

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  
October-December 2021

Produced by:  
Managed Care Plan Division

# Table of Contents

## **Health Risk Assessment Part 1**

Introduction	2
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## **Health Risk Assessment Part 2**

Introduction	3
--------------	---

Health Risk Assessment Completion with Attestation	4
--	---

Healthy Behaviors Statement Selection	5
---------------------------------------	---

Selection of Health Risk Behaviors to Address	6
---	---

Healthy Behaviors Goal Progress	8
---------------------------------	---

## **Additional Healthy Behaviors**

Introduction	9
--------------	---

Wellness Programs	10
-------------------	----

Preventive Services	12
---------------------	----

Healthy Behavior Activities	14
-----------------------------	----

Appendix 1	15
------------	----

## **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 May 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 18,655 Health Risk Assessments were completed in the October-December 2021 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, 14,915 or 80.0% of beneficiaries agreed to address health risk behaviors. In addition, 3,433 or 18.4% of beneficiaries who completed the Health Risk Assessment chose to maintain current healthy behaviors, meaning that 98.4% 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 14,915 beneficiaries who agreed to address health risk behaviors, 53.1% 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.

## Health Risk Assessment Completion with Health Care Provider

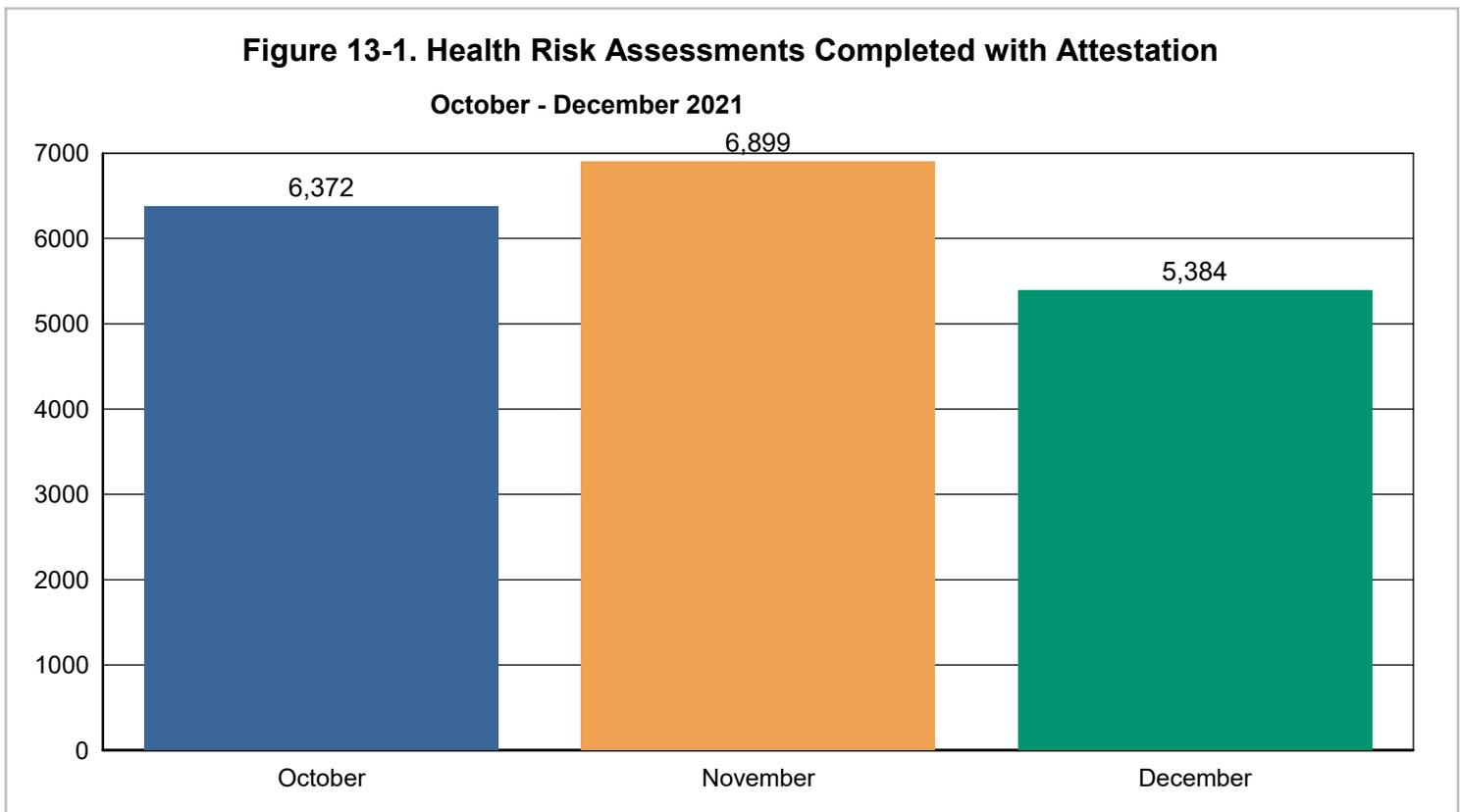
**Table 13. Count of Health Risk Assessments (HRA) Completed with Attestation by Month submitted**

