

# How HEDIS® Can Help Your Practice

## Improving Prenatal/Postpartum Care



### Timeliness of Prenatal Care

To ensure your prenatal visits are counted toward the HEDIS performance rate, prenatal visits must occur in the first trimester, before enrollment with Aetna Better Health of Virginia or within 42 days of enrollment. Documentation in the medical record must include the date the visit occurred and **one** of the following:

- Documentation indicating the member is pregnant or references to the pregnancy
- A basic physical obstetrical examination that includes auscultation for fetal heart tone, pelvic exam with obstetric observations, or measurement of fundus height
- Evidence that a prenatal care procedure was performed (e.g., obstetric panel, TORCH antibody panel, ultrasound)

### Making Sure Visits Count

#### Prenatal (PND-E) and Postpartum (PDS-E) Depression Screening and Follow-Up

Taking care of a new mom's mental health is important to everyone. It is important to evaluate depression both during the prenatal and the postpartum period. The depression screening is evaluated separately for prenatal and postpartum.



**Measurement Period:** Jan. 1 to Dec. 31

There are two rates reported for each metric:

- **Depression Screening:** members were screened for clinical depression during pregnancy
- **Follow-Up on Positive Screening:** members received follow-up care within 30 days of a positive depression screen finding

#### Standard tools for Depression Screening Include:

- *Patient Health Questionnaire (PHQ-9)*
- *Patient Health Questionnaire 2 (PHQ\_2)*
- *Beck Depression Inventory-Fast Screen (BDI-FS)*
- *Center for Epidemiologic Studies Depression Scale-Revised (CESD-R)*
- *Edinburgh Postnatal Depression Scale (EPDS)*

### Prenatal Immunization Status (PRS-E)

Also, during prenatal visits, it is important to get prenatal immunizations administered. Current HEDIS performance looks at the following two immunizations and the total number of members who have received both immunizations.

- **Flu:** Deliveries where members received an adult influenza vaccine on or between July 1 of the year prior to the measurement period and delivery date
- **Tdap:** Deliveries where members received at least one Tdap vaccine during pregnancy (including on the delivery date) or deliveries where members had any of the following:
  - Anaphylaxis due to the diphtheria, tetanus, or pertussis vaccine on or before the delivery date.
  - Encephalitis due to the diphtheria, tetanus, or pertussis vaccine on or before the delivery date

### Managing Postpartum Visits

Having a newborn is difficult and presents many challenges, and those challenges can make it hard for new moms to prioritize their postpartum visits. The postpartum visit is an opportunity for providers to address moms' important postpartum care needs. Postpartum visits must occur between seven and 84 days (one to 12 weeks).

#### The following count toward compliance for the Postpartum Care (PPC) HEDIS measure:

- Notation of postpartum care
- Pelvic exam
- Perineal or cesarean incision/wound check
- Screening for depression, anxiety, tobacco use, substance use disorder, or preexisting mental health disorders
- Glucose screening for those with gestational diabetes
- Documentation of **any** of the following topics:
  - Infant care or breastfeeding, birth spacing or family planning, sleep/fatigue, or resumption of intercourse or physical activity and attainment of healthy weight

## Coding Information



Use appropriate coding with your claims for administrative compliance. Ensuring proper coding will decrease the need for HEDIS medical record reviews and requests.

**Bundled Services:** 59400, 59410, 59510, 59515, 59610, 59614, 59618, 59622

**Prenatal Visit:** 99201, 0500F, 0501F, 0502F

**Telephone visit:** 99442 (with pregnancy dx)

**Online assessment:** 99421 (with pregnancy dx)

**Postpartum Visit:** 57170, 58300., 59430, 99501, 0503F

**Postpartum Diagnosis:** Z01.411, Z01.419, Z01.42, Z30. 430, Z39.1, Z39.2

**Depression Screening:** 99494, 99492, 99366, 99493

**Adult Flu Vaccine:** 90630, 90653, 90654, 90656, 90658, 90661, 90662, 90673, 90674, 90682, 90686, 90688, 90689, 90694, 90756

**Tdap Vaccine:** 90715

## Gaps in Care

Some patients may have 'Gaps in Care,' despite having services:

**Submit a claim for postpartum visits, even if you are using global billing.**

## How Aetna Better Health Helps

Aetna Better Health of Virginia now offers 12 months of coverage to new moms, as well as many other benefits, including free transportation, stipends for personal care and baby products, free diapers, and much more. Have members call Member Services at **1-800-279-1878 (TTY: 711)** to learn more.

We mail baby books to our new moms with important health information for mom and baby.

Our Health Services team completes trimester screenings and follow ups reminding them of the importance of all prenatal and postpartum visits.

## Here For You

Thank you for the excellent care provided to our members. For questions or for more information, email [QualityManagementPrograms@Aetna.com](mailto:QualityManagementPrograms@Aetna.com).



## Best Practices

### Tips to Improve Patient Compliance and Increase Postpartum HEDIS Performance

- If member transfers after first trimester, request previous medical record or document where visits occurred.
- Begin postpartum care discussions on a prenatal visit and provide educational material while your patient is still in the hospital or birthing center.
- Schedule the postpartum visit before discharge from the hospital or birthing center.
- When patient does come for incision check/staple removal, schedule the postpartum visit with patient before leaving the office.
- Schedule the postpartum visit within four weeks of delivery to allow enough time to reschedule a missed appointment before 12 weeks.



Aetna Better Health® of Virginia