

# Pregnancy Hot Topics and Resources

Health Partners Plans 



Through our Baby Partners program, HPP provides support for your patients throughout pregnancy and postpartum. Our care coordination team is here to support your patient's health care needs by helping them manage their care. Encourage members to visit [HPPlans.com/BabyPartners](https://HPPlans.com/BabyPartners) to learn more.

This guide offers additional information and resources that may be helpful in supporting your patients, our members, in achieving a healthy pregnancy, delivery and postpartum care.

## PRENATAL AND DELIVERY CARE

### MONITORING FOR GESTATIONAL HYPERTENSION

Blood pressure cuffs can be sent to eligible members when ordered by their OB Provider. The purpose is to encourage the use of self-monitoring for blood pressure in conjunction with outpatient and/or telehealth visits.

Providers need to fax these orders to HDIS at **1-833-396-4663**. HDIS will ship the blood pressure cuff, with operating instructions, to the member. Members who develop gestational hypertension during their labor admission may also receive blood pressure equipment before they are discharged from their inpatient stay. No authorization is required.

The Blood Pressure Cuff Referral Form can be found at [HPPlans.com/forms](https://HPPlans.com/forms).

### RACIAL DISPARITIES IN GESTATIONAL HYPERTENSION

Racial disparities contribute to maternal morbidity in the United States. Pregnant US women from minority groups have higher stroke risk during delivery admissions, compared with non-Hispanic whites. The effect of race/ethnicity is greater in women with chronic hypertension or pregnancy-induced hypertension. Targeting blood pressure management in pregnancy may help reduce maternal stroke risk in minority populations.<sup>1</sup>

<sup>1</sup> "Maternity Race/Ethnicity, Hypertension, and Risk for Stroke During Delivery Admission," *Journal of the American Heart Association*, January 24, 2020, <https://www.ahajournals.org/doi/10.1161/JAHA.119.014775>.

## SMOKING DURING PREGNANCY

Smoking during pregnancy increases the risk for pregnancy complications and tobacco smoke harms babies before and after they are born. The PA Quitline's Pregnancy and Postpartum Program can help pregnant women quit smoking. Patients receive coaching during and after their pregnancy. Encourage patients to call **1-800-784-8669** to learn more.

**PA Free Quitline: 1-800-QUIT-NOW (784-8669) or 1-855-DÉJELO-YA (335-3569)**

## SUBSTANCE USE DISORDER (SUD)/OPIOID USE DISORDER (OUD)

Pregnancy can be a powerful motivator for women with SUD/OUD to consider entering a recovery program. ACOG recommends that all pregnant women be screened for SUD/OUD during pregnancy. Pennsylvania has a strong network of OUD Centers of Excellence (COEs) to which women can be referred for treatment. Baby Partners can help you in the referral process. Call Baby Partners at **215-967-4690** or call the Baby Partners care coordinator assigned to the member. The care coordinator's contact information appears on the letter sent when the member enrolls in Baby Partners.

## DOULA SUPPORT IN LABOR

HPP offers doula support to laboring women. A doula is a trained companion who provides non-clinical support in labor. The doula complements the role of the healthcare professionals who provide the client's medical care. Doula support in labor is proven to improve clinical outcomes and reduce perinatal mortality and morbidity. Women attended by a labor doula experience greater satisfaction with their birth experience and decreased rates of perinatal mood and anxiety disorder.

The referral process is simple. Your member's Baby Partners care coordinator can make the connection. Email [BabyPartners@HPPlans.com](mailto:BabyPartners@HPPlans.com).

The Philadelphia Department of Public Health also offers doulas to Philadelphia residents. Here is a link for referrals: <https://redcap.phila.gov/surveys/?s=3MJWMKWJTN>.



## PREVENTIVE MEDICINE COUNSELING (CPT CODE 99401-FP)

CPT 99401 reported by family planning providers with the FP modifier (service provided as part of a family planning program) for genetic risk assessment counseling is payable **ONCE per lifetime** by HPP, mirroring DHS guidelines. Counseling for contraceptive use and STD education should be included in the Evaluation and Management (E&M) code for a family planning office visit.

## PERINATAL QUALITY COLLABORATIVE

The Pennsylvania Perinatal Quality Collaborative (PA PQC) launched in April 2019, as an action arm of the Maternal Mortality Review Committee (MMRC) to address causes of pregnancy-associated deaths in Pennsylvania. Over 60 birth sites and NICUs and over 10 health plans across the Commonwealth are actively identifying perinatal processes that need to be improved and are quickly adopting best practices to achieve the common aims. The focus areas include maternal Opioid Use Disorder (OUD), Neonatal Abstinence Syndrome (NAS), contraceptive care, maternal depression and severe hypertension. See their website: <https://www.whamglobal.org/papqc> for more details.

## POSTPARTUM

### MATERNITY HOME VISITING

HPP offers all new mothers and their families the option to enroll in an evidence-based/informed home visiting program. These home visits are conducted by Community Based Organization (CBO) staff with a focus on child development, parenting skills and the family's connection to resources. The visits are scheduled at the member's convenience and their preferred method with face-to-face strongly recommended.

