

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  
January-March 2019

Produced by:

Quality Improvement and Program Development - Managed Care Plan Division

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## Introduction

Pursuant to PA 107 of 2013, 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 107 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 data displayed in Part 1 of this report reflect the responses to 12 questions in Section 1 of the Health Risk Assessment completed through Michigan ENROLLS. As shown in Table I, a total of 413,748 Health Risk Assessments were completed through Michigan ENROLLS as of March 2019. This represents a completion rate of 95.59%. Responses are reported in Tables 1 through 12. Beneficiaries who participated in the Health Risk Assessment but refused to answer specific questions are included in the total population and their answers are reported as "Refused". Responses are also reported by age and Federal Poverty Level (FPL).

# Health Risk Assessment Completion through Michigan ENROLLS

**Table I. Count of Health Risk Assessments (HRA) 12 Questions Completed with MI Enrolls Total Aggregate to March 2019**

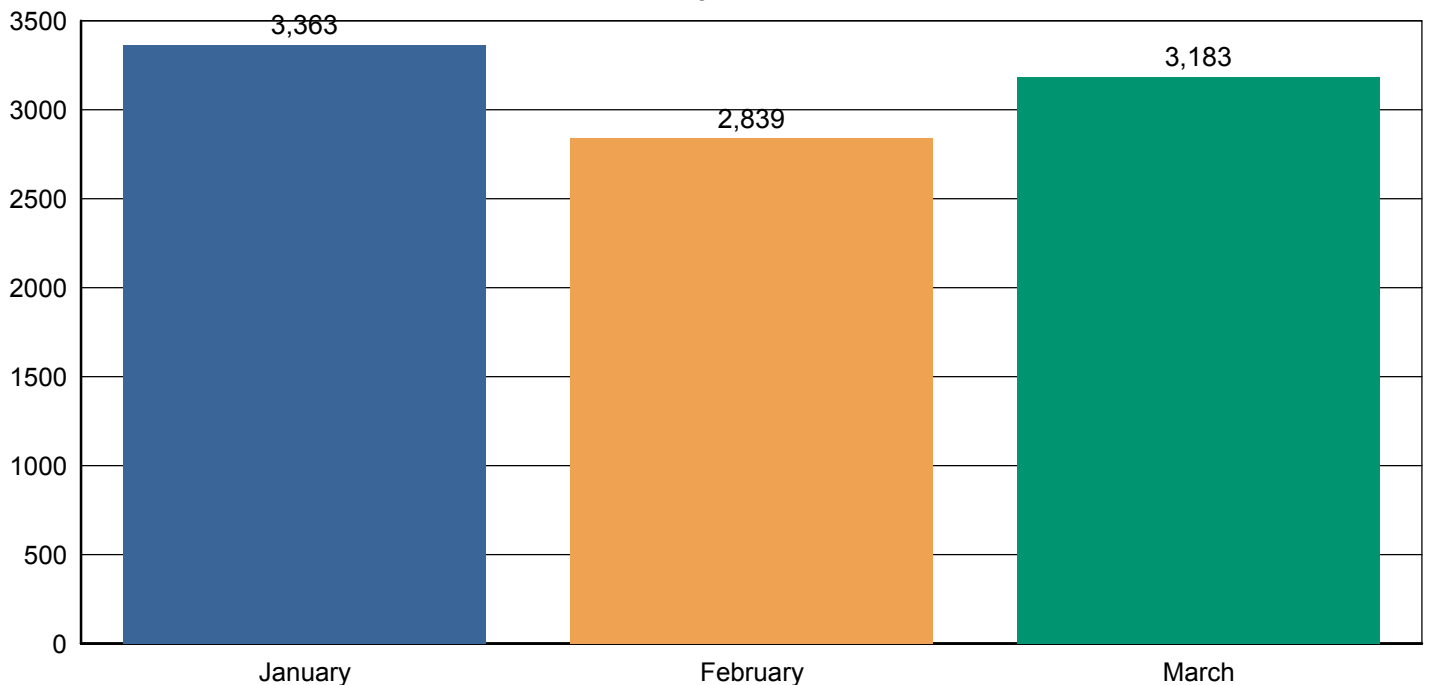
MONTH	COMPLETE	TOTAL
April 2018	5,360	378,266
May 2018	4,268	382,534
June 2018	4,227	386,761
July 2018	3,389	390,150
August 2018	3,404	393,554
September 2018	2,727	396,281
October 2018	2,703	398,984
November 2018	2,379	401,363
December 2018	3,000	404,363
January 2019	3,363	407,726
February 2019	2,839	410,565
March 2019	3,183	413,748

**Table II. Demographics of Population that Completed HRA 12 Questions with MI ENROLLS**

January 2019 - March 2019		
AGE GROUP	COMPLETED HRA	
19 - 34	3,523	37.54%
35 - 49	2,798	29.81%
50 +	3,064	32.65%
GENDER		
F	4,834	51.51%
M	4,551	48.49%
FPL		
< 100% FPL	7,501	79.93%
100 - 133% FPL	1,884	20.08%
<b>TOTAL</b>	<b>9,385</b>	<b>100.00%</b>

**Figure I-1. Health Risk Assessments Completed with MI ENROLLS**

January - March 2019



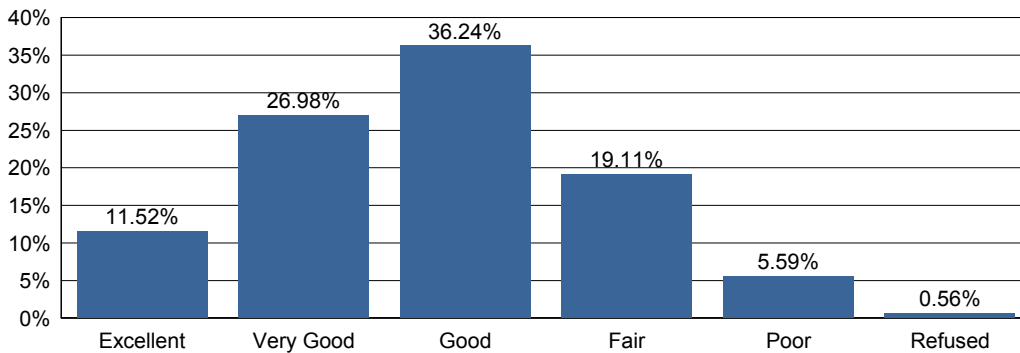
## Question 1. General Health Rating

Question 1. In general, how would you rate your health? This question is used to assess self-reported health status. Healthy Michigan Plan enrollees were given the answer options of excellent, very good, good, fair or poor. Table 1 shows the overall answers to this question for the quarter January-March 2019. Among enrollees who completed the survey, this question had a 0.57% refusal rate. Figures 1-1 through 1-3 show the health rating reported for the total population, and by age and FPL.

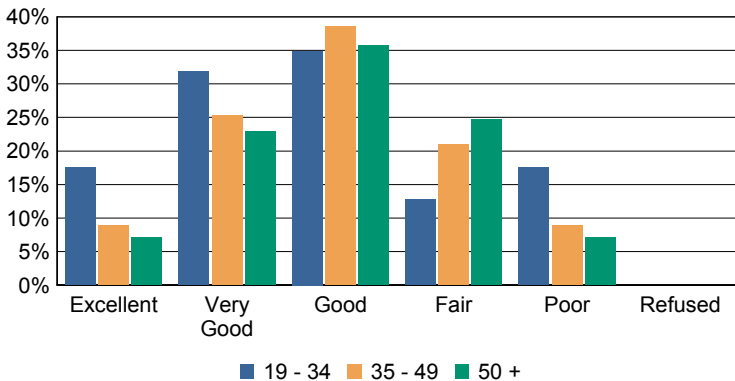
**Table 1. Health Rating for Total Population  
January - March 2019**

HEALTH RATING	TOTAL	PERCENT
Excellent	1,081	11.52%
Very Good	2,532	26.98%
Good	3,401	36.24%
Fair	1,793	19.11%
Poor	525	5.59%
Refused	53	0.57%
<b>TOTAL</b>	<b>9,385</b>	<b>100.00%</b>

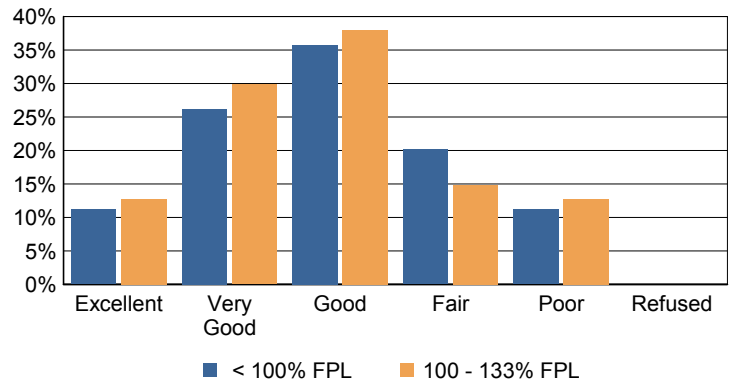
**Figure 1-1. Health Rating for Total Population  
January - March 2019**



**Figure 1-2. Health Rating by Age  
January - March 2019**



**Figure 1-3. Health Rating by FPL  
January - March 2019**

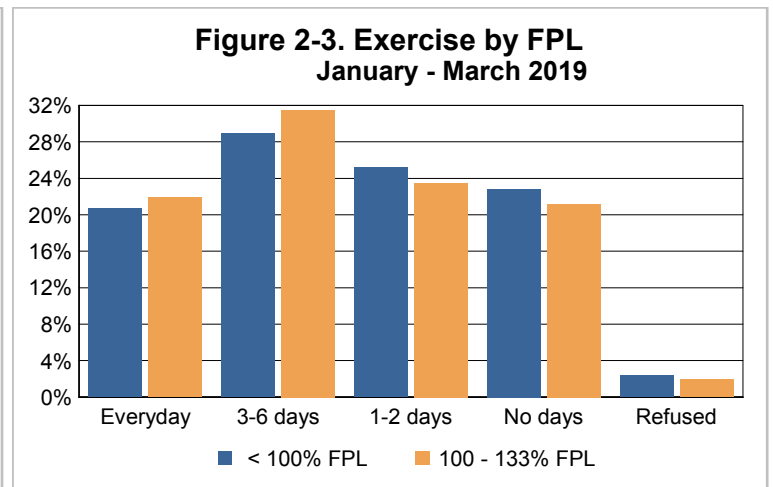
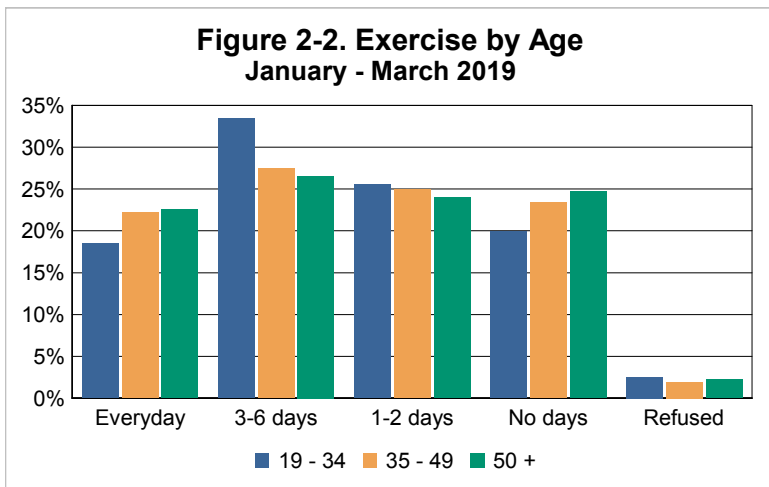
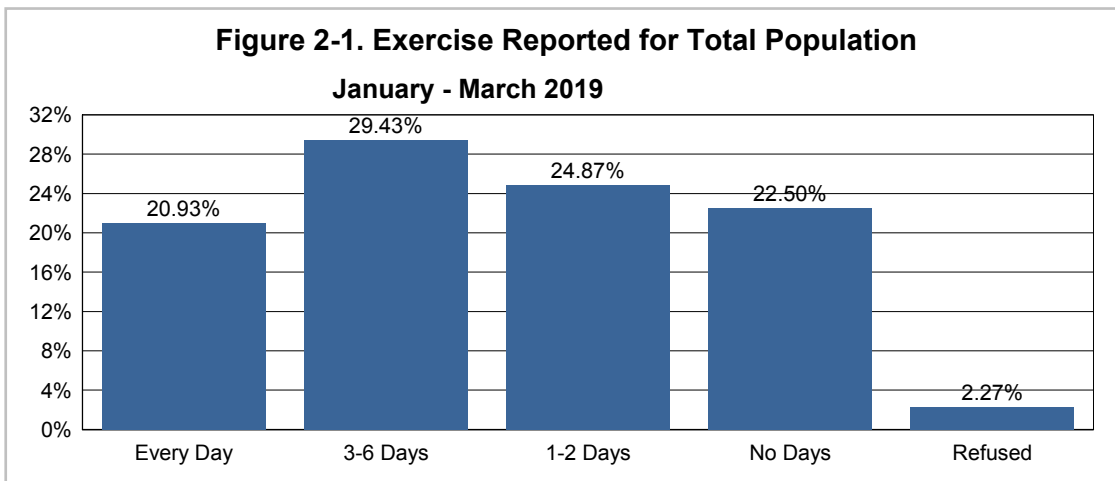


## Question 2. Exercise

Question 2. In the last 7 days, how often did you exercise for at least 20 minutes a day? This question is used to assess self-reported exercise frequency as an important component of maintaining a healthy weight. Healthy Michigan Plan enrollees were given the answer options of every day, 3-6 days, 1-2 days or 0 days. Table 2 shows the overall answers to this question for January-March 2019. Among enrollees who participated in the survey, there was a 2.27% refusal rate for this question. Figures 2-1 through 2-3 show the exercise frequency reported for the total population, by age and FPL.

