CenCal Health acknowledges that there is growing evidence that smokers who receive clinician advice and assistance with quitting tobacco usage report greater satisfaction with their health care than those who do not. Clinician-delivered brief interventions also enhance motivation and increase the likelihood of future quit attempts. The “5 A’s” for treating tobacco dependence is a quick and easy intervention model for the treatment of tobacco dependence. The 5 A’s include:

- Ask about tobacco use at every visit (and document in the medical record)
- Advise patient to quit
- Assess patient’s willingness to make a quit attempt at this time
- Assist patients willing to quit with medications, counseling referral, or additional treatment
- Arrange follow-up contact either over-the-phone or in-person

For more details about the 5 A’s, including integrating the model into your practice, please refer to “Treating Tobacco Use and Dependence: Quick Reference Guide for Clinicians” from the Agency for Healthcare Research and Quality (AHRQ).

Tobacco cessation medications can be found on CenCal Health’s new searchable formulary. Additional information, such as ICD-10 and CPT codes for tobacco use and counseling and referral resources are included online at CenCal Health’s Website and in the Provider Manual.

On the Horizon: CenCal Health’s Technology Update

CenCal Health is in process of converting to a new health information system. As the healthcare industry changes; CenCal Health strives to adapt and stay efficient. As an organization, CenCal Health’s goal is to continue providing high quality medical services to the underserved in Santa Barbara and San Luis Obispo Counties with improvement to new internal information systems, the Provider Manual, along with a new Provider Directory. CenCal Health also hopes to deliver more provider and user-friendly tools in the process.

Information on our system conversation will continue to be communicated via the Provider Bulletin as well as on CenCal Health’s website at www.cencalhealth.org
Formulary Update - Blood Glucose Test Strip Quantity Limit

Effective October 1, 2017, CenCal Health will implement a quantity limit for all blood glucose test strip prescriptions. The addition of a quantity limit, aligns CenCal Health with State Medi-Cal and California Managed Medicaid health plans.

The preferred test strip will continue to be the Freestyle® brand by Abbott® with the following restrictions: (see chart)

<table>
<thead>
<tr>
<th>CenCal Health Members with Diabetes Mellitus</th>
<th>Blood Glucose Test Strip Quantity Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Non-Insulin Dependent Members</td>
<td>Maximum of #100 test strips/30 day supply</td>
</tr>
<tr>
<td>Insulin Dependent Members</td>
<td>Maximum of #200 test strips/30 day supply</td>
</tr>
<tr>
<td>Gestational Diabetes Members</td>
<td>Maximum of #150 test strips/30 day supply</td>
</tr>
</tbody>
</table>

Any request for quantities over the allowed amounts will require a prior authorization documenting medical necessity of the higher quantity. For any questions regarding this formulary update, please contact the CenCal Health Pharmacy Department at (805) 562-1080.

Preferred Specialty Pharmacy

After evaluating several vendors in the specialty pharmacy market, CenCal Health has determined that Diplomat offers exceptional clinical support and unique patient/prescriber communication tools. Therefore, Diplomat Specialty Pharmacy (Diplomat) will be CenCal Health’s sole preferred vendor for mandatory specialty pharmacy medications, effective September 1, 2017.

CenCal Health patients previously obtaining their Specialty medications through Accredo Specialty Pharmacy will be transferred to Diplomat Specialty Pharmacy. Any specialty medications exclusive to Accredo will remain at Accredo Specialty Pharmacy.

CenCal Health patients on therapies that require a migration to Diplomat will also be receiving a letter regarding the benefit transition. An updated list of Mandatory Diplomat Drugs will be available on the CenCal Health Pharmacy Services Webpage at www.cencalhealth.org on September 1, 2017.

For drugs requiring authorization, please continue to fax authorization requests to (805) 685-7781. CenCal Health is confident that Diplomat will provide dedicated customer service to your practice and your CenCal Health members. For questions, please contact Diplomat at 877-319-6337 or our CenCal Health Pharmacy Team at (805) 562-1080.

Staying Healthy Assessment Form (SHA) Reminder

The California Department of Health Care Services (DHCS) requires primary care providers to administer a Staying Healthy Assessment (SHA) or approved alternate Individual Health Education Behavioral Assessment (IHEBA) on all CenCal Health members within 120 days of enrollment and again at defined intervals. The SHA consists of seven age-specific pediatric questionnaires and two adult questionnaires. SHA forms must be administered to new patients during the Initial Health Assessment (IHA) and periodically thereafter as the patient enters a new age category. Encourage your patients to complete an age appropriate SHA form every subsequent year during a scheduled exam and Well-Visit!

Additional information and printable SHA forms are available online in multiple age categories and preferred languages on the DHCS website at http://www.dhcs.ca.gov/formsandpubs/forms/Pages/StayingHealthy.aspx. For questions on how to administer these forms within your practice, please contact the Provider Service Department, Quality Management Coordinator at (805) 681-3061.