



# IN-TOUCH

PHYSICIAN UPDATE

First Quarter 2015

Prepared by HealthLink for Participating Health Care Practitioners

## Capsules

### New 2015 CPT Codes Updated

Effective March 1, 2015, HealthLink has updated its fee schedules for the new 2015 CPT codes. Please note, current rates do not change. The updates are for new 2015 CPT codes only.



### 2015 ASC Grouper Codes Updated

Effective March 1, 2015, HealthLink has updated its fee schedules to include new 2015 ASC Grouper codes. Please note, current rates do not change. The updates are for new 2015 codes only.



### Reminder: Check Patient ID Cards for 2015 Plan Changes

Employers often change health plan provisions effective January 1. Please check and copy patient ID cards at each visit. Update your patient insurance files to include any changes to benefits or authorization requirements.



### Register for ProviderInfoSource!

Reminder to register for HealthLink's provider portal. See page 2 for details.

## Many Women may be able to Prevent Heart Disease Through a Healthy Lifestyle

A new study that followed nearly 70,000 women for two decades concluded that three-quarters of heart attacks in young women could be prevented if women closely followed six healthy lifestyle practices.

The study, established in 1989 and published in the Journal of the American College of Cardiology, surveyed more than 116,000 participants about their diets and other health habits every two years. Researchers from Indiana University, the Harvard School of Public Health and Brigham and Women's Hospital analyzed data on 69,247 of the participants who met the requirements for their study.

"We wanted to find out what proportion of heart disease cases could be attributed to unhealthy habits," said Andrea K. Chomistek, ScD, a researcher from the Indiana University School of Public Health-Bloomington and lead author of the paper.

The six healthy habits were defined as not smoking, a normal body mass index, physical activity of at least 2.5 hours per week, watching seven or fewer hours of television a week, consumption of a maximum of one alcoholic drink per day on average, and a diet in the top 40 percent of a measure of diet quality based on the Harvard School of Public Health healthy eating plate.

During 20 years of follow-up, 456 women had heart attacks and 31,691 women were diagnosed with one or more cardiovascular disease risk factors, including type 2 diabetes, high blood pressure or high levels of blood cholesterol. The average age of women in the study was 37.1 years at the outset; the average age of a heart

disease diagnosis was 50.3, and the average age for diagnosis with a risk factor for heart disease was 46.8.

Researchers found that women who adhered to all six healthy habits had a 92 percent lower risk of heart attack and a 66 percent lower risk of developing a risk factor for heart disease. This lower risk would mean three quarters of heart attacks and nearly half of all risk factors in younger women may have been prevented if all of the women had adhered to all six healthy lifestyle factors, the authors said.

Independently, not smoking, adequate physical activity, better diet, and lower BMI were each associated with a lower risk for heart disease. Women who consumed moderate amounts of alcohol – approximately one drink per day on average – saw the lowest risk compared to those who did not drink at all and those who drank more.

"Women should begin following these lifestyle practices early in life, especially if they are already taking medication for a risk factor such as hypertension or high cholesterol. It's an easy way to prevent future heart trouble," said Chomistek.

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### Meet Dr. Amit Dande and Dr. Thomas Cahill of the Heart Center at SBL

Dr. Amit Dande is an interventional cardiologist at the Heart Center at SBL. He earned his medical degree from the Armed Forces Medical College at the University of Pune, India. Dr. Dande is board certified in internal medicine, cardiovascular disease, nuclear cardiology, echocardiography and interventional cardiology.

Dr. Thomas Cahill is a cardiologist at the Heart Center at SBL. He earned his medical degree from St. Louis University School of Medicine in St. Louis, Missouri, where he also completed his residency and fellowships. Dr. Cahill is board certified in cardiac computed tomography, nuclear cardiology, cardiovascular diseases and internal medicine.

The Sarah Bush Lincoln Health Center is a 128-bed, not-for-profit, regional hospital centrally located in East Central Illinois' Coles County, and is the recipient of the 2011 Illinois Performance Excellence Gold Award for Achievement of Excellence, the highest performance honors in the state of Illinois. The Health Center promotes a culture of excellence through continuing personal and professional growth.