MONTH	COMPLETE	TOTAL
January 2021	5,095	422,306
February 2021	5,809	428,115
March 2021	8,502	436,617
April 2021	8,475	445,092
May 2021	6,977	452,069
June 2021	7,121	459,190
July 2021	6,640	465,830
August 2021	6,983	472,813
September 2021	6,998	479,811
October 2021	6,372	486,183
November 2021	6,899	493,082
December 2021	5,384	498,466

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

October 2021 - December 2021		
AGE GROUP	COMPLETED HRA	
19 - 34	6,314	33.85%
35 - 49	5,201	27.88%
50 +	7,140	38.27%
GENDER		
F	10,578	56.70%
M	8,077	43.30%
FPL		
< 100% FPL	14,281	76.55%
100 - 133% FPL	4,374	23.45%
<b>TOTAL</b>	<b>18,655</b>	<b>100.00%</b>

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



## 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:

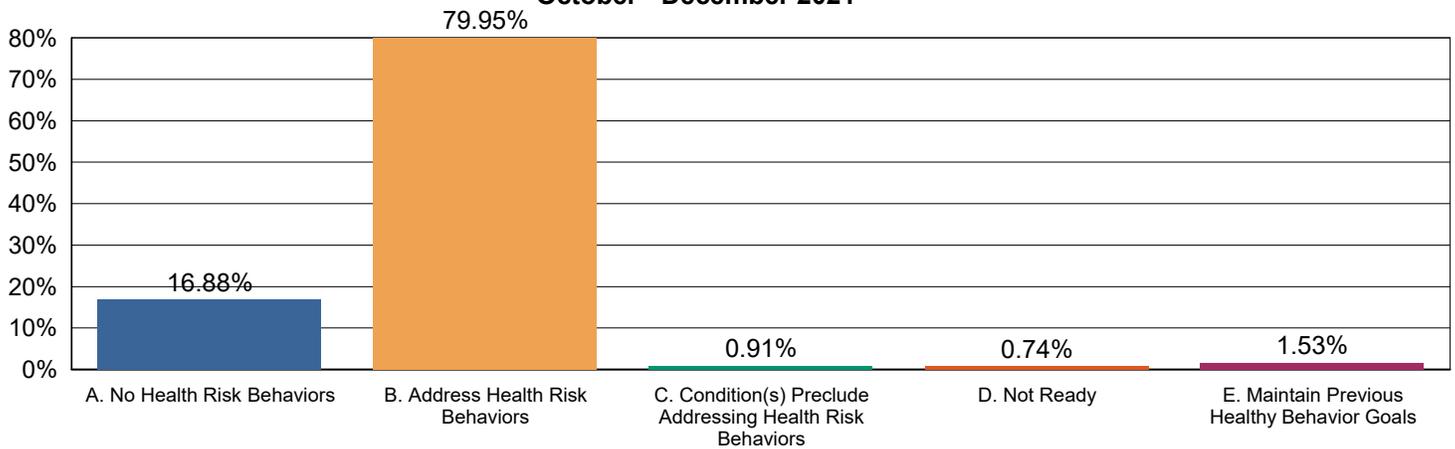
- A. Patient does not have health risk behaviors that need to be addressed at this time.
- B. Patient has identified at least one behavior to address over the next year to improve their health.
- C. Patient has a serious medical, behavioral or social condition or conditions which precludes addressing 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 15-1 through 15-3 show Healthy Behaviors Statement Selections for the total population, and by age and FPL.

