

Virginia Medicaid Maternal Health Services Update

Maternal Health Stakeholder Roundtable

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February 29, 2024



Agenda

1. Medicaid Maternal Overview
2. Maternal Health Levers
3. Actions DMAS is Taking
4. Community Level Actions



DMAS Mission & Values

Our Mission & Values

To improve the health and well-being of Virginians through access to high-quality health care coverage and services



Service



Collaboration



Trust



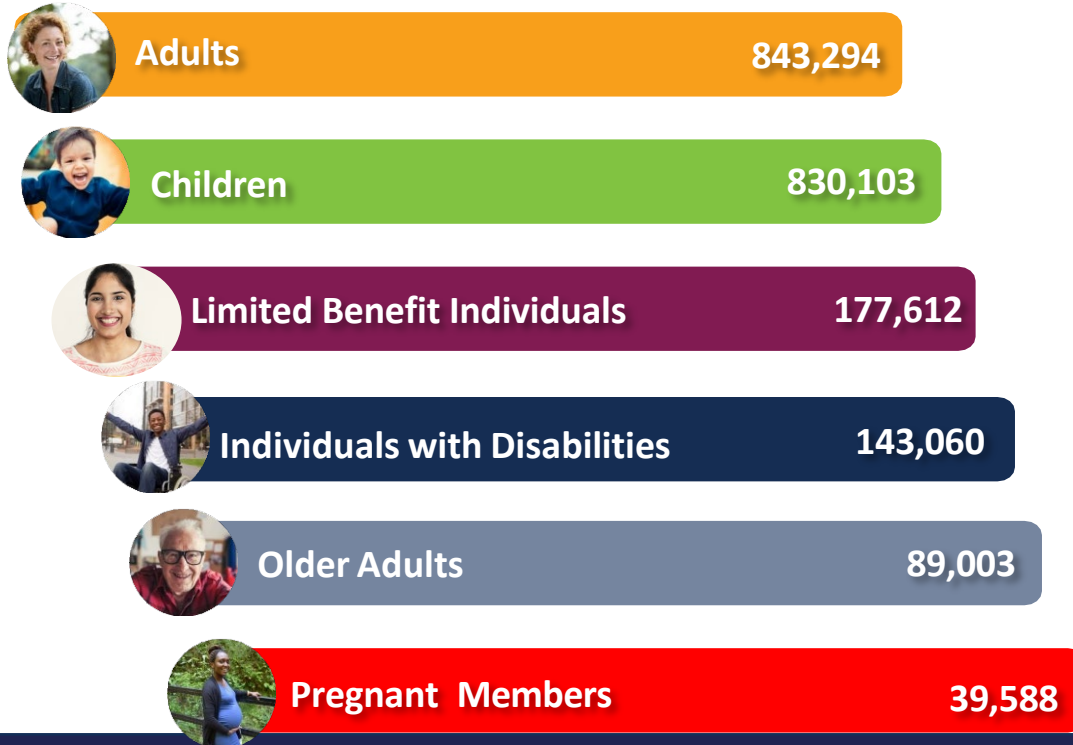
Adaptability



Problem
Solving

Who Do We Cover?

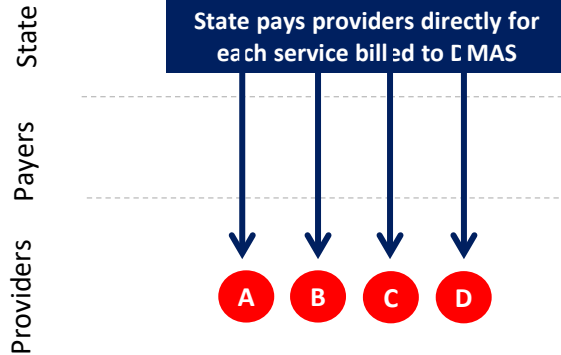
Medicaid is available to Virginians who meet specific income thresholds and other eligibility criteria



Virginia Medicaid – Maternal Health Delivery Systems

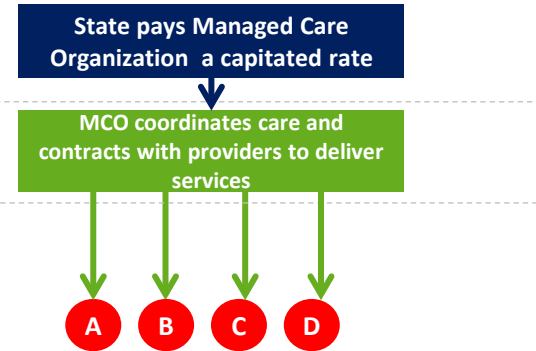
Fee-For-Service (FFS)

DMAS contracts and pays providers directly for every Medicaid eligible service rendered to Medicaid members. All pregnant women are briefly in FFS before choosing a health plan. Some deliver in FFS.



