



WISEWOMAN UPDATE

September 2003

Medical Care Case Management Billing

When billing for Medical Care Case Management (CPT code: 99429), **the date of service on the claim needs to be the same as the date of the screening exam.** If the date of service on the claim is DIFFERENT than the date of service of the screening exam, the TPA will not pay the service.

The reason for this requirement is that the authorization date sent to Nationwide for the Medical Care Case Management is the date of the screening exam. The date of service for the Medical Care Case Management must be the same as the authorization date in order for Nationwide to pay the claim. Thank you for your attention to this matter.

Revised Program Forms

This is just a reminder that effective September 2, 2003 you should be using the revised program forms. Please dispose of all the old forms, including the wipe boards.

Billing Questions

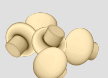
Do you have any concerns with billing? Are you having difficulties getting reimbursed by the TPA? If so, please contact Carrie Nestell at (517) 335-8517 or nestellc@michigan.gov with any questions or concerns.

New Reimbursable Service

Starting October 1, 2003, the WISEWOMAN Program will reimburse providers for venipunctures (CPT code: 36415). The reimbursement rate for 36415 is \$4.00. Please inform your laboratory providers of this new reimbursable service.

Updated Materials

The WISEWOMAN policies and procedures and program description have been updated based on the forms revisions. In the next few weeks, you will receive replacement pages for the Training and Policies and Procedures Manuals.



Thinking Outside of the "Box"

Americans watch on average four hours of television a day. Watching TV is our most popular pastime, and it seems that we spend about as much time talking about it as we do watching. As an abundance of evidence makes clear, our television habit has serious, negative consequences. Find out how to substitute TV time with family time or simply create more time for yourself by reading below.

A Guiding Light Half-Hour: Start your day with a refreshing walk. Invite a friend or walk with your dog. Pets need exercise too.

Home Improvement Hour: Redecorate a room or rearrange furniture. Painting or wall papering will definitely provide a great cardio workout.

2-Hour Extreme Makeover: Take a relaxing bath with soothing music, bath oils, or bath salts. Do not forget the new book you have been meaning to read also.

Be Bold Be Beautiful Everyday: Try a new class, cooking, dance, or something exciting like kickboxing.

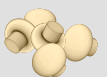
TV Free Week: Now that you have saved more than 24 hours in personal time, do something fun for yourself or with your family like relaxing in the sun. Pick up a new book, take a class, or visit a friend or relative.

You can learn more about this campaign to encourage people to turn off the TV by going to www.tvturnoff.org.

Suggestions for Overcoming Physical Activity Barriers

Lack of time

- Identify available time slots. Monitor your daily activities for one week. Identify at least three 30-minute time slots you could use for physical activity.
- Add physical activity to your daily routine. For example, walk or ride your bike to work or shopping, organize school activities around physical activity, walk the dog, exercise while you watch TV, park further away from your destination, etc.
- Make time for physical activity. For example, walk, jog, or swim during your lunch hour or take fitness breaks instead of coffee breaks.
- Select activities requiring minimal time, such as walking, jogging, or stair climbing.



Social Influence

- Explain your interest in physical activity to friends and family. Ask them to support your efforts.
- Invite friends and family members to exercise with you. Plan social activities involving exercise.
- Develop new friendships with physically active people. Join a group, such as the YMCA or a hiking club.

Lack of Energy

- Schedule physical activity for times in the day or week when you feel energetic.
- Convince yourself that if you give it a chance, physical activity will increase your energy level; then try it.

Lack of Motivation

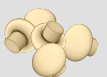
- Plan ahead. Make physical activity a regular part of your daily or weekly schedule and write it on your calendar.
- Invite a friend to exercise with you on a regular basis and write it on both of your calendars.
- Join an exercise group or class.

Fear of Injury

- Learn how to warm up and cool down to prevent injury.
- Learn how to exercise appropriately considering your age, fitness level, skill level, and health status.
- Choose activities involving minimum risk.

Lack of Skill

- Select activities requiring no new skills, such as walking, climbing stairs, or jogging.
- Exercise with friends who are at the same skill level as you are.
- Find a friend who is willing to teach you some new skills.
- Take a class to develop new skills.



Lack of Resources

- Select activities that require minimal facilities or equipment, such as walking, jogging, jumping rope, or calisthenics.
- Identify inexpensive, convenient resources available in your community (community education programs, park and recreation programs, worksite programs, etc.).

Weather Conditions

- Develop a set of regular activities that are always available regardless of weather (indoor cycling, aerobic dance, indoor swimming, calisthenics, stair climbing, rope skipping, mall walking, dancing, gymnasium games, etc.)
- Look on outdoor activities that depend on weather conditions (cross-country skiing, outdoor swimming, outdoor tennis, etc.) as “bonuses” – extra activities possible when weather and circumstances permit.

Family Obligations

- Trade babysitting time with a friend, neighbor, or family member who also has small children.
- Exercise with the kids – go for a walk together, play tag or other running games, get an aerobic dance or exercise tape for the kids (there are several on the market) and exercise together. You can spend time together and still get your exercise.
- Hire a babysitter and look at the cost as a worthwhile investment in your physical and mental health.
- Jump rope, do calisthenics, ride a stationary bicycle, or use other home gymnasium equipment while the kids are busy playing or sleeping.
- Try to exercise when the kids are not around (e.g., during school hours or their nap time).
- Encourage exercise facilities to provide child care services.

Travel

- Put a jump rope in your suitcase and jump rope.
- Walk the halls and climb stairs in hotels.
- Stay in places with swimming pools or exercise facilities.
- Visit the local shopping mall and walk for half an hour or more.