**Table 2. Exercise Reported for Total Population  
January - March 2019**

EXERCISE	TOTAL	PERCENT
Every Day	1,964	20.93%
3-6 Days	2,762	29.43%
1-2 Days	2,334	24.87%
No Days	2,112	22.50%
Refused	213	2.27%
<b>TOTAL</b>	<b>9,385</b>	<b>100.00%</b>

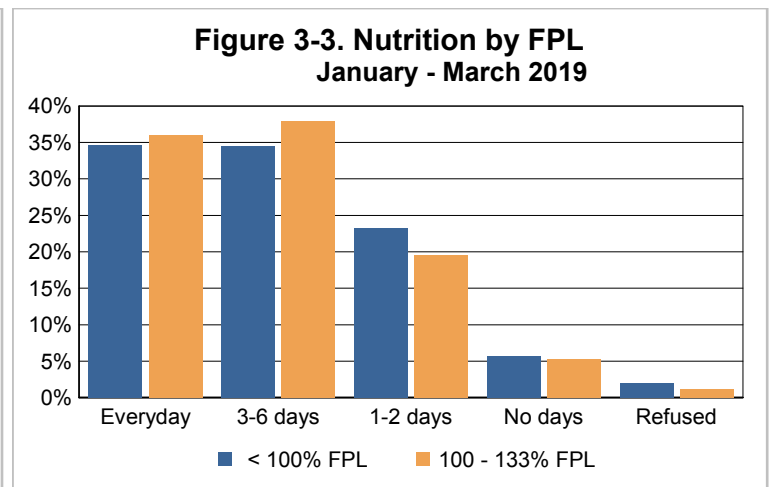
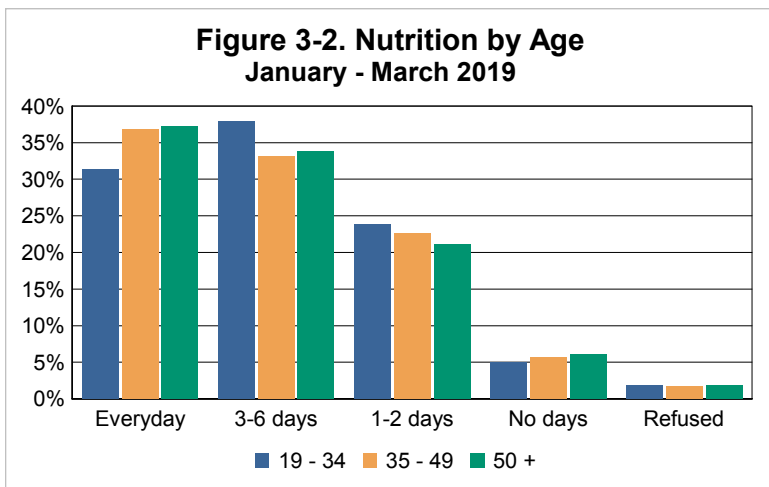
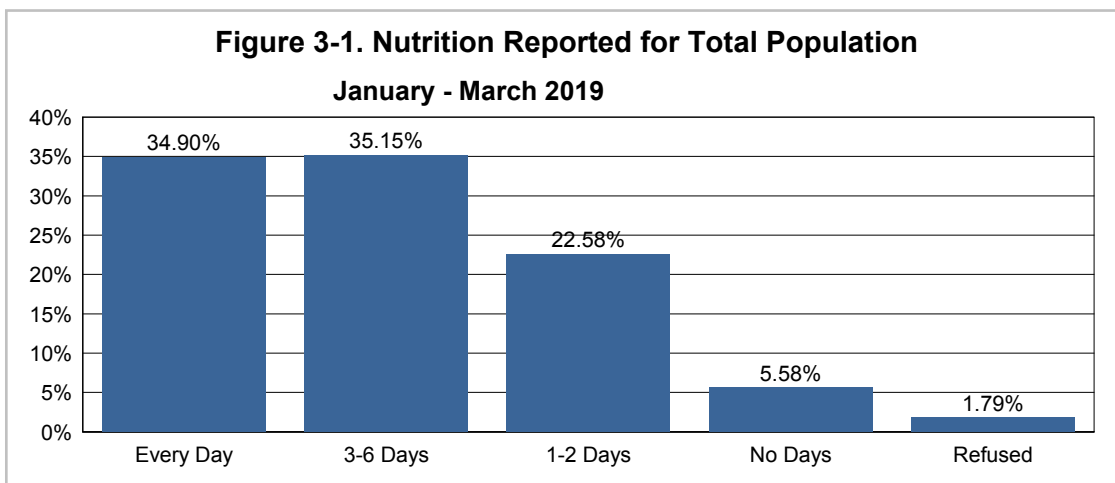


### Question 3. Nutrition (Fruits and Vegetables)

Question 3. In the last 7 days, how often did you eat 3 or more servings of fruits or vegetables in a day? This question is used to assess self-reported nutrition as an important component of maintaining a healthy weight. Healthy Michigan Plan enrollees were given the answer options of every day, 3-6 days, 1-2 days or 0 days. Table 3 shows the overall answers to this question for January-March 2019. Among enrollees who participated in the survey, there was a 1.79% refusal rate for this question. Figures 3-1 through 3-3 show the nutrition reported for the total population, and by age and FPL.

**Table 3. Nutrition Reported for Total Population  
January - March 2019**

NUTRITION	TOTAL	PERCENT
Every Day	3,275	34.90%
3-6 Days	3,299	35.15%
1-2 Days	2,119	22.58%
No Days	524	5.58%
Refused	168	1.79%
<b>TOTAL</b>	<b>9,385</b>	<b>100.00%</b>

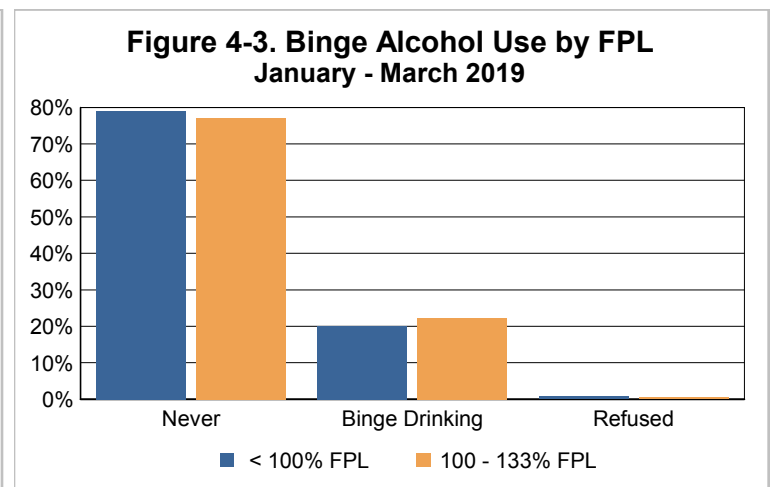
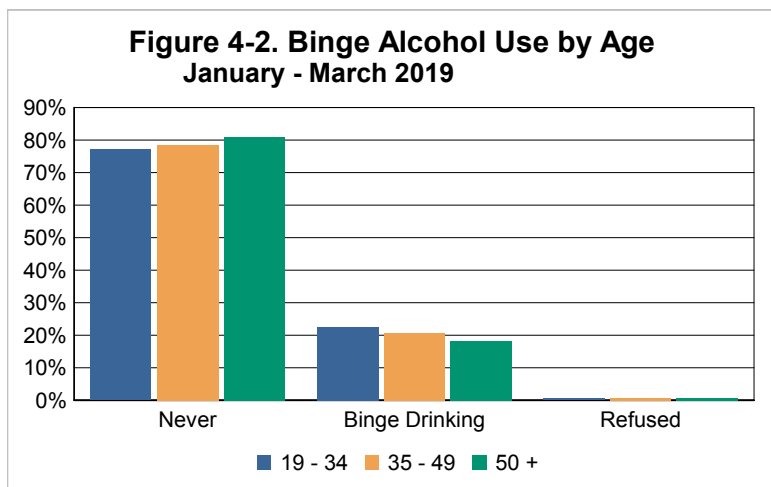
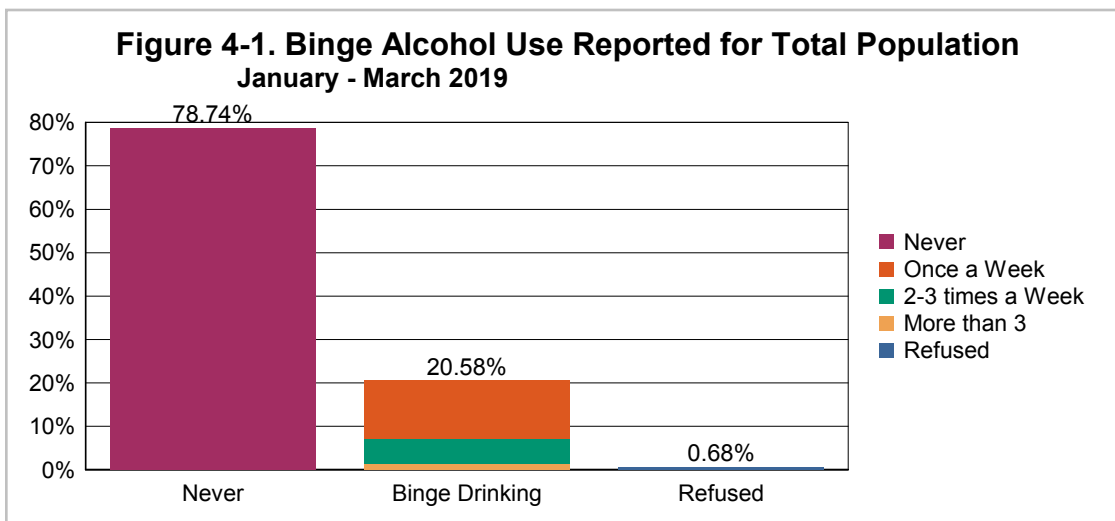


## Question 4. Binge Alcohol Use

Question 4. In the last 7 days, how often did you have (5 or more for men, 4 or more for women) alcoholic drinks at one time? This question is used to assess self-reported binge alcohol use. Healthy Michigan Plan enrollees were given the answer options of never, once a week, 2-3 a week and more than 3 times during the week. Table 4 shows the combined overall answers to these questions for January-March 2019. Among enrollees who participated in the survey, there was a 0.68% refusal rate for this question. Figures 4-1 through 4-3 show binge alcohol use status reported for the total population, and by age and FPL.