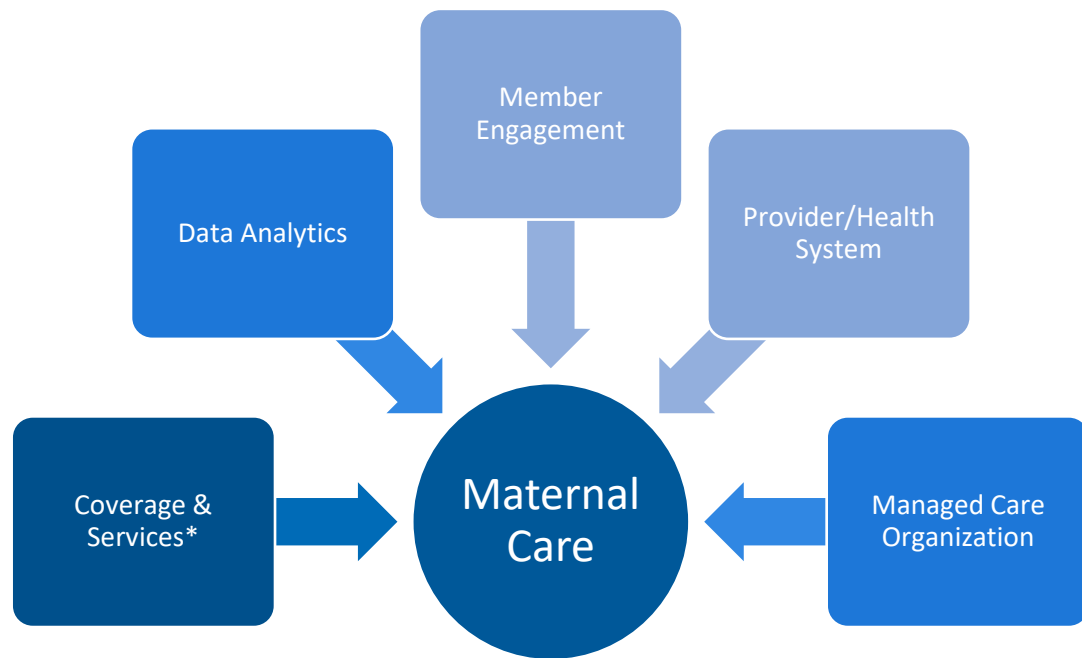
Managed Care (MCO)

96% of DMAS members are covered through five health plans. Each MCO is responsible for delivering health benefits and related services to its Medicaid members. Each MCO has extensive maternal programs, consultants, specialists and additional extra supportive services.



Virginia Medicaid – Maternal Care Levers

Five levers are involved in Virginia Medicaid maternal health



Coverage: Medicaid Covers 1/3 of the Births in the Commonwealth

Four basic coverage categories receive full Medicaid benefits to include maternal and comprehensive health services, dental, transportation, behavioral health; with no cost sharing