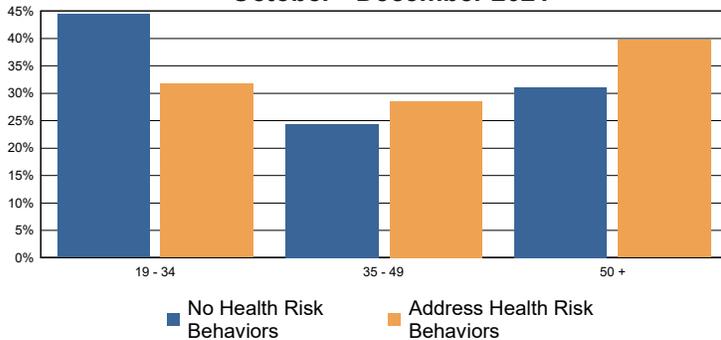
**Table 15. Healthy Behaviors Statement Selection  
October - December 2021**

CHECK-UP	TOTAL	PERCENT
A. No Health Risk Behaviors	3,148	16.88%
B. Address Health Risk Behaviors	14,915	79.95%
C. Condition(s) Preclude Addressing Health Risk Behaviors	169	0.91%
D. Not Ready	138	0.74%
E. Maintain Previous Healthy Behavior Goals	285	1.53%
<b>TOTAL</b>	<b>18,655</b>	<b>100.00%</b>

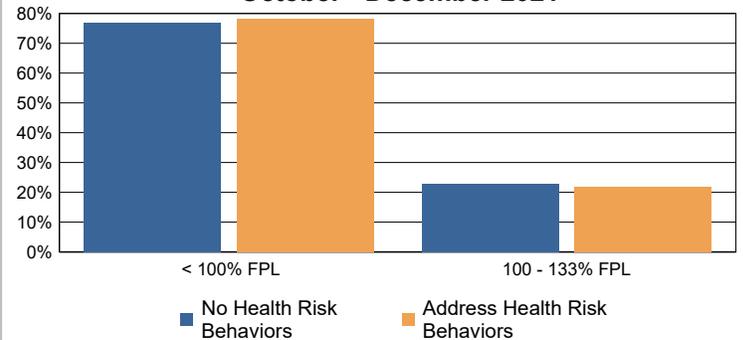
**Figure 15-1. Healthy Behaviors Statement Selection  
October - December 2021**



**Figure 15-2. Statement Selection by Age  
October - December 2021**



**Figure 15-3. Statement Selection by FPL  
October - December 2021**



## 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 14,915 HRAs submitted through October-December 2021 where the beneficiary chose to address health risk behaviors, 53.12% 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	63.02%	23.37%
Tobacco Cessation	23.90%	6.07%
Immunization Status (Annual Flu Vaccine)	29.53%	2.58%
Follow-up for Chronic Conditions	32.42%	5.26%
Addressing Alcohol Abuse	3.70%	0.35%
Addressing Substance Abuse	1.54%	0.26%
Dental visit	14.94%	2.84%
Follow-up appointment for maternity care/reproductive health	1.76%	0.19%
Follow-up appointment for recommended cancer or other preventative screening(s)	14.80%	1.60%
Follow-up appointment for mental health/behavioral health	7.24%	1.78%
Other	6.38%	2.59%

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

<b>Health Risk Behavior Combination</b>	<b>Count</b>	<b>Percent</b>
1. Weight Loss ONLY	3,486	23.37%
2. Tobacco Cessation ONLY	906	6.07%
3. Follow-up for Chronic Conditions	784	5.26%
4. Weight Loss, Follow-up for Chronic Conditions	764	5.12%
5. Weight Loss, Immunization Status	726	4.87%
6. Weight Loss, Immunization Status, Follow-up for Chronic Conditions	530	3.55%
7. Weight Loss, Tobacco Cessation	527	3.53%
8. Other	386	2.59%
9. Immunization Status (Annual Flu Vaccine)	384	2.58%
10. Immunization Status, Follow-up for Chronic Conditions	289	1.94%
Total for Top 10	8,782	58.88%
Total for All Other Combinations	6,133	41.12%
<b>Total</b>	<b>14,915</b>	<b>100.00%</b>

## 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.

1,103 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.