**Table 4. Binge Alcohol Use Reported for Total Population  
January - March 2019**

ALCOHOL	TOTAL	PERCENT
Never	7,390	78.74%
Once a Week	1,275	13.59%
2-3 times a Week	522	5.56%
More than 3	134	1.43%
Refused	64	0.68%
<b>TOTAL</b>	<b>9,385</b>	<b>100.00%</b>



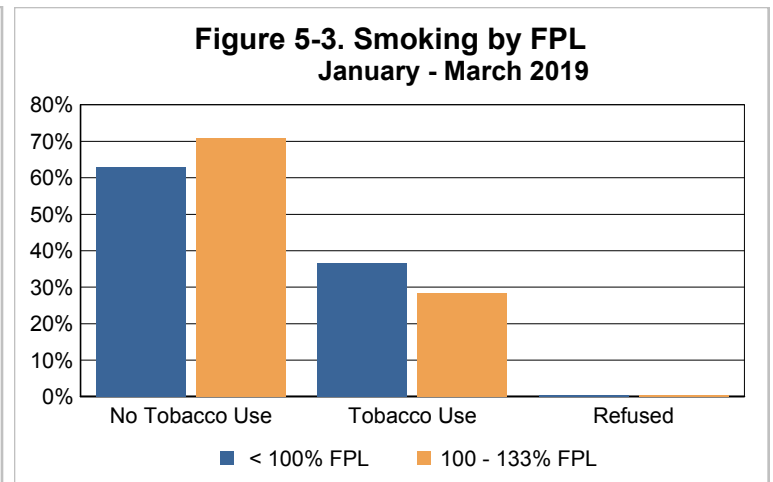
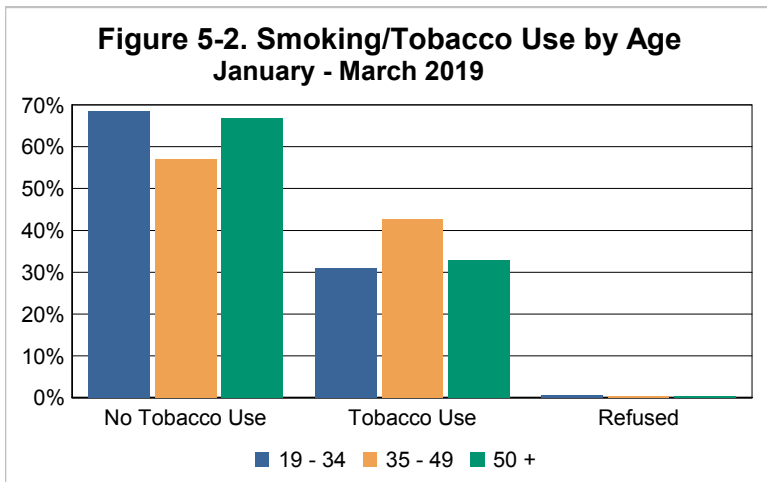
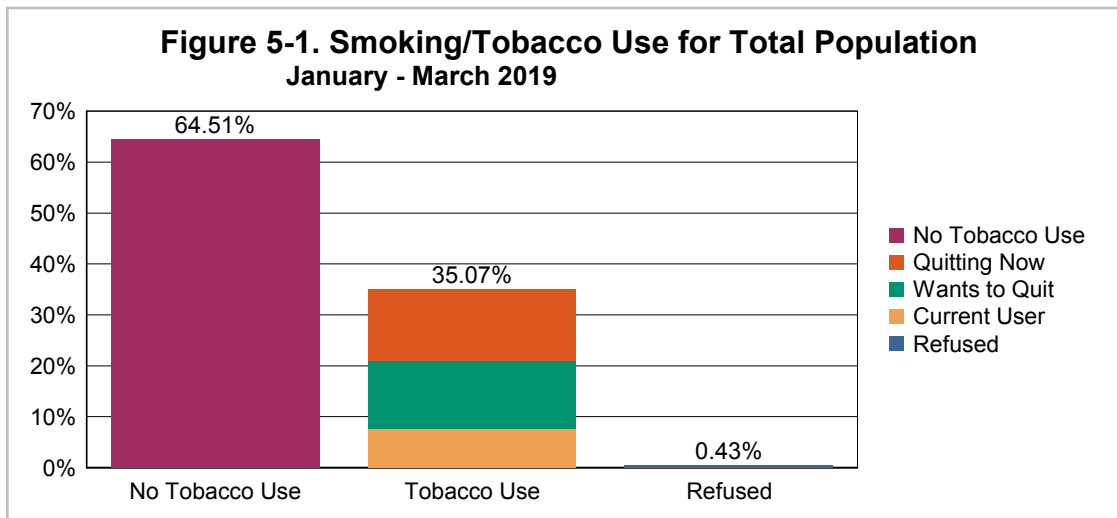


## Question 5. Smoking/Tobacco Use

Question 5. In the last 30 days, have you smoked or used tobacco? This question is used to assess self-reported smoking/tobacco use. Healthy Michigan Plan enrollees were given the answer options of yes or no. Enrollees who answered yes, were asked a follow-up question: If YES, do you want to quit smoking or using tobacco? For this follow-up question, enrollees were given the answer options of yes, I am working on quitting or cutting back right now and no. Table 5 shows the combined overall answers to these questions for January-March 2019. Question 5 had a 0.43% refusal rate. Figures 5-1 through 5-3 show smoking/tobacco use reported for the total population, and by age and FPL.

**Table 5. Smoking/Tobacco Use Reported for Total Population  
January - March 2019**

TOBACCO USE	TOTAL	PERCENT
No Tobacco Use	6,054	64.51%
Quitting Now	1,321	14.08%
Wants to Quit	1,249	13.31%
Current User	721	7.68%
Refused	40	0.43%
<b>TOTAL</b>	<b>9,385</b>	<b>100.00%</b>

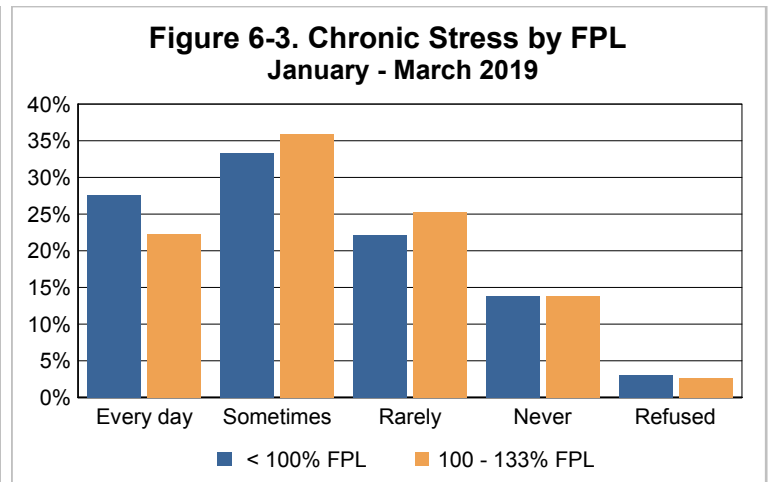
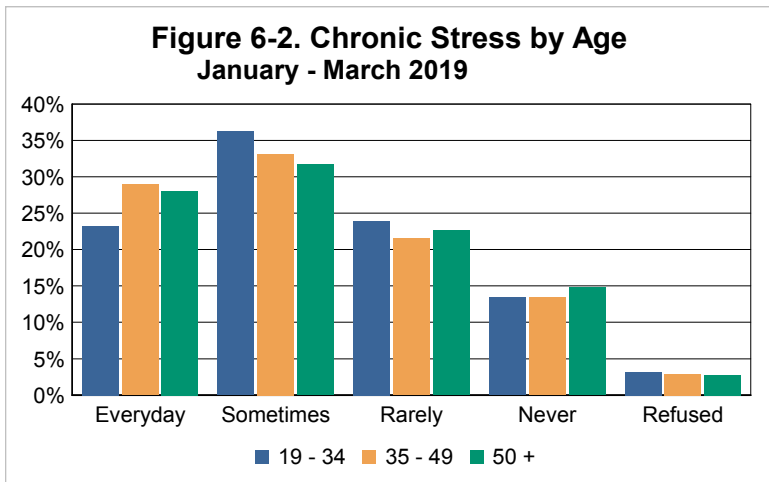
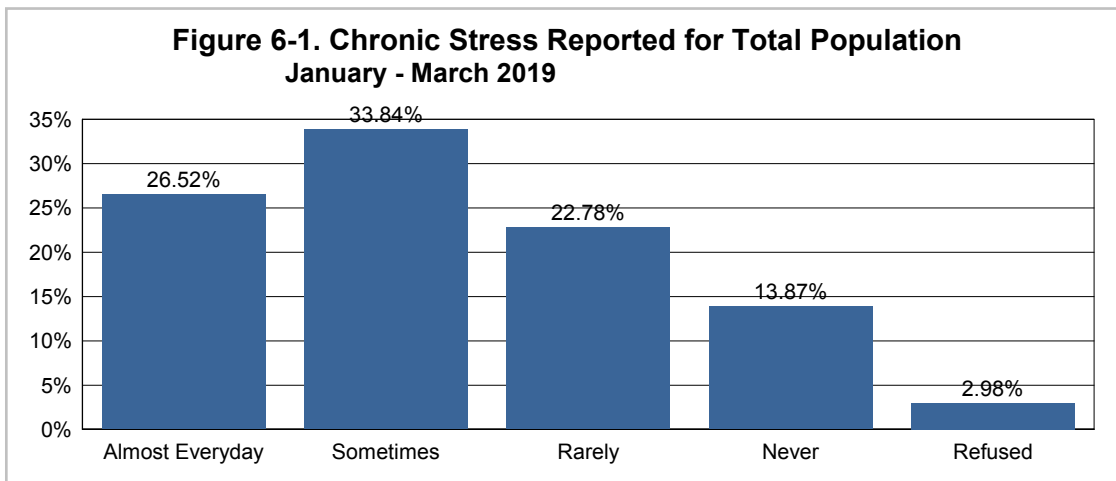


## Question 6. Chronic Stress

Question 6. How often is stress a problem for you in handling everyday things such as your health, money, work, or relationships with family and friends? This question is used to assess self-reported mental health status. Healthy Michigan Plan enrollees were given the answer options of almost every day, sometimes, rarely and never. Table 6 shows the overall answers to this question for January-March 2019. Among enrollees who participated in the survey, there was a 2.98% refusal rate for this question. Figures 6-1 through 6-3 show anxiety and depression reported for the total population, and by age and FPL.

**Table 6. Chronic Stress Reported for Total Population  
January - March 2019**

STRESS	TOTAL	PERCENT
Almost Every day	2,489	26.52%
Sometimes	3,176	33.84%
Rarely	2,138	22.78%
Never	1,302	13.87%
Refused	280	2.98%
<b>TOTAL</b>	<b>9,385</b>	<b>100.00%</b>