1. Medicaid for Pregnant Women
2. Medicaid Base
3. Medicaid Expansion
4. FAMIS Moms

Coverage: Postpartum Extension and Doula Coverage

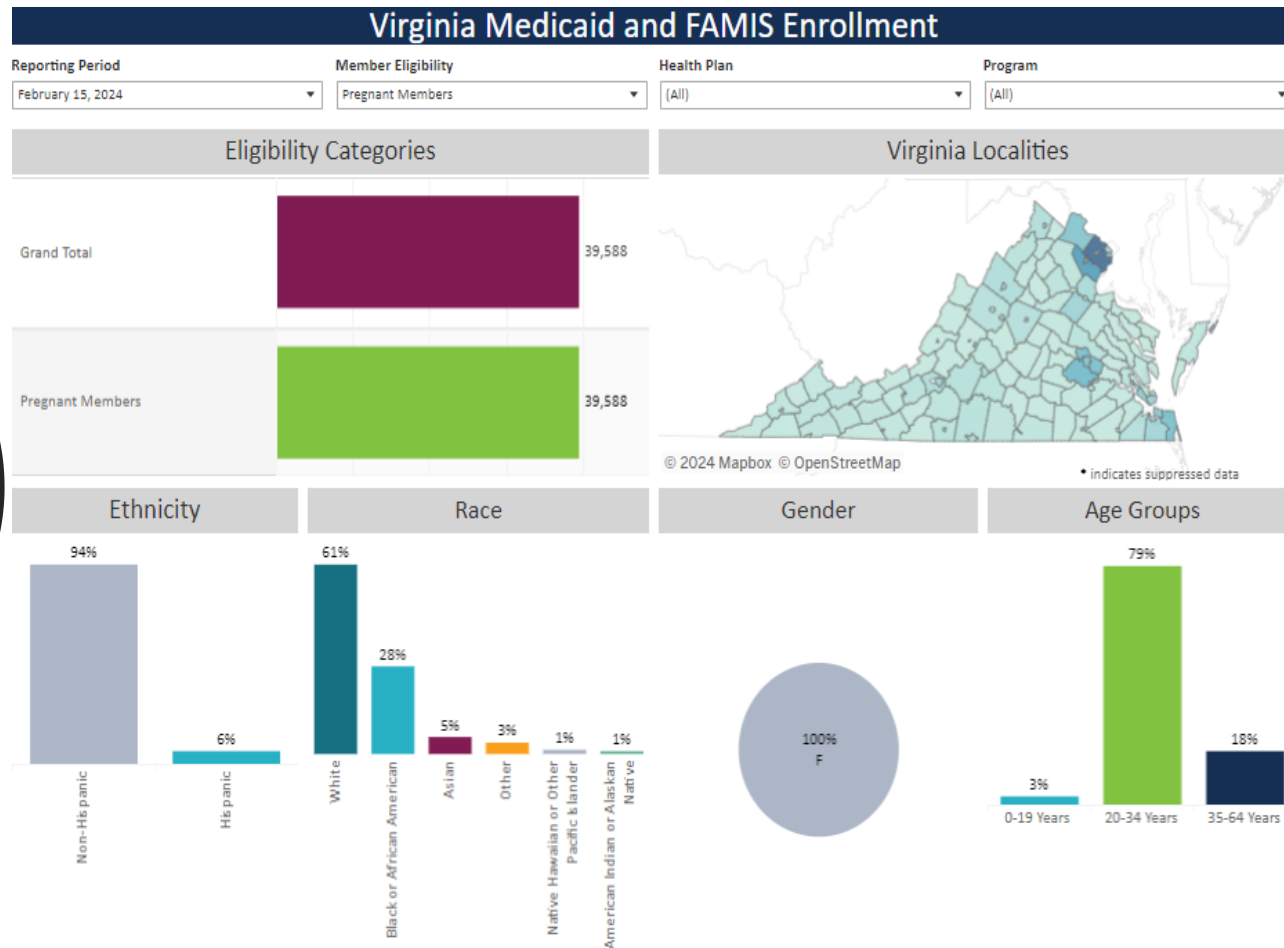
- Virginia was third in the nation to extend postpartum coverage.
- Allows Virginia Medicaid to enroll members during the postpartum period and stay enrolled regardless of income changes for the 12-months continuous coverage.
- Virginia was the 4th state to provide Medicaid coverage for doula services.
- DMAS enrolled over 170 doulas and 423 births to Medicaid members were attended by a doula.

Promote continuous coverage and **continuity of care** for members in the postpartum period

Advance **opportunity** by **reducing gaps** in maternal coverage, access and health outcomes

Increase **access to medical and behavioral health** services and treatments for members

Medicaid Pregnant Member Enrollment



Virginia Medicaid Maternal Health & Outcomes

Investing in Medicaid maternal health and adopting best evidence-based practices in the perinatal and postpartum period can prevent many of the common causes of pregnancy-related morbidity and improved family and community health

- Pregnancy-related morbidity disparities are greatest among African American women and women in the Tidewater, and Roanoke/ Alleghany region.
 - Highest pre-term and low-birth weight babies
 - Highest Emergency Room (ER) utilization postpartum
- Majority of Virginia Medicaid maternal deaths occur **after** childbirth, with common causes including:
 - Cardiovascular Disease
 - Sepsis/Infection
 - Hemorrhage
 - Hypertensive Disorders
 - Thrombotic Pulmonary Embolism