Dr. Amit Dande



Dr. Thomas Cahill

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### Notice to HealthLink Providers: Register on *ProviderInfoSource*!

Effective April 1, 2015, HealthLink will relocate all provider materials from the public website [www.healthlink.com](http://www.healthlink.com) to our secure portal *ProviderInfoSource*, <https://providerinfosource.healthlink.com>.

*ProviderInfoSource* enables contracted providers access to secure information about member eligibility, payor information and claim status. *ProviderInfoSource* also contains HealthLink manuals, forms, policies and procedures for providers along with access to email your Network Consultant and HealthLink Customer Service directly from the site.

***Not Registered? Register Today!***



### IN-TOUCH First Quarter 2015

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## HealthLink Participates in American Heart Month Activities



February was American Heart Month and HealthLink associates took part in different activities to support the cause and raise awareness of heart disease in women. Events for the month included a teleseminar titled “An Ounce of Prevention for a Healthy Heart”, ‘Get Active!’ activities and a community service competition.

The main event, National Wear Red Day, was February 6th. Teams dressed in red and competed in a photo contest. Money raised from each event went to the American Heart Association to help fight Heart Disease and lower the number of women affected each year. Since the first National Wear Red Day in 2003, nearly 300 fewer women have died each day from heart disease and stroke and overall deaths in women from the disease have decreased by more than 30 percent.



## Physical/Occupational/ Speech Therapy Services Pre-Certification Reminder

Please note, when a HealthLink member utilizing HealthLink’s Utilization Management requires an extension on their Physical, Occupational or Speech Therapy services, please be sure to contact HealthLink prior to extension dates. Failure to pre-certify elective services may result in participating provider financial penalties from the benefits administrator and in accordance with the health benefit program.

HealthLink’s Utilization Management program is designed to provide clinical review of medical care to convey information and recommendations to plan administrators and carriers in connection with their determination of benefit eligibility. Medical necessity certification does not guarantee that services are covered. Benefits are subject to the patient’s eligibility at the time charges are actually incurred, and to all other terms, conditions and exclusions of the applicable health plan.

## Health Alliance Medical Plan – Network Access Change Notification

Since 2010, HealthLink has provided Health Alliance members access to care through its network of contracted HealthLink providers in Missouri and select Illinois counties. **Effective April 1, 2015 this arrangement will be terminated.**

This mutual decision will terminate access to care of Health Alliance members at affected facilities and/or participating providers, under HealthLink contractual agreement. This decision between HealthLink and Health Alliance will not affect any other patients who participate in other HealthLink network programs.

Health Alliance claims submitted to HealthLink on or after April 1, 2015, will be repriced as out-of-network. HealthLink will continue to process claims and Health Alliance will continue to adjudicate run-out for claims incurred prior to the above date for a period of three months, ending June 30, 2015.



# Coding Corner



## Modifier Update

Medicare recently announced they've established four new modifiers – XE, XS, XP, and XU – that may be used in lieu of modifier 59. Modifier 59 is used to define a "Distinct Procedural Service." These are procedures and services performed by a health care provider that are not typically reported together, but are appropriate and separately billable. HealthLink will be accepting all four new modifiers.

*If you have a coding issue you would like to see addressed in this column, please contact your HealthLink Network Consultant.*

### Cover story information source:

American College of Cardiology. "Nearly three quarters of women may be able to prevent heart disease through a healthy lifestyle." Medical News Today, Jan. 2015 <http://www.medicalnewstoday.com/releases/287595.php>

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# Stay In-Touch!

## Online Resources for HealthLink Providers

### Provider Satisfaction Survey

<https://www.surveymonkey.com/s/HealthLinkProviderSatisfactionSurvey>

### Provider Name/Address/TIN/NPI Change Form

[https://www.healthlink.com/physician\\_add\\_name\\_tin\\_form.asp](https://www.healthlink.com/physician_add_name_tin_form.asp)

### ProviderInfoSource

<https://providerinfosource.healthlink.com/ProviderInfoSource/public/Home>

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