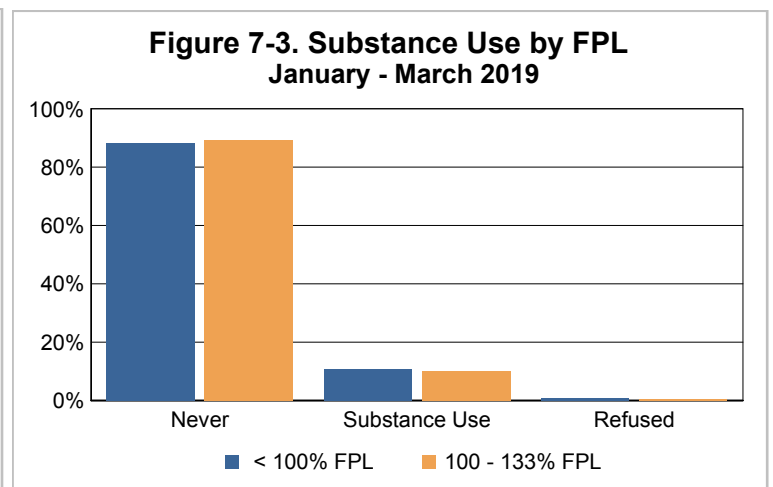
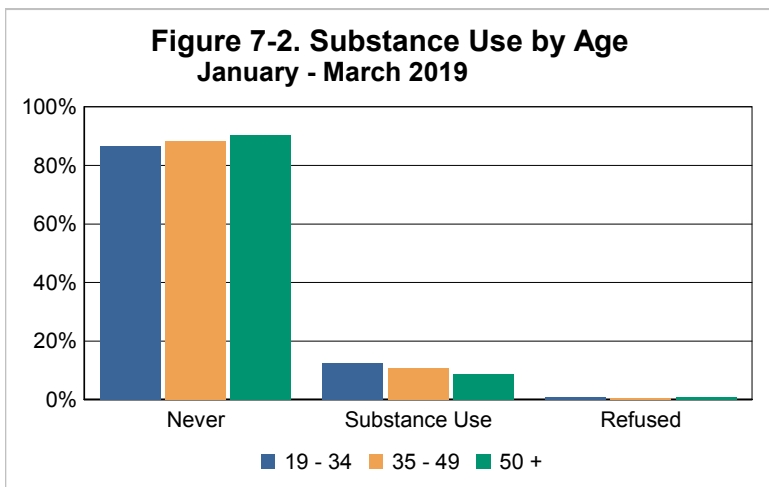
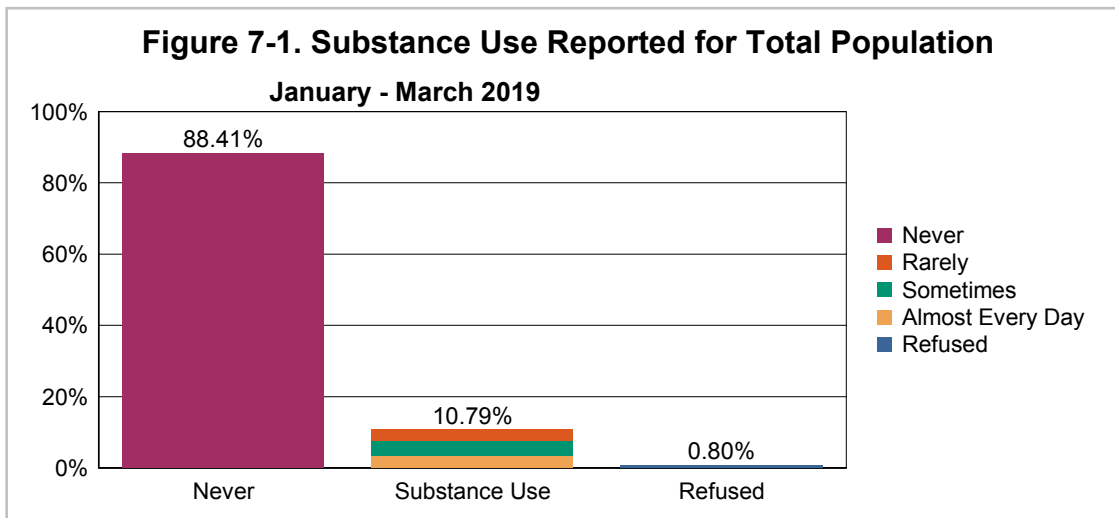


## Question 7. Drugs and Substance Use

Question 7. Do you use drugs or medications (other than exactly as prescribed for you) which affect your mood or help you to relax? This question is used to assess self-reported substance use. Healthy Michigan Plan enrollees were given the answer options of almost every day, sometimes, rarely and never. Table 7 shows the overall answers to this question for January-March 2019. Among enrollees who participated in the survey, there was a 0.80% refusal rate for this question. Figures 7-1 through 7-3 show substance use reported for the total population, and by age and FPL.

**Table 7. Substance Use Reported for Total Population  
January - March 2019**

SUBSTANCE USE	TOTAL	PERCENT
Almost Every Day	310	3.30%
Sometimes	404	4.31%
Rarely	299	3.19%
Never	8,297	88.41%
Refused	75	0.80%
<b>TOTAL</b>	<b>9,385</b>	<b>100.00%</b>



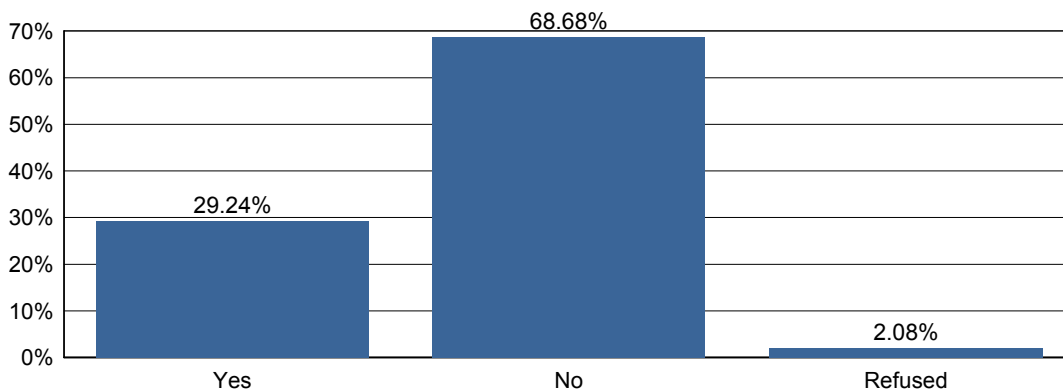
## Question 8. Immunization Status (Annual Flu Vaccine)

Question 8. The flu vaccine can be a shot in the arm or a spray in the nose. Have you had a flu shot or flu spray in the last year? This question is used to assess self-reported annual flu vaccine as an indicator of immunization status. Healthy Michigan Plan enrollees were given the answer options of yes or no. Table 8 shows the overall answers to this question for January-March 2019. Among enrollees who participated in the survey, there was a 2.08% refusal rate for this question. Figures 8-1 through 8-3 show immunization status reported for the total population, and by age and FPL.

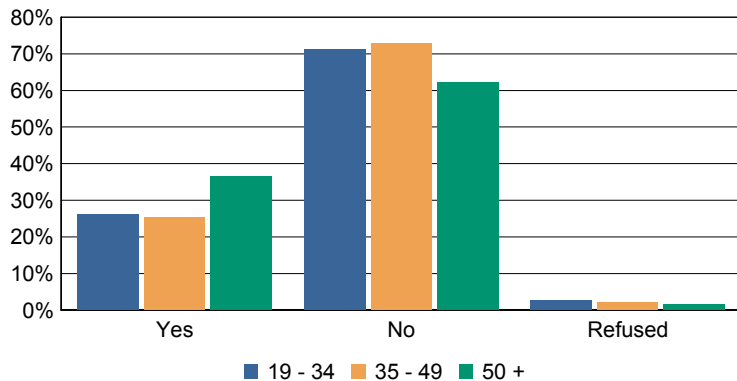
**Table 8. Immunization Status Reported for Total Population  
January - March 2019**

IMMUNIZATION	TOTAL	PERCENT
Yes	2,744	29.24%
No	6,446	68.68%
Refused	195	2.08%
<b>TOTAL</b>	<b>9,385</b>	<b>100.00%</b>

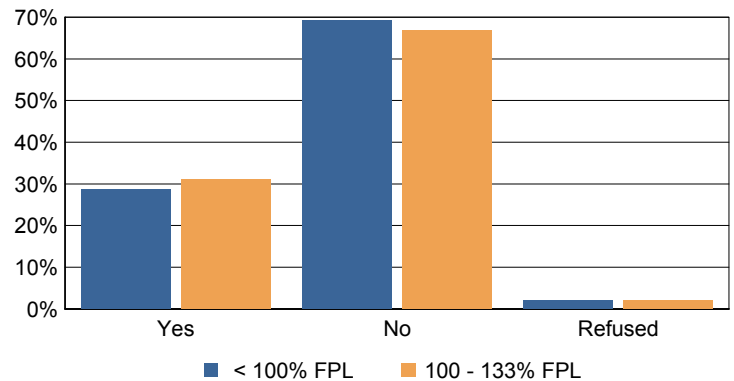
**Figure 8-1. Immunization Status Reported for Total Population  
January - March 2019**



**Figure 8-2. Immunization Status by Age  
January - March 2019**



**Figure 8-3. Immunization Status by FPL  
January - March 2019**

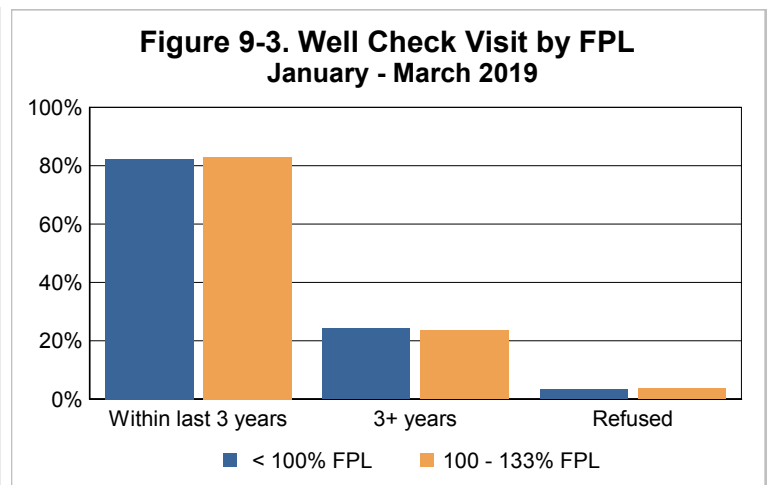
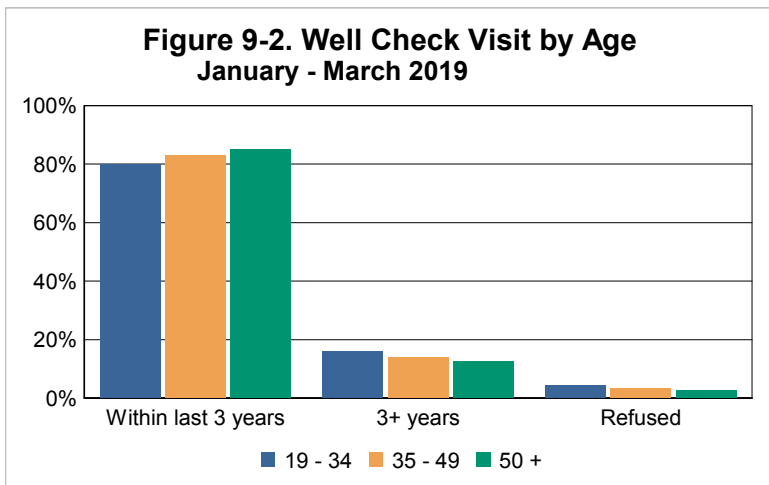
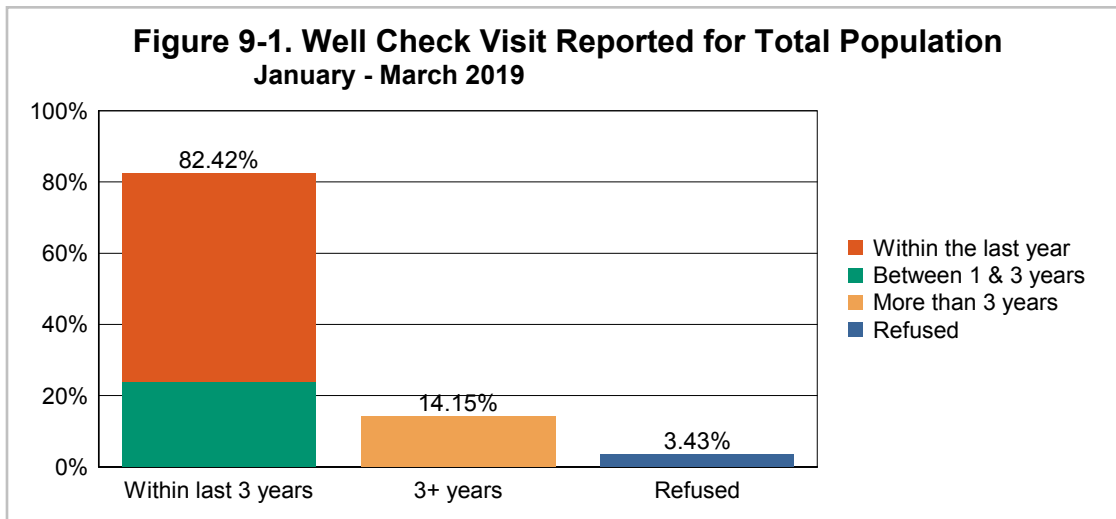


## Question 9. Well Check Visit

Question 9. A checkup is a visit to a doctor's office that is NOT for a specific problem. How long has it been since your last check-up? This question is used to assess self-reported well check visit. Healthy Michigan Plan enrollees were given the answer options of within the last year, between 1-3 years and more than 3 years. Table 9 shows the overall answers to this question for January-March 2019. Among enrollees who participated in the survey, there was a 3.43% refusal rate for this question. Figures 9-1 through 9-3 show well check visit reported for the total population, and by age and FPL.