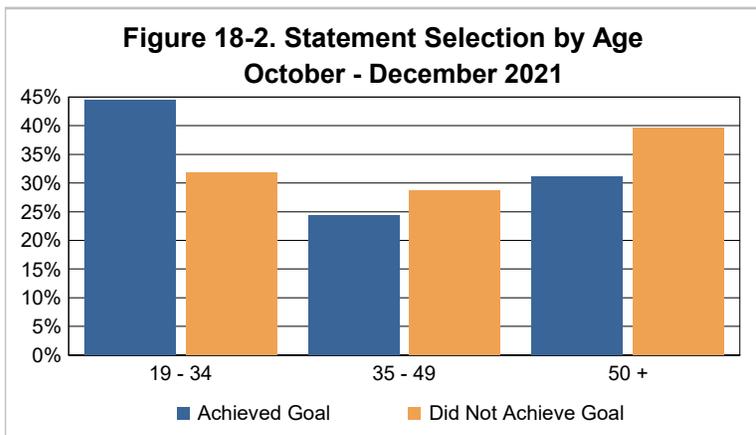
**Table 18. Healthy Behaviors Goals Progress  
October - December 2021**

GOALS PROGRESS	TOTAL	PERCENT
A. First known HRA	10,486	59.74%
B. Achieved Goal(s)	6,077	34.62%
C. Did Not Achieve Goal(s)	895	5.10%
D. Condition(s) Preclude Addressing Health Risk Behaviors	94	0.54%
<b>TOTAL</b>	<b>17,552</b>	<b>100.00%</b>

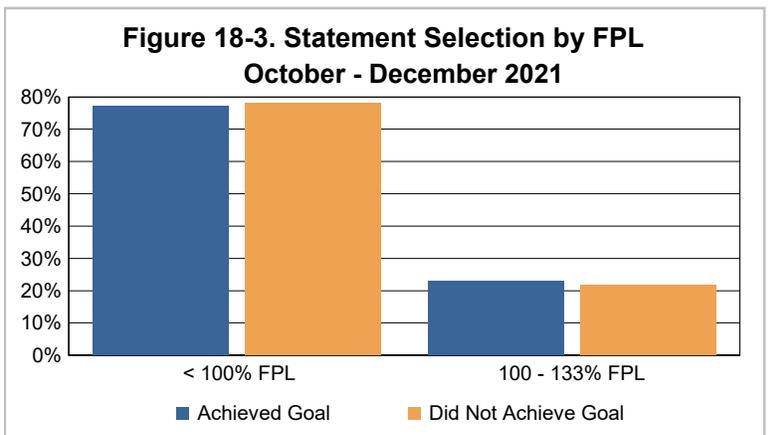
**Figure 18-1. Healthy Behaviors Goals Progress  
October - December 2021**



**Figure 18-2. Statement Selection by Age  
October - December 2021**



**Figure 18-3. Statement Selection by FPL  
October - December 2021**



## **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 6,405 wellness programs were completed in the October-December 2021 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 393,997 Preventive Services were completed in the October-December 2021 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 393,187 distinct HMP beneficiaries completed at least one healthy behavior in the previous twelve months, January 01, 2021-December 31, 2021. 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**