Any HPP member may participate in the program, and first-time parents, parents of NICU graduates and families living with substance use, tobacco use, intimate partner violence or serious mental illness are especially encouraged to participate.

The program is individualized, strengths-based and family-focused. Members are given information about the program during their care coordination calls with Baby Partners and are urged to enroll. Providers are encouraged to refer their members by contacting [BabyPartners@HPPlans.com](mailto:BabyPartners@HPPlans.com).

### BREAST PUMPS

All HPP members who wish to breastfeed their newborns may receive an electric breast pump after delivery. Please refer to [HPPlans.com/breastpump](https://www.hppplans.com/breastpump) for more information. The pump may be supplied by any network DME provider. You can find an updated list of DME providers at [HPPlans.com/directory](https://www.hppplans.com/directory). The pump may be ordered by any physician in the member's care—hospitalist, obstetrician, pediatrician, PCP etc. Remember that DHS requires that the prescription for the equipment be signed by a physician.

For information about WIC services for breastfeeding and non-breastfeeding mothers: <https://www.fns.usda.gov/wic>



# ADDITIONAL RESOURCES

## POSTPARTUM DEPRESSION AND PERINATAL MOOD AND ANXIETY DISORDERS

The Centers for Disease Control and Prevention (CDC) estimates that about one in eight women experience symptoms of postpartum depression.<sup>2</sup> ACOG recommends that all pregnant women be screened at least once during the pregnancy and again postpartum.

To support your efforts, the Baby Partners team will refer to behavioral health treatment, the OB or community resources if the member identifies as positive for depression during our member interactions. Providers should report their screening and referral efforts on the ONAF.

<sup>2</sup> “Depression During and After Pregnancy”, *Centers for Disease Control and Prevention*, April 29, 2022, <https://www.cdc.gov/reproductivehealth/features/maternal-depression/index.html>.

## LONG ACTING REVERSIBLE CONTRACEPTION (LARC)

LARCs are currently covered on the Medicaid preferred drug list for Pennsylvania and will now be covered under the member’s pharmacy benefit.

LARCs are available from a Specialty pharmacy with a provider’s prescription. The provider must contact the Specialty pharmacy directly and they will assist with the LARC coordination, including the delivery to the provider’s office. A list of specialty pharmacies within Health Partners Plans Specialty Pharmacy network can be found at [HPPlans.com/SpecialtyRx](https://HPPlans.com/SpecialtyRx).

Participating doctors or facilities who prefer to obtain the LARCs under the member’s medical benefit are required to buy-and-bill HPP for the applicable device. Providers are advised to contact the specific IUD brand manufacturer to obtain pertinent information. All IUD manufacturers should have a website with contact information/guidance.

**Pharmacy Department: 215-991-4300**

**Pennsylvania Preferred Drug List:** <https://papdl.com/preferred-drug-list>.

**Pharmacy Formulary:** [HPPlans.com/formulary](https://HPPlans.com/formulary)

## THE IMPORTANCE OF SEXUAL HEALTH SCREENINGS

Obstetricians and Gynecologists play a key role in sexual health education. Sexual health screenings include checking for chlamydia and gonorrhea, the most commonly reported sexually transmitted diseases in the United States.

Urine chlamydia testing is a reliable diagnostic test covered by Quest Laboratories. We encourage you to make chlamydial testing a part of your health assessment tools to help keep your patients in optimal health.

Chlamydia is often asymptomatic in women; however, an asymptomatic infection may lead to pelvic inflammatory disease (PID) and its associated complications: ectopic pregnancy, infertility and chronic pelvic pain. The United States Preventive Task Force (USPSTF) recommends screening for chlamydia and gonorrhea in sexually active women ages 24 years and younger and in older women who are at increased risk for infection. According to the USPSTF, screenings reduce complications of chlamydial infection in women who are at increased risk, with a moderate magnitude of benefit.<sup>3</sup>

Chlamydia infection responds to treatment with antibiotics. The Centers for Disease Control and Prevention (CDC) guidelines for treatment of sexually transmitted diseases (STDs) and expedited partner therapy are available at [cdc.gov/std/treatment](https://www.cdc.gov/std/treatment) and [cdc.gov/std/ept](https://www.cdc.gov/std/ept). Gonorrhea is an STD that can cause infection in the genitals, rectum and throat. It is very common, especially among young people ages 15-24 years. Gonorrhea can be cured with the right medication. Untreated gonorrhea can cause serious health problems.

<sup>3</sup> “Chlamydia and Gonorrhea: Screening,” *U.S. Preventive Services Task Force*, September 14, 2021, <https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/chlamydia-and-gonorrhea-screening>.

## RESOURCES

**Baby Partners Program:** [HPPlans.com/BabyPartners](https://www.HPPlans.com/BabyPartners)

**Fitness Membership:** [HPPlans.com/fitness](https://www.HPPlans.com/fitness)

**Pharmacy Formulary:** [HPPlans.com/formulary](https://www.HPPlans.com/formulary)

**PA Free Quitline:** 1-800-QUIT-NOW (784-8669) or 1-855-DÉJELO-YA (335-3569)

**988 Suicide & Crisis Lifeline:** Call or text 988 or chat [988lifeline.org](https://www.988lifeline.org)