**Table 9. Well Check Visit Reported for Total Population  
January - March 2019**

CHECK-UP	TOTAL	PERCENT
Within the last year	5,484	58.43%
Between 1 & 3 years	2,251	23.99%
More than 3 years	1,328	14.15%
Refused	322	3.43%
<b>TOTAL</b>	<b>9,385</b>	<b>100.00%</b>



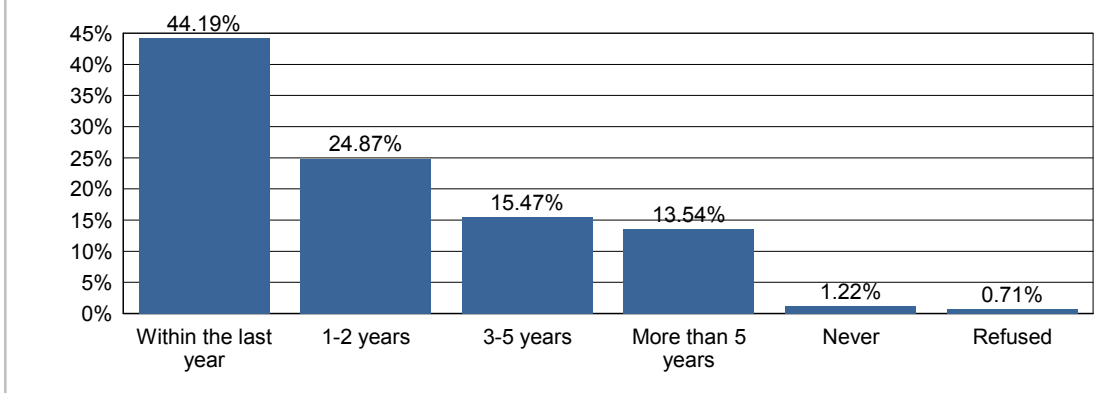
## Question 10. Annual Dental Visit

Question 10. How long it has been since you last visited dentist or dental clinic for any reason? This question is used to assess self-reported annual dental visit. Healthy Michigan Plan enrollees were given the answer options of within the last year, between 1-2 years, between 3-5 years, more than 5 years and never. Table 10 shows the overall answers to this question for January-March 2019. Among enrollees who participated in the survey, there was a 0.71% refusal rate for this question. Figures 3-1 through 3-3 show well check visit reported for the total population, and by age and FPL.

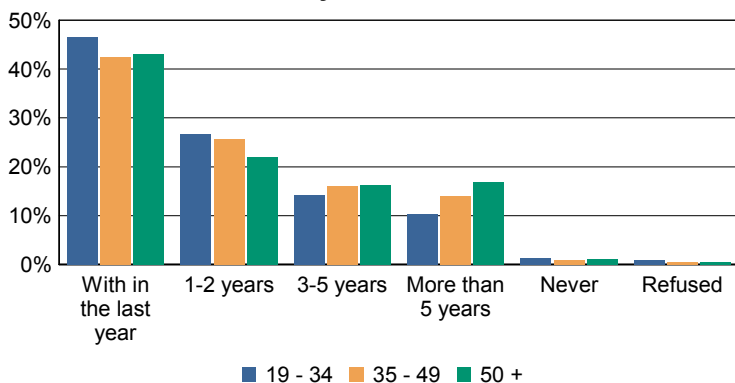
**Table 10. Annual Dental Visit Reported for Total Population  
January - March 2019**

DENTAL VISIT	TOTAL	PERCENT
Within the last year	4,147	44.19%
1-2 years	2,334	24.87%
3-5 years	1,452	15.47%
More than 5 years	1,271	13.54%
Never	114	1.22%
Refused	67	0.71%
<b>TOTAL</b>	<b>9,385</b>	<b>100.00%</b>

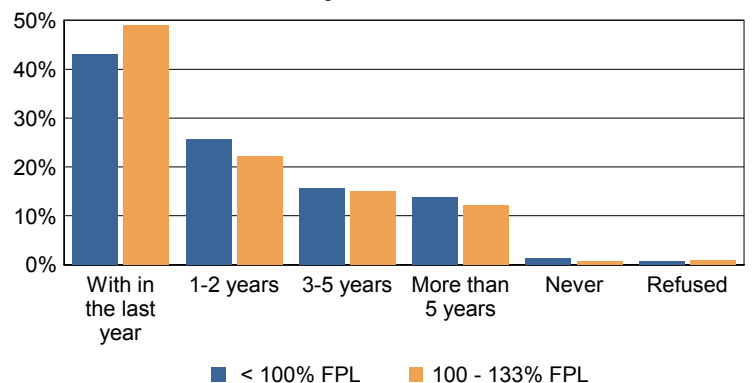
**Figure 10-1. Annual Dental Visit Reported for Total Population  
January - March 2019**



**Figure 10-2. Annual Dental Visit by Age  
January - March 2019**



**Figure 10-3. Annual Dental Visit by FPL  
January - March 2019**

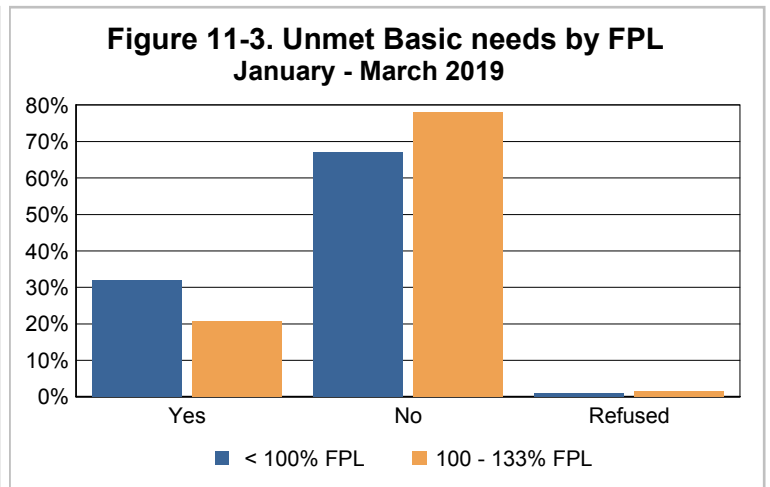
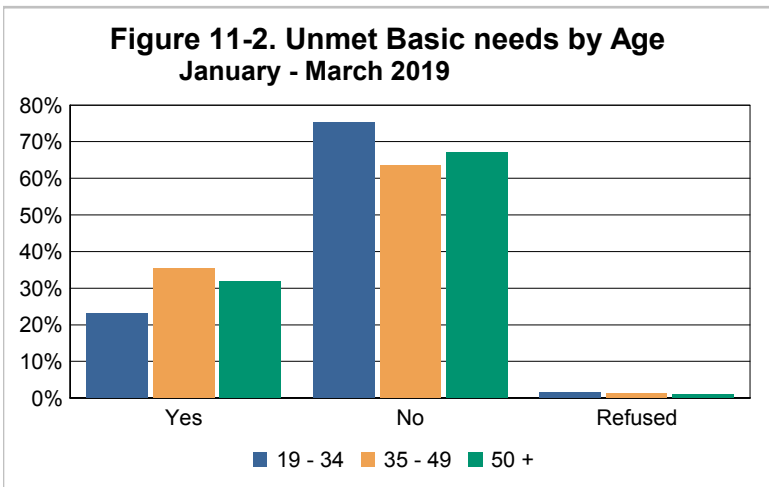
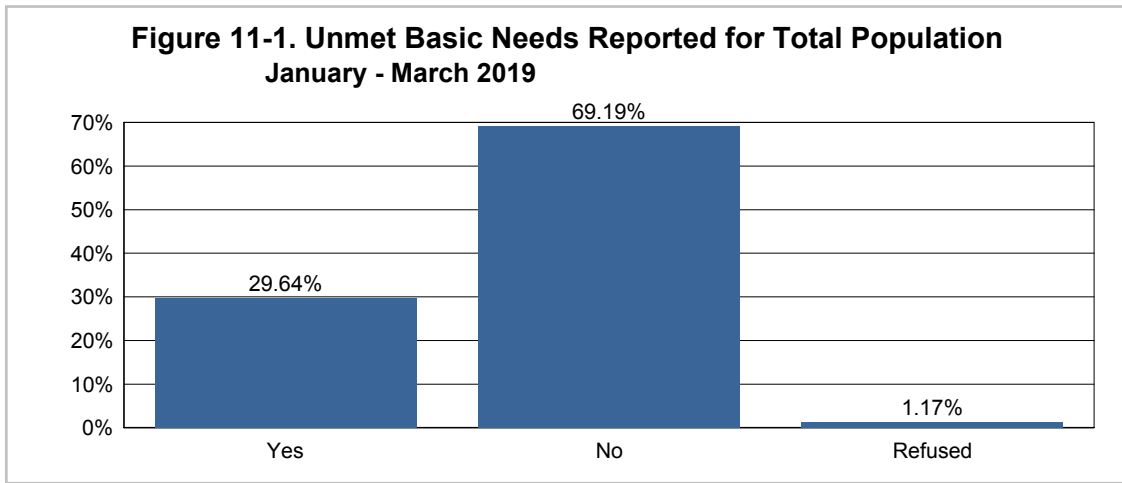


## Question 11. Unmet Basic Needs

Question 11. Do you need help with food, clothing, or housing? This question is used to assess self-reported access to basic needs and services for health. Healthy Michigan Plan enrollees were given the answer options of yes or no. Table 11 shows the overall answers to this question for January-March 2019. Among enrollees who participated in the survey, there was a 1.17% refusal rate for this question. Figures 11-1 through 11-3 show unmet basic needs reported for the total population, and by age and FPL.

**Table 11. Unmet Basic Needs Reported for Total Population  
January - March 2019**

BASIC NEEDS	TOTAL	PERCENT
Yes	2,782	29.64%
No	6,493	69.19%
Refused	110	1.17%
<b>TOTAL</b>	<b>9,385</b>	<b>100.00%</b>



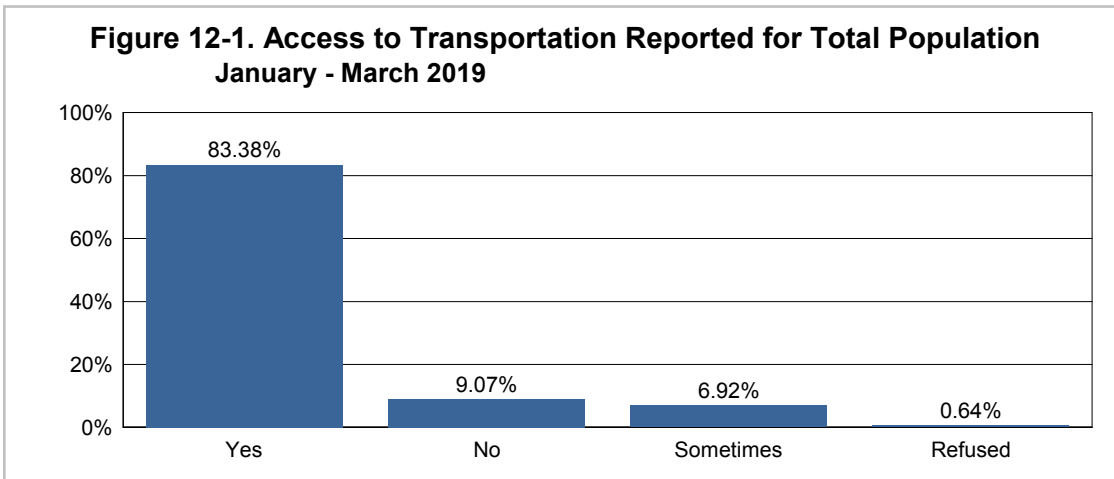
## Question 12. Access to Transportation

Question 12. Do you have access to transportation for medical appointments? This question is used to assess self-reported access to non-emergent medical transportation (NEMT). NEMT is a Healthy Michigan Plan benefit for Enrollees who need assistance with transportation to medical appointments. Healthy Michigan Plan enrollees were given the answer options of yes, Sometimes or no. Table 12 shows the overall answers to this question for January-March 2019. Among enrollees who participated in the survey, there was a 0.64% refusal rate for this question. Figures 12-1 through 12-3 access to transportation reported for the total population, and by age and FPL.