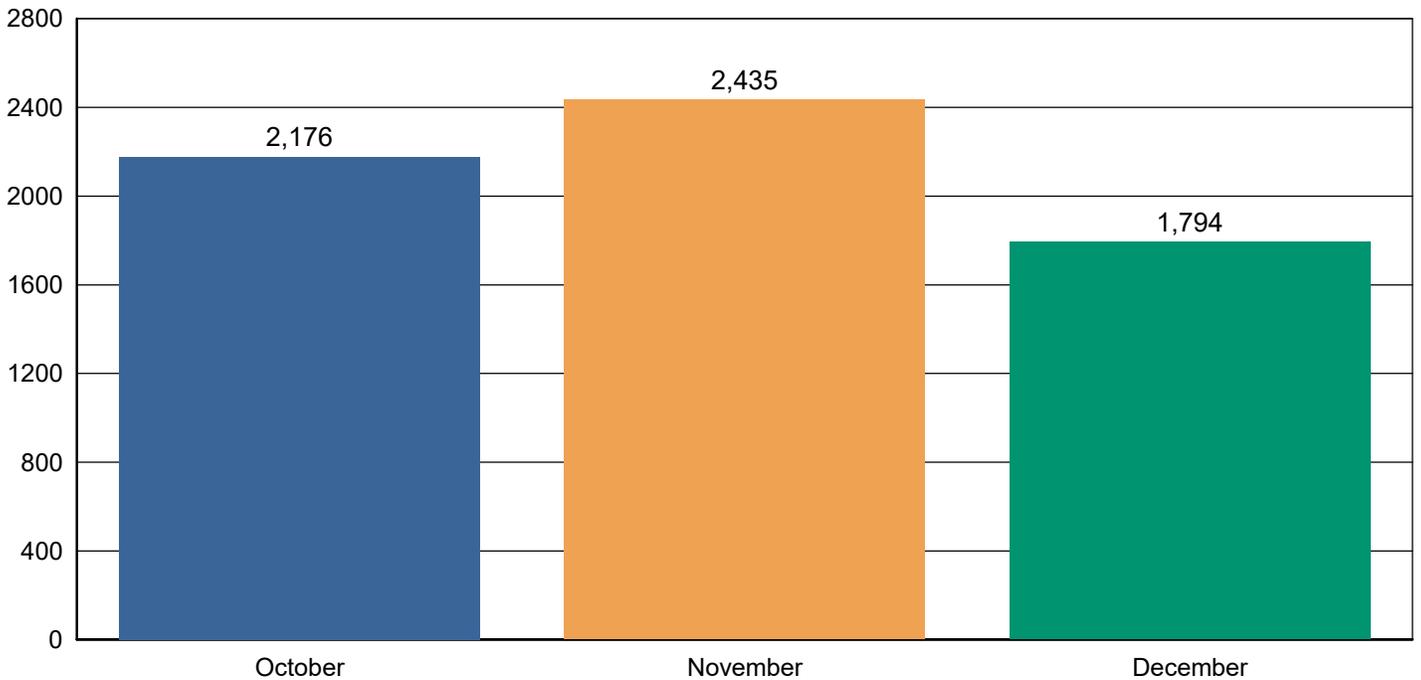
MONTH	COMPLETE	TOTAL
January 2021	2,447	102,758
February 2021	2,071	104,829
March 2021	3,598	108,427
April 2021	3,448	111,875
May 2021	2,524	114,399
June 2021	2,941	117,340
July 2021	2,440	119,780
August 2021	2,270	122,050
September 2021	3,047	125,097
October 2021	2,176	127,273
November 2021	2,435	129,708
December 2021	1,794	131,502

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

October 2021 - December 2021		
AGE GROUP	COMPLETED	
19 - 34	1,431	22.34%
35 - 49	2,327	36.33%
50 +	2,647	41.33%
GENDER		
F	3,165	49.42%
M	3,240	50.59%
FPL		
< 100% FPL	5,160	80.56%
100 - 133% FPL	1,245	19.44%
<b>TOTAL</b>	<b>6,405</b>	<b>100.00%</b>

