSIS CODE
87623	NA
87624	NA
87625	NA
88141	NA
88142	NA
88143	NA
88147	NA
88148	NA
88155	NA
88164	NA
88165	NA
88166	NA
88167	NA
88174	NA
88175	NA
G0101	NA
G0476	NA
Q0091	NA

CANCER SCREENING: COLORECTAL	
PROCEDURE CODE	DIAGNOSIS CODE
45330	Z1211, Z1212, Z1213, Z800, Z8371, Z86010
45331	Z1211, Z1212, Z1213, Z800, Z8371, Z86010
45333	Z1211, Z1212, Z1213, Z800, Z8371, Z86010
45338	Z1211, Z1212, Z1213, Z800, Z8371, Z86010
45346	Z1211, Z1212, Z1213, Z800, Z8371, Z86010
45378	Z1211, Z1212, Z1213, Z800, Z8371, Z86010
45380	Z1211, Z1212, Z1213, Z800, Z8371, Z86010
45384	Z1211, Z1212, Z1213, Z800, Z8371, Z86010
45385	Z1211, Z1212, Z1213, Z800, Z8371, Z86010
45388	Z1211, Z1212, Z1213, Z800, Z8371, Z86010
81528	NA
82270	NA
82274	Z1211, Z1212, Z1213, Z800, Z8371, Z86010
G0104	NA
G0105	NA
G0121	NA
G0328	NA

CANCER SCREENING: LUNG	
PROCEDURE CODE	DIAGNOSIS CODE
71250	F172, Z122, Z720, Z87891
G0297	NA

CANCER SCREENING: PROSTATE	
PROCEDURE CODE	DIAGNOSIS CODE
84152	Z125, Z8042
84153	Z125, Z8042
84154	Z125, Z8042
G0102	NA
G0103	NA

HEP C VIRUS INFECTION SCREENING	
PROCEDURE CODE	DIAGNOSIS CODE
86803	NA
G0472	NA

HIV SCREENING	
PROCEDURE CODE	DIAGNOSIS CODE
86689	Z114
86701	Z114
86702	Z114
86703	Z114
87389	Z114
87390	Z114
87391	Z114
87534	Z114
87535	Z114
87536	Z114
87537	Z114
87538	Z114
87539	Z114
87806	Z114
G0432	NA
G0433	NA
G0435	NA

OSTEOPOROSIS SCREENING	
PROCEDURE CODE	DIAGNOSIS CODE
76977	Z13820, Z8262
77078	Z13820, Z8262
77080	Z13820, Z8262
77081	Z13820, Z8262

STI SCREENING: CHLAMYDIA	
PROCEDURE CODE	DIAGNOSIS CODE
87110	NA
87270	NA
87320	NA
87490	NA
87491	NA
87492	NA
87810	NA

STI SCREENING: GONORRHEA	
PROCEDURE CODE	DIAGNOSIS CODE
87590	NA
87591	NA
87592	NA
87850	NA

STI SCREENING: HEP B (NONPREGNANT)	
PROCEDURE CODE	DIAGNOSIS CODE
86704	NA
86705	NA
86706	NA
87340	NA
G0499	NA

STI SCREENING: SYPHILIS (NONPREGNANT)	
PROCEDURE CODE	DIAGNOSIS CODE
86592	NA
86593	NA

TUBERCULOSIS SCREENING	
PROCEDURE CODE	DIAGNOSIS CODE
86480	Z111, Z201
86481	Z111, Z201
86580	Z111, Z201
87116	Z111, Z201