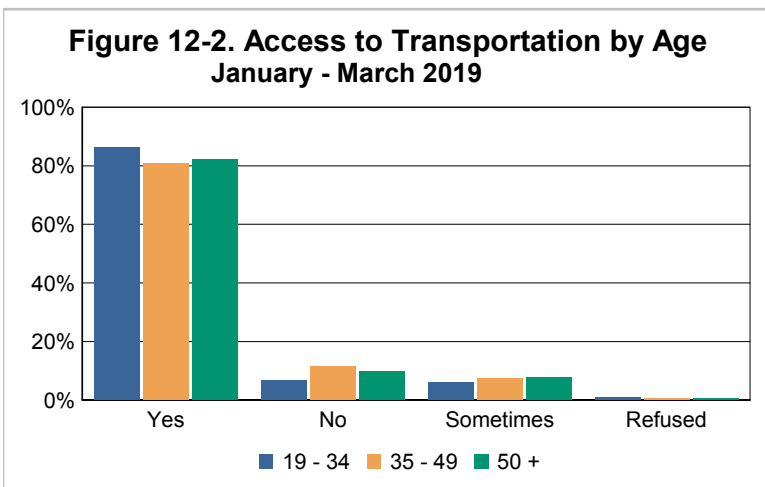
**Table 12. Access to Transportation Reported for Total Population  
January - March 2019**

TRANSPORTATION	TOTAL	PERCENT
Yes	7,825	83.38%
No	851	9.07%
Sometimes	649	6.92%
Refused	60	0.64%
<b>TOTAL</b>	<b>9,385</b>	<b>100.00%</b>

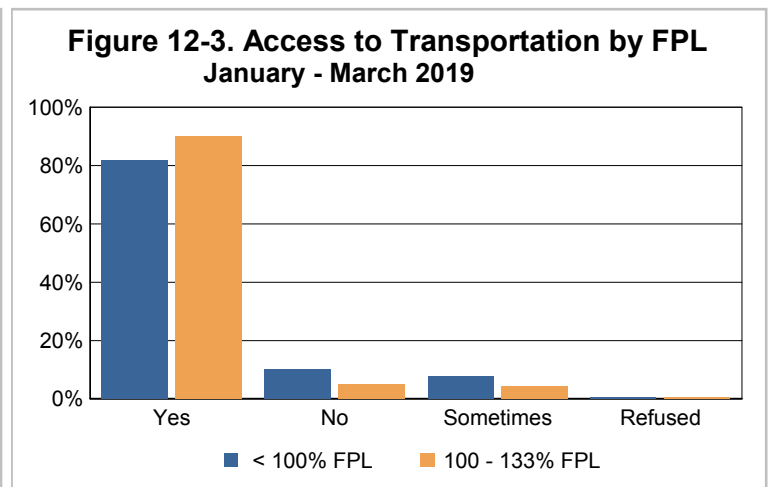
**Figure 12-1. Access to Transportation Reported for Total Population  
January - March 2019**



**Figure 12-2. Access to Transportation by Age  
January - March 2019**



**Figure 12-3. Access to Transportation by FPL  
January - March 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 10,868 Health Risk Assessments were completed in the January-March 2019 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, 9,346 or 86.0% of beneficiaries agreed to address health risk behaviors. In addition, 1,313 or 12.1% of beneficiaries who completed the Health Risk Assessment chose to maintain current healthy behaviors, meaning that 98.1% 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 9,346 beneficiaries who agreed to address health risk behaviors, 57.5% 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

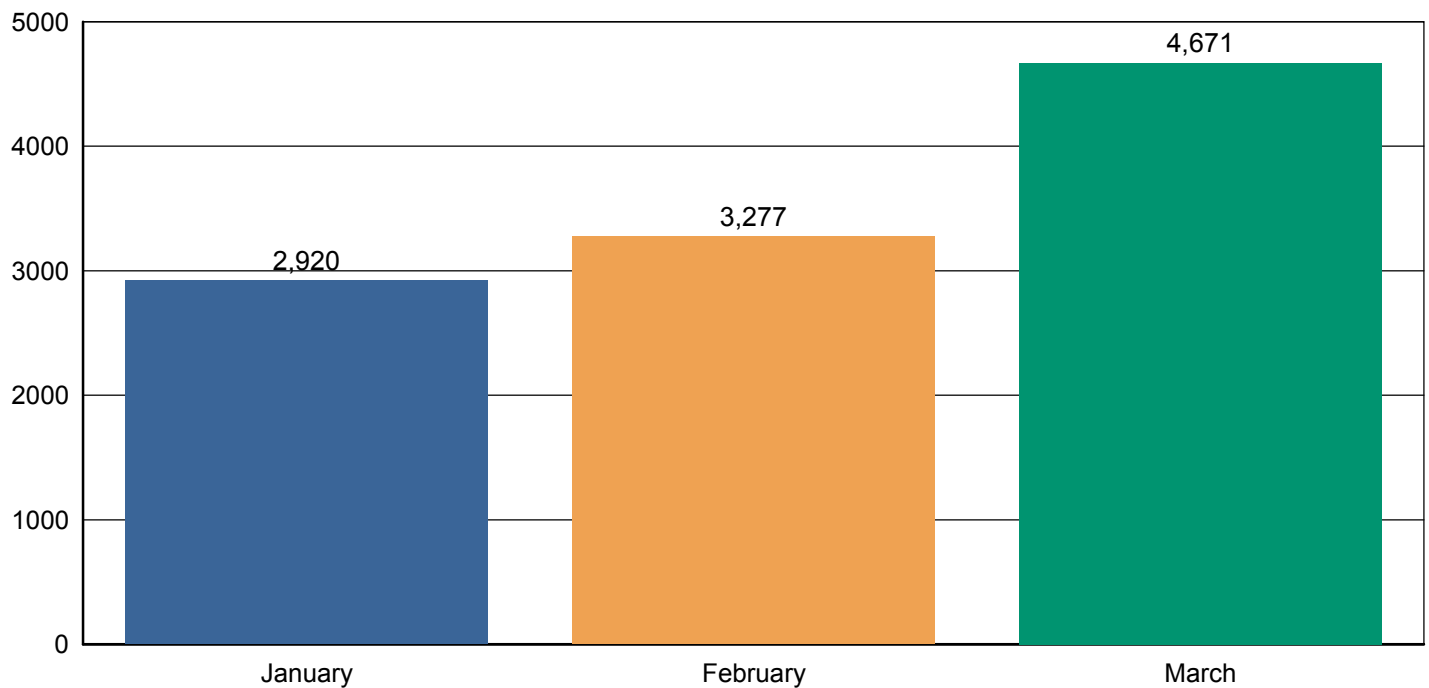
**Table 13. Count of Health Risk Assessments (HRA) Completed with Attestation by Month submitted**

MONTH	COMPLETE	TOTAL
April 2018	12,715	274,726
May 2018	5,623	280,349
June 2018	4,533	284,882
July 2018	5,773	290,655
August 2018	3,878	294,533
September 2018	5,707	300,240
October 2018	3,743	303,983
November 2018	4,841	308,824
December 2018	4,917	313,741
January 2019	2,920	316,661
February 2019	3,277	319,938
March 2019	4,671	324,609

**Table 14. Demographics of Population that Completed HRA with Attestation**

January 2019 - March 2019		
AGE GROUP	COMPLETED HRA	
19 - 34	3,648	33.57%
35 - 49	3,041	27.98%
50 +	4,179	38.45%
GENDER		
F	6,280	57.78%
M	4,588	42.22%
FPL		
< 100% FPL	8,629	79.40%
100 - 133% FPL	2,239	20.60%
<b>TOTAL</b>	<b>10,868</b>	<b>100.00%</b>

**Figure 13-1. Health Risk Assessments Completed with Attestation  
January - March 2019**



## Healthy Behaviors Statement Selection

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

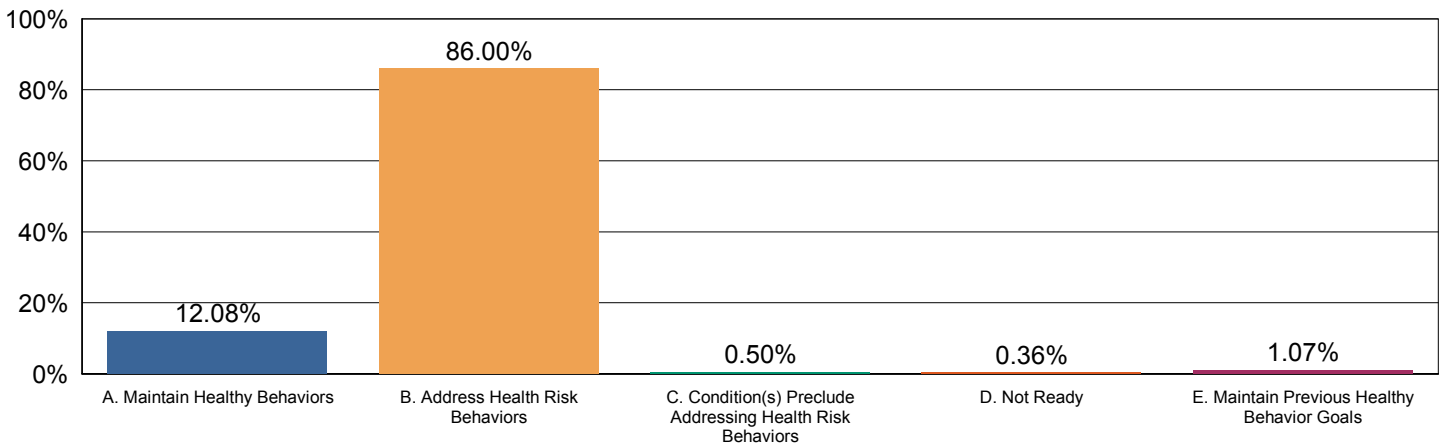
- A. Patient does not have health risk behaviors that need to be addressed at this times
- B. Patient has identified at least one behavior to address over the next year to improve their health
- C. Patient has a serious medical, behavioral or social condition or conditions which precludes addressing 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.

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

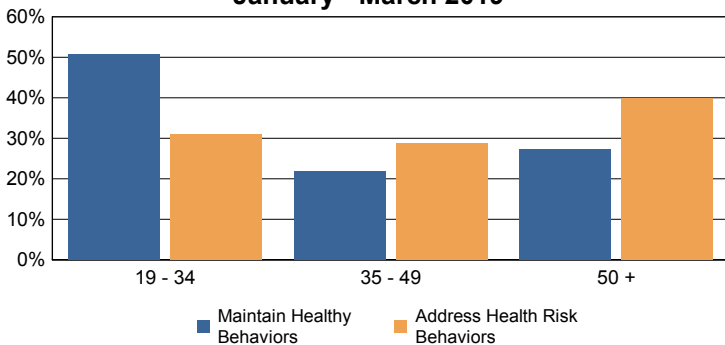
**Table 15. Healthy Behaviors Statement Selection  
January - March 2019**

CHECK-UP	TOTAL	PERCENT
A. Maintain Healthy Behaviors	1,313	12.08%
B. Address Health Risk Behaviors	9,346	86.00%
C. Condition(s) Preclude Addressing Health Risk Behaviors	54	0.50%
D. Not Ready	39	0.36%
E. Maintain Previous Healthy Behavior Goals	116	1.07%
<b>TOTAL</b>	<b>10,868</b>	<b>100.00%</b>

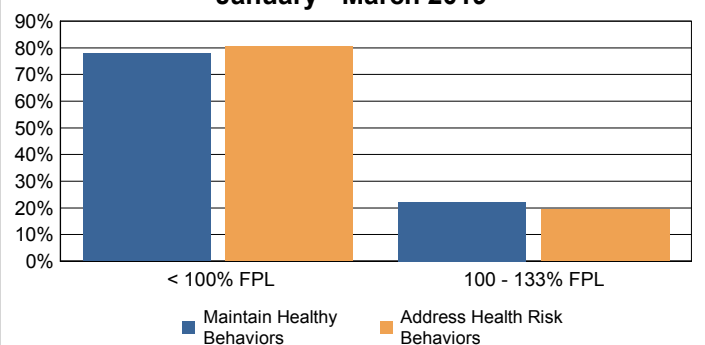
**Figure 15-1. Healthy Behaviors Statement Selection  
January - March 2019**



**Figure 15-2. Statement Selection by Age  
January - March 2019**



**Figure 15-3. Statement Selection by FPL  
January - March 2019**



## 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 9,346 HRAs submitted through January-March 2019 where the beneficiary chose to address health risk behaviors, 57.53% 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**