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

October - December 2021

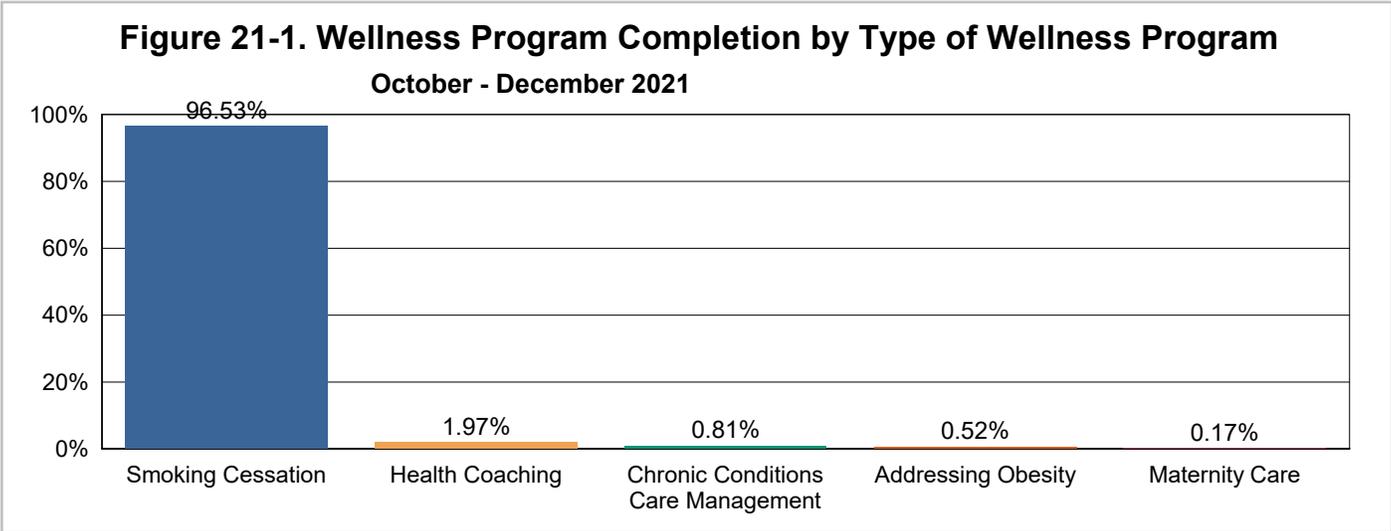


**Wellness Programs:** The Managed Care Plans offer a range of wellness and population health management programs to their members as part of the Healthy Behaviors Incentives Program. All Managed Care Plans offer a tobacco cessation program which follows standardized criteria. For this reason, 96.53% of wellness programs reported are tobacco cessation programs. Completed wellness programs by program type are displayed in Table 21 for the quarter October-December 2021.

**Table 21. Wellness Program Completion by Type of Wellness Program  
October - December 2021**

Wellness Programs	TOTAL	PERCENT
Smoking Cessation	6,183	96.53%
Health Coaching	126	1.97%
Chronic Conditions Care Management	52	0.81%
Addressing Obesity	33	0.52%
Maternity Care	11	0.17%
<b>TOTAL</b>	<b>6,405</b>	<b>100.00%</b>

**Figure 21-1. Wellness Program Completion by Type of Wellness Program  
October - December 2021**



## Preventive Services

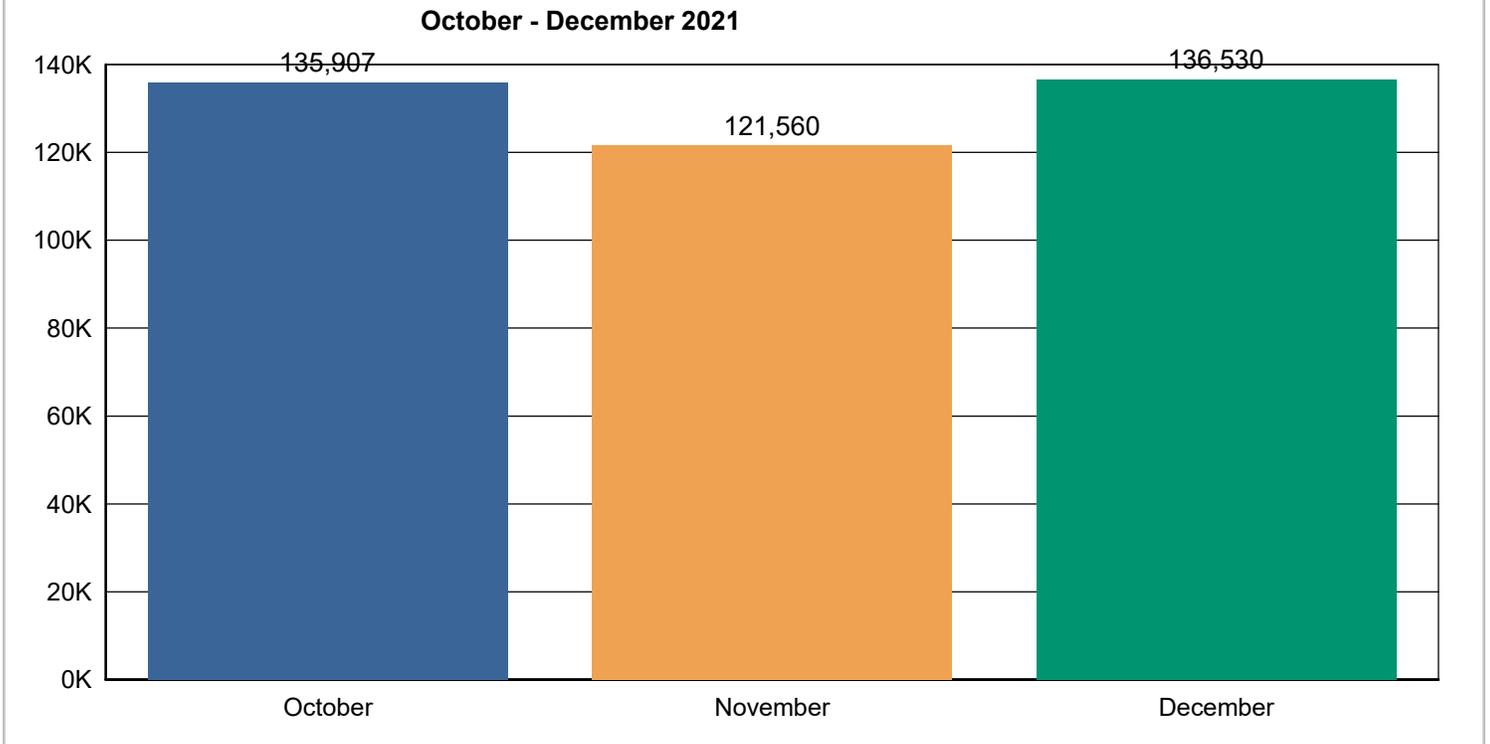
**Table 22. Count of Preventive Services Reported for Total population by Month submitted**

