



Aetna Better Health® of Kentucky



TIP Tuesday



We here at Aetna Better Health value your partnership and welcome the opportunity to learn from you and hear your feedback as professionals who have long-standing expertise in service to communities.

The bottom line is - - - We are here to support you. We hope to provide value and guidance in the navigation of the Medicaid system. Additionally, we want to -- alongside you-- provide services to our men, women, children, and families to achieve common positive health and wellness goals.

ICD-10 code REMINDER



Overweight and Obesity in the SKY Population

In Kentucky, 23.8% of youth ages 10 to 17 have obesity, giving Kentucky a ranking of 1 in the United States among the 50 states and D.C.¹ Childhood obesity has both immediate and long-term effects on health and well-being. Therefore, it is important to monitor children and adolescents who are at risk for obesity and provide guidance for maintaining a healthy weight and lifestyle. Healthy lifestyle habits, including healthy eating and physical activity, can lower the risk of becoming obese and developing related diseases². The Aetna SKY team is working to increase access to quality care, encourage healthy lifestyle habits, and ultimately reduce child and adolescent obesity in the SKY population.

Assessment of BMI percentile, nutrition, and physical activity by primary care providers is a crucial component of assessing and mitigating risk for overweight and obesity among children and adolescents. Example ICD-10 codes for assessing and providing counseling related to BMI percentile, nutrition, and physical activity are outlined below.

Pediatric BMI percentile

- Less than 5th percentile for age.....Z.68.51
- 5th percentile to less than 8th percentile for age.....Z.68.52
- 8th percentile to less than 95th percentile for age.....Z.68.53
- Greater than or equal to 95th percentile for age.....Z.68.54

Nutrition

- Dietary counseling for nutrition.....Z71.3
- *Inappropriate eating habits.....*Z72.4

Physical Activity

- Sports physical.....Z02.5
- Exercise counseling.....Z71. 82
- *Lack of physical activity.....*Z72.3

*These codes do not satisfy WCC HEDIS requirements for nutrition or physical activity counseling but should be used for assessment of

nutrition and physical activity status.

References

[1]Robert Woods Johnson Foundation (2020); “State of Childhood Obesity-NSCH Obesity Rates for Youth Ages 10 to17,”.

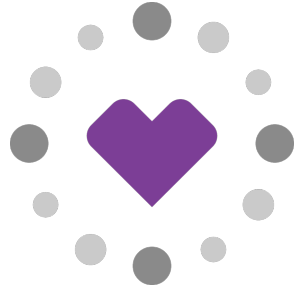
<https://stateofchildhoodobesity.org/children1017/>

2 Centers for Disease Control and Prevention (CDC). 2013.

“Adolescent and School Health: Childhood Obesity Facts,”.

<http://www.cdc.gov/healthyouth/obesity/facts.htm>

Coping with stress and compassion fatigue



Get into a comfortable Position

- Choose a muscle group (e.g., muscles in your feet or lower legs)
- Breathe in and tighten the muscles in the group for 5 to 10 seconds
- Breathe out and release the muscles suddenly. Relax for at least 10 seconds.
- Repeat the process with another muscle group. Progress from head to toe or vice versa.

SAMHSA offers an additional video about stress management including a breathing exercise at:

<https://www.youtube.com/watch?v=IqpCCnmwNVY&feature=youtu.be>

Questions?

Simply contact your Network Relations Manager. Our most current listing is attached, the listing can also be found on our website.

Network Relations Contact Information & Coverage Areas

Aetna Better Health of Kentucky takes great pride in our network of physicians and related professionals who serve our members with the highest level of quality care and service. We are committed to making sure our providers receive the best and latest information, technology, and tools available to ensure their success and their ability to provide for our members. We focus on operational excellence, constantly striving to eliminate redundancy and streamline processes for the benefit and value of all our partners.

Our Network Relations Team is assigned to designated areas throughout the state and are located within the communities in which they serve. This team is dedicated to meeting the needs of you, our providers. We are subject matter experts and are available to providers for education, training, and support. We assign every participating provider a Network Manager.

Aetna Better Health of Kentucky offers a provider services line which can be reached by calling 1-855-300-5528 - Monday through Friday 7 AM-7 PM.

Credentialing applications, forms, and updates along with any demographic updates and terminations should be sent directly to: **KyProviderUpdates@aetna.com**

General forms, ERA enrollments, or general questions can be sent to **KYProviderRelations@aetna.com**



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Supporting Kentucky Youth -
Statewide



Dustin Johnson
SKY Network Manager
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Supporting Kentucky Youth -
Statewide
Behavioral Health Providers
Region 3

All Regions - Community



Holly Smith
Network Relations Manager
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Behavioral Health Providers
Region 5
Region 6
Region 7
Region 8



Becky Marcum
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Association of Primary Care Physicians
Community of Health Partners
Cooperative Care Network
Ephraim McDowell
Kentucky Primary Care Association
The Physicians Network



Trista Gibson
Network Manager
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Baptist Health System
King's Daughters Medical System
LifePoint Health System
Norton Healthcare System
St. Claire Medical Center
University of Kentucky System
University of Louisville System



Gina Gullo
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Region 1
Region 2
Providers in the state of Indiana



Connie Edelen
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502-240-2122
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Region 3



Sammie Asher
Network Relations Manager
606-401-1573
Ashers@Aetna.com

Region 4

Providers in the state of Tennessee



Becky Bowman
Network Relations Manager
502-214-0399
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Region 5

All other states excluding: IN, OH, TN, VA, & WV



Jacquelyne Pack
Network Manager
606-331-1075
Jmpack@Aetna.com

Region 6

CHI Saint Joseph Medical Group (Kentucky One)

Providers in the state of Ohio and West Virginia



Krystal Risner
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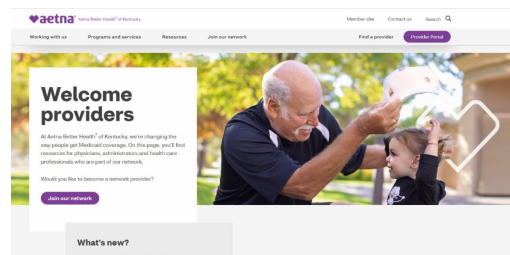
Region 7

Region 8

Providers in the state of Virginia

Save time by accessing our online resources.

Be sure to check out our convenient web tools, available 24/7.



Health Plan Website

The health plan website is a resource for members and providers. Providers will find information such as the member handbook, provider manual and the formulary on the health plan website

Visit the Website at: AetnaBetterHealth.com/Kentucky

Availity

Aetna Better Health of Kentucky is excited to have transitioned from our Provider Portal to Availity. This transition allows for an increase in digital interactions available to support you as you provide services for our members.

Functionality examples include:

- Eligibility and member benefits look up
- EFT registration
- Claim status look up
- Online claim submission

- PA submission and look up
- Grievance and appeals submission

Visit Availity at: <https://apps.availity.com/availity/web/public.elegant.login>

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