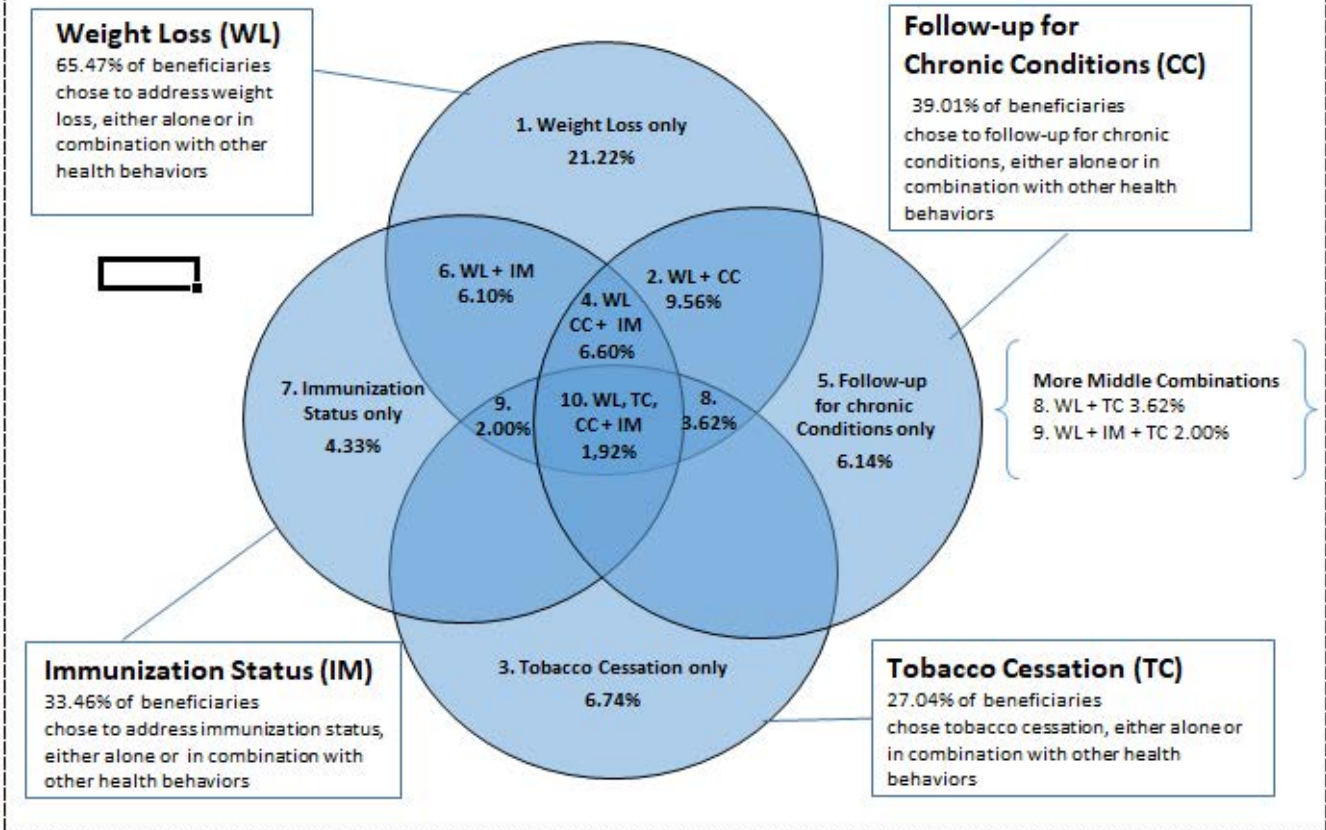
Health Risk Behavior	Chose this behavior and at least one more	Chose ONLY this behavior
Weight Loss	65.47%	21.22%
Tobacco Cessation	27.04%	6.74%
Immunization Status (Annual Flu Vaccine)	33.46%	4.33%
Follow-up for Chronic Conditions	39.01%	6.14%
Addressing Alcohol Abuse	4.26%	0.41%
Addressing Substance Abuse	1.11%	0.26%
Dental visit	6.57%	0.42%
Follow-up appointment for maternity care/reproductive health	1.23%	0.26%
Follow-up appointment for recommended cancer or other preventative screening(s)	10.20%	1.11%
Other	4.07%	1.58%

**Table 17. Top 10 Most Selected Health Risk Behavior Combinations**

Health Risk Behavior Combination	Count	Percent
1. Weight Loss ONLY	1,983	21.22%
2. Weight Loss, Follow-up for Chronic Conditions	893	9.56%
3. Tobacco Cessation ONLY	630	6.74%
4. Weight Loss, Immunization Status, Follow-up for Chronic Conditions	617	6.60%
5. Follow-up for Chronic Conditions	574	6.14%
6. Weight Loss, Immunization Status	570	6.10%
7. Immunization Status (Annual Flu Vaccine)	405	4.33%
8. Weight Loss, Tobacco Cessation	366	3.92%
9. Weight Loss, Tobacco Cessation, Follow-up for Chronic Conditions	187	2.00%
10. Weight Loss, Tobacco Cessation, Immunization Status, Follow-up for Chronic Conditions	179	1.92%
Total for Top 10	6,404	68.52%
Total for All Other Combinations	2,942	31.48%
<b>Total</b>	<b>9,346</b>	<b>100.00%</b>

**Figure 17. Health Risk Assessment Completion with Provider Attestation**

Representation of the overlapping nature of top 10 health risk behavior selections Jan-Mar 2019



## 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.

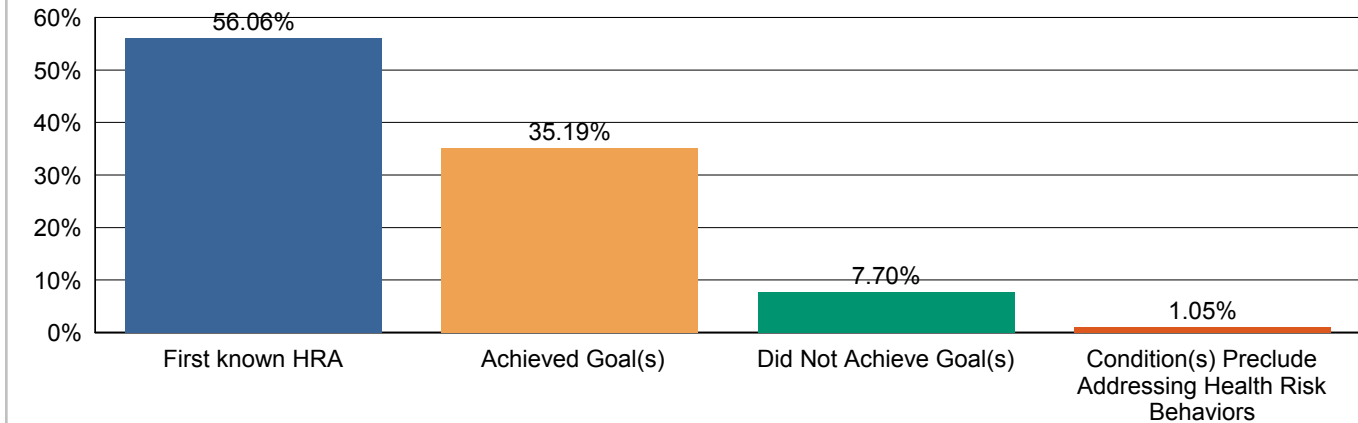
2,227 Health Risk Assessments were submitted during this quarter where this question was not available because the Healthy Behavior Goals Progress question was not available on the original form of the Health Risk Assessment.

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

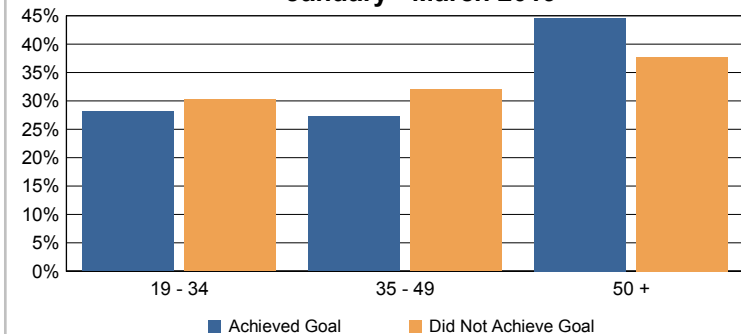
**Table 18. Healthy Behaviors Goals Progress  
January - March 2019**

GOALS PROGRESS	TOTAL	PERCENT
A. First known HRA	4,844	56.06%
B. Achieved Goal(s)	3,041	35.19%
C. Did Not Achieve Goal(s)	665	7.70%
D. Condition(s) Preclude Addressing Health Risk Behaviors	91	1.05%
<b>TOTAL</b>	<b>8,641</b>	<b>100.00%</b>

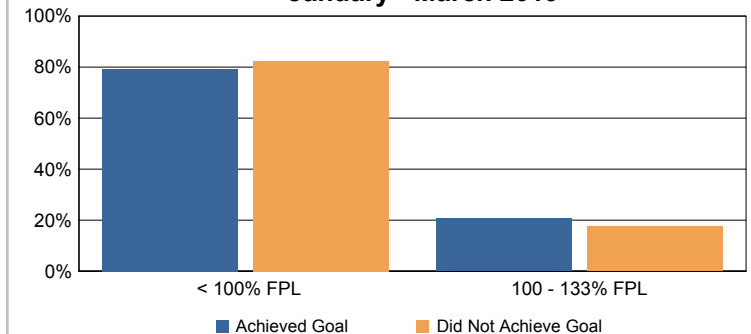
**Figure 18-1. Healthy Behaviors Goals Progress  
January - March 2019**



**Figure 18-2. Goals Progress by Age  
January - March 2019**



**Figure 18-3. Goals Progress by FPL  
January - March 2019**



## **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 and could therefore be counted more than once in this report. However, they will still only be eligible for one incentive per year.

A total of 6,018 wellness programs were completed in the January-March 2019 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 263,388 Preventive Services were completed in the January-March 2019 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.

## Wellness Programs

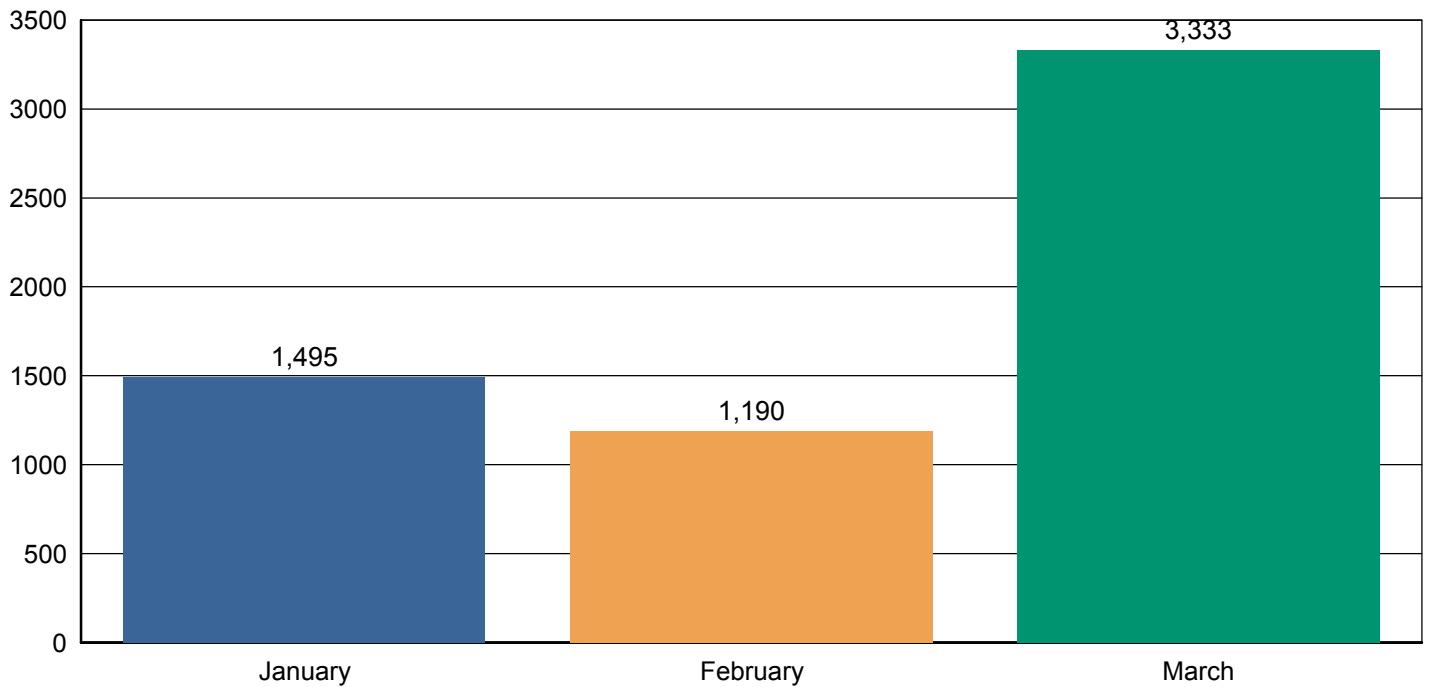
**Table 19. Count of Wellness Programs Reported for Total population by Months submitted**