MONTH	COMPLETE	TOTAL
January 2021	119,982	4,541,933
February 2021	96,754	4,638,687
March 2021	195,569	4,834,256
April 2021	179,080	5,013,336
May 2021	128,438	5,141,774
June 2021	136,601	5,278,375
July 2021	124,568	5,402,943
August 2021	110,598	5,513,541
September 2021	128,238	5,641,779
October 2021	135,907	5,777,686
November 2021	121,560	5,899,246
December 2021	136,530	6,035,776

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

October 2021 - December 2021		
AGE GROUP	COMPLETED	
19 - 34	166,946	42.37%
35 - 49	104,231	26.46%
50 +	122,820	31.17%
GENDER		
F	286,498	72.72%
M	107,499	27.28%
FPL		
< 100% FPL	296,339	75.21%
100 - 133% FPL	97,658	24.79%
<b>TOTAL</b>	<b>393,997</b>	<b>100.00%</b>

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

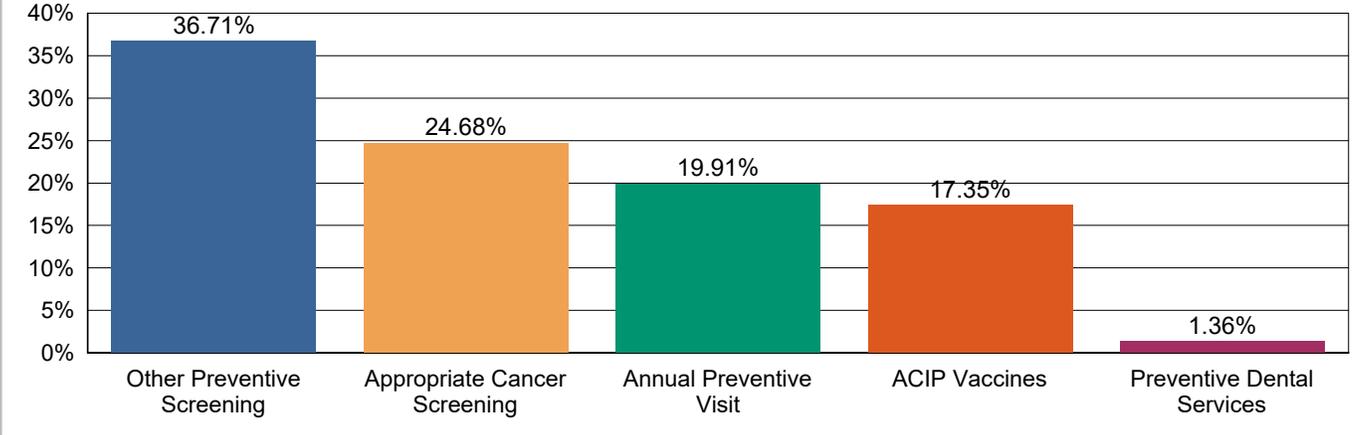


**Preventive Services Reported:** All Healthy Michigan Plan Enrollees can participate in the Healthy Behaviors Incentives Program by utilizing select preventive services. Utilization of these services are identified through claims/encounter review. The preventive services utilized and their percentage of total preventive services reported are displayed in Table 24 for the quarter October-December 2021. The associated codes for the selected preventive services can be found in Appendix 1.