Virginia Medicaid Overall Birth Outcomes

Study Indicator	National Benchmark	Calendar Year 2020		Calendar Year 2021		Calendar Year 2022		Calendar Year 2022**	
		Number	Percent	Number	Percent	Number	Percent	Number	Percent
Births With Early and Adequate Prenatal Care	76.4%	22,245	71.9%	23,780	72.7%	25,535	72.1%	22,737	74.3%
Births With Inadequate Prenatal Care*	NA	4,651	15.0%	5,106	15.6%	5,454	15.4%	4,211	13.8%
Births With No Prenatal Care*	NA	534	1.7%	685	2.1%	1,072	3.0%	796	2.6%
Preterm Births (<37 Weeks Gestation)*	9.4%	3,168	9.8%	3,327	10.1%	3,446	9.6%	3,076	9.9%
Newborns With Low Birth Weight (<2,500 grams)*	10.1%	2,979	9.2%	3,074	9.3%	3,279	9.1%	2,970	9.6%

Virginia Medicaid Postpartum Care Rates

Top 10 Performing Medicaid States:

Ranking	State	Measure Rate
1	State A	83.41
2	State B	82.88
3	State C	82.60
4	State D	82.60
5	State E	82.49
6	State F	80.06
7	State G	79.41
8	State H	79.13
9	State I	78.61
10	State J	78.22
	Virginia (Medicaid)	70.40
	Virginia (Commercial*)	79.00

HEDIS® Postpartum Care¹ Measure, MY2022

Source: NCQA Quality Compass, audited and validated HEDIS® rates; *Commercial data includes all level of business

¹ This HEDIS measure is the percentage of deliveries of live births that had a postpartum visit on or between 7 and 84 days after delivery.

Virginia Medicaid Women Postpartum Utilization Overview

Utilization Category

Postpartum visits

Locality

All

Program

All

Health Plan

All

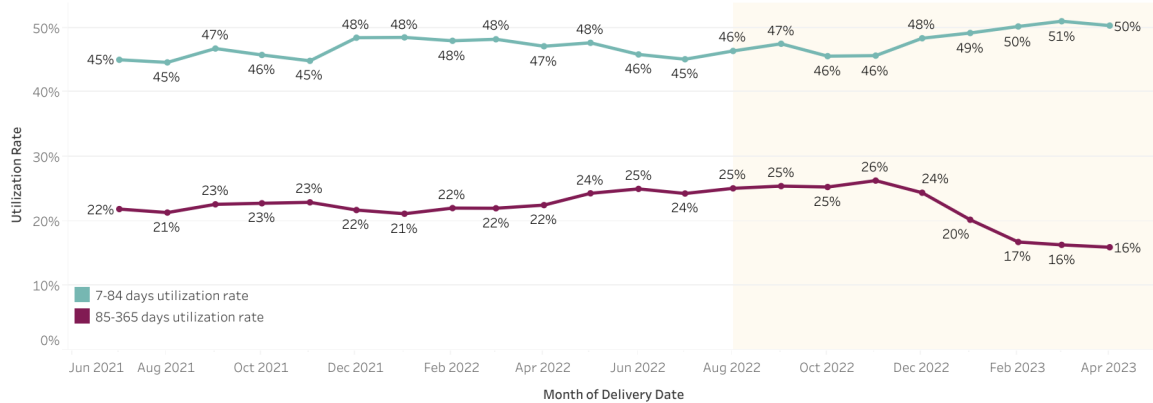
Month of Delivery

All

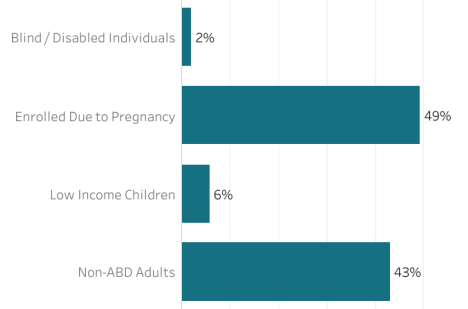
Last update:

December 15, 2023

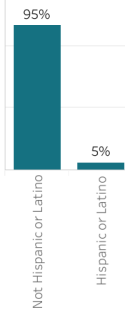
Postpartum visits trends



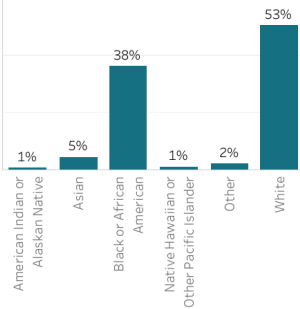
Eligibility Categories



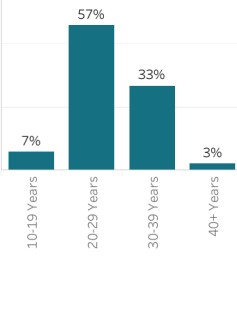
Ethnicity