MONTH	COMPLETE	TOTAL
April 2018	8,982	8,982
May 2018	330	9,312
June 2018	108	9,420
July 2018	3,181	12,601
August 2018	3,902	16,503
September 2018	1,041	17,544
October 2018	2,110	19,654
November 2018	1,304	20,958
December 2018	1,234	22,192
January 2019	1,495	23,687
February 2019	1,190	24,877
March 2019	3,333	28,210

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

January 2019 - March 2019		
AGE GROUP	COMPLETED	
19 - 34	2,907	48.31%
35 - 49	1,660	27.58%
50 +	1,451	24.11%
GENDER		
F	4,166	69.23%
M	1,852	30.77%
FPL		
< 100% FPL	5,178	86.04%
100 - 133% FPL	840	13.96%
<b>TOTAL</b>	<b>6,018</b>	<b>100.00%</b>

**Figure 19-1. Wellness Program Reported for Total Population  
January - March 2019**



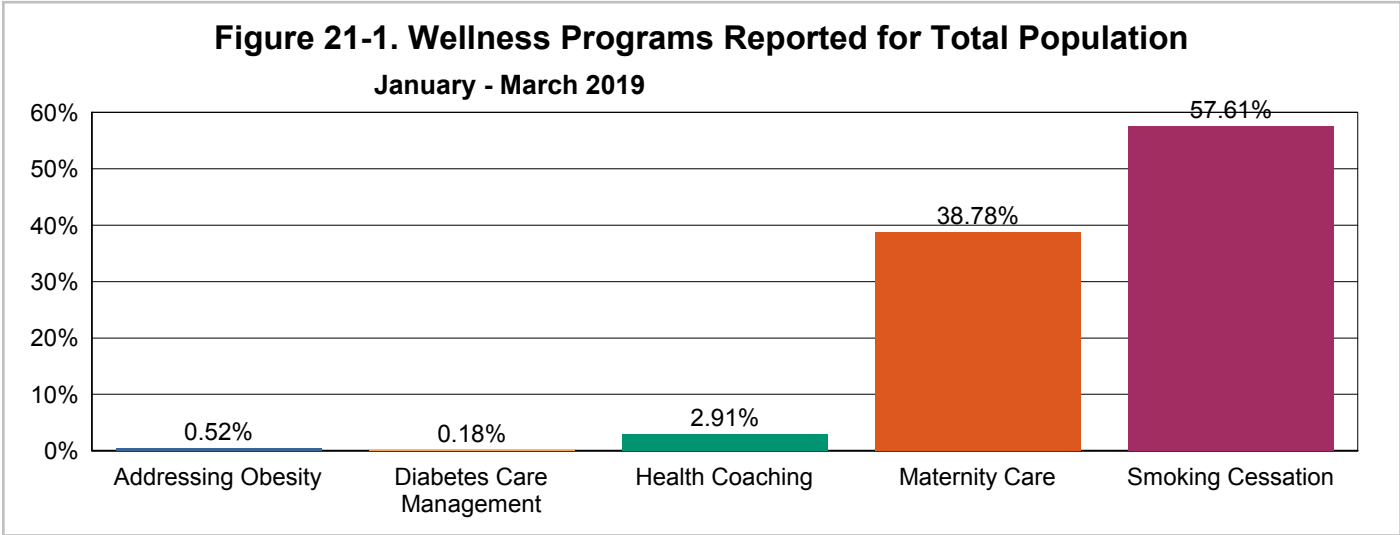


**Wellness Programs:** The Managed Care Plans offer a range of wellness and population health management programs to their members as part of the Healthy Behaviors Incentives Program. Ten of the eleven Managed Care Plans offer a tobacco cessation program which follows standardized criteria. For this reason, 57.61% of wellness programs reported are tobacco cessation programs. Completed wellness programs are displayed in Table 21 for the quarter January-March 2019.

**Table 21. Participation in Wellness Programs for Total Population  
January - March 2019**

Wellness Programs	TOTAL	PERCENT
Addressing Obesity	31	0.52%
Diabetes Care Management	11	0.18%
Health Coaching	175	2.91%
Maternity Care	2,334	38.78%
Smoking Cessation	3,467	57.61%
<b>TOTAL</b>	<b>6,018</b>	<b>100.00%</b>

**Figure 21-1. Wellness Programs Reported for Total Population  
January - March 2019**



## Preventive Services

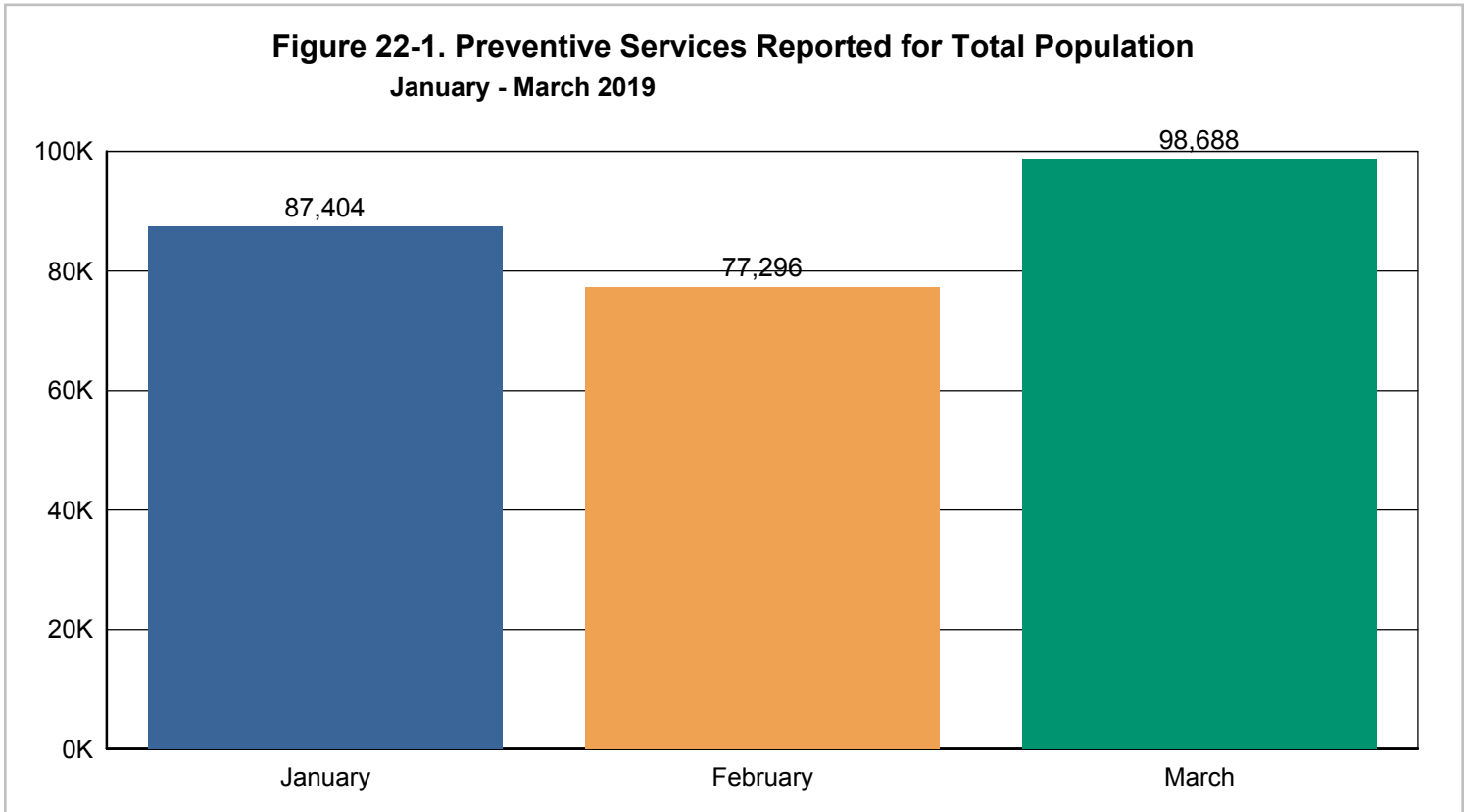
**Table 22. Count of Preventive Services Reported for Total population by Months submitted**

MONTH	COMPLETE	TOTAL
April 2018	928,165	928,165
May 2018	136,602	1,064,767
June 2018	107,283	1,172,050
July 2018	117,357	1,289,407
August 2018	125,568	1,414,975
September 2018	104,945	1,519,920
October 2018	127,191	1,647,111
November 2018	224,064	1,871,175
December 2018	101,734	1,972,909
January 2019	87,404	2,060,313
February 2019	77,296	2,137,609
March 2019	98,688	2,236,297

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

January 2019 - March 2019		
AGE GROUP	COMPLETED	
19 - 34	113,306	43.02%
35 - 49	69,651	26.44%
50 +	80,431	30.54%
GENDER		
F	187,313	71.12%
M	76,075	28.88%
FPL		
< 100% FPL	207,544	78.80%
100 - 133% FPL	55,844	21.20%
<b>TOTAL</b>	<b>263,388</b>	<b>100.00%</b>

**Figure 22-1. Preventive Services Reported for Total Population  
January - March 2019**

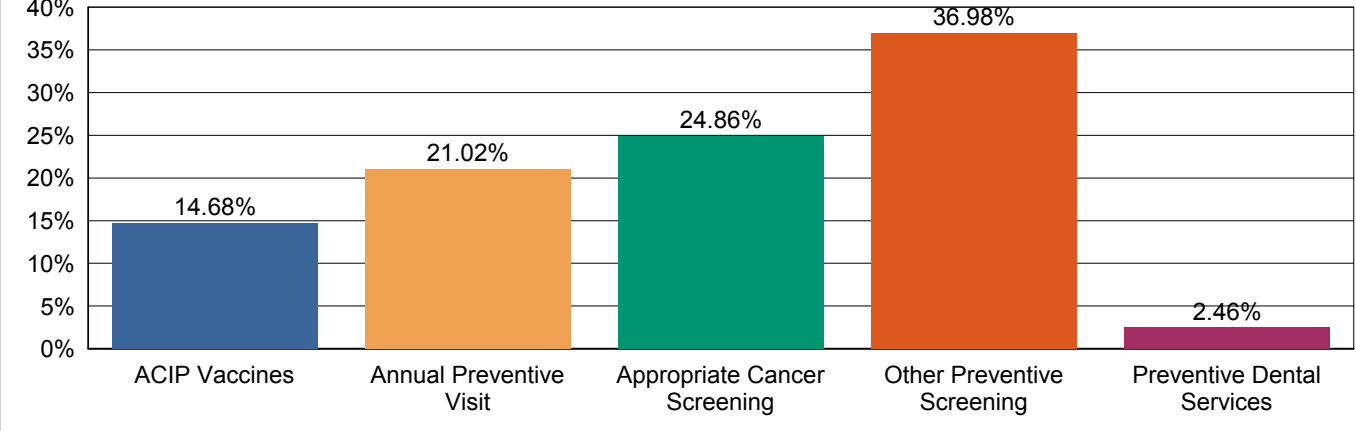


**Preventive Services Reported:** All Healthy Michigan Plan Enrollees can participate in the Healthy Behaviors Incentives Program by utilizing select preventive services. Utilization of these services are identified through claims/encounter review. The preventive services utilized and their percentage of total preventive services reported are displayed in Table 24 for the quarter January-March 2019. The associated codes for the selected preventive services can be found in Appendix 1.

**Table 24. Participation in Preventive Services for Total Population  
January - March 2019**

Preventive Services	TOTAL	PERCENT
ACIP Vaccines	38,653	14.68%
Annual Preventive Visit	55,369	21.02%
Appropriate Cancer Screening	65,483	24.86%
Other Preventive Screening	97,414	36.99%
Preventive Dental Services	6,469	2.46%
<b>TOTAL</b>	<b>263,388</b>	<b>100.00%</b>

**Figure 24-1. Preventive Services Reported for Total Population  
January - March 2019**



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