**Table 24. Preventive Services Completion by Type of Preventive Service  
October - December 2021**

Preventive Services	TOTAL	PERCENT
Other Preventive Screening	144,620	36.71%
Appropriate Cancer Screening	97,230	24.68%
Annual Preventive Visit	78,437	19.91%
ACIP Vaccines	68,368	17.35%
Preventive Dental Services	5,342	1.36%
<b>TOTAL</b>	<b>393,997</b>	<b>100.00%</b>

**Figure 24-1. Preventive Services Completion by Type of Preventive Service  
October - December 2021**

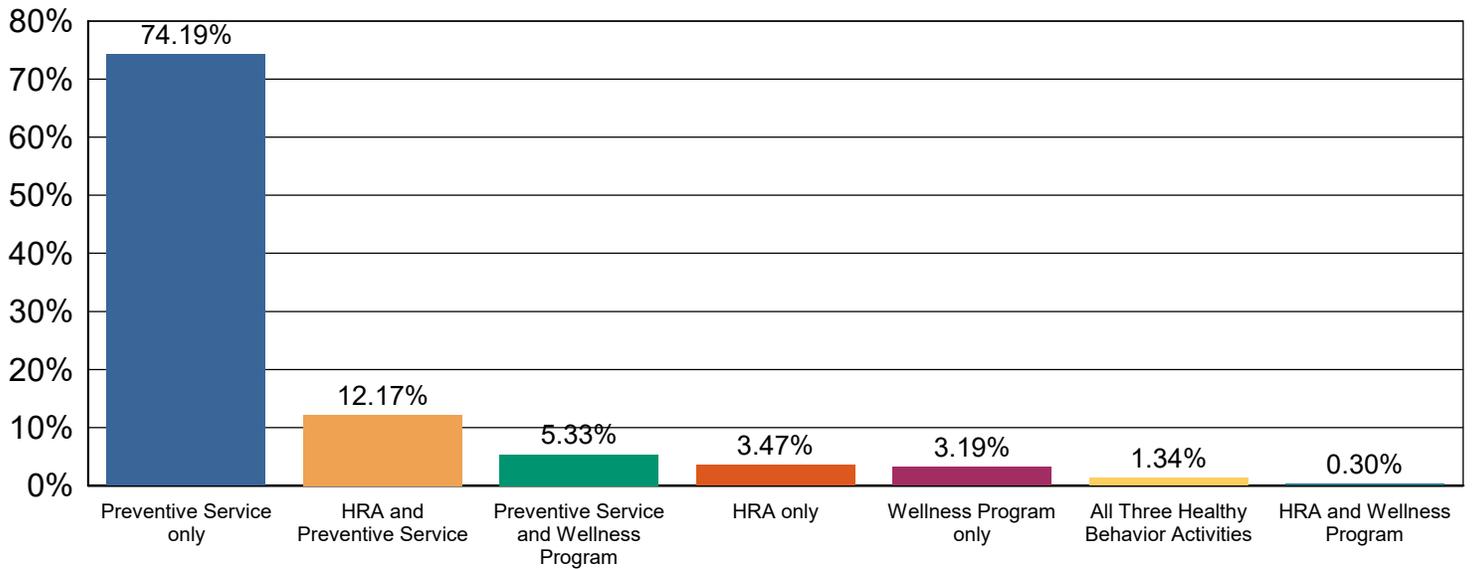


## Healthy Behavior Activities

**Table 25. Count of distinct HMP beneficiaries who completed Healthy Behavior Activities for January 2021 - December 2021**

Healthy Behavior Activity	Total	Percent
HRA only	13,637	3.47%
Wellness Program only	12,544	3.19%
Preventive Service only	291,706	74.19%
HRA and Preventive Service	47,864	12.17%
HRA and Wellness Program	1,199	0.31%
Preventive Service and Wellness Program	20,952	5.33%
All Three Healthy Behavior Activities	5,285	1.34%
<b>TOTAL</b>	<b>393,187</b>	<b>100.00%</b>

**Figure 25.1 Count of Distinct HMP Beneficiaries who completed one or more Healthy Behavior Activities  
January 2021 - December 2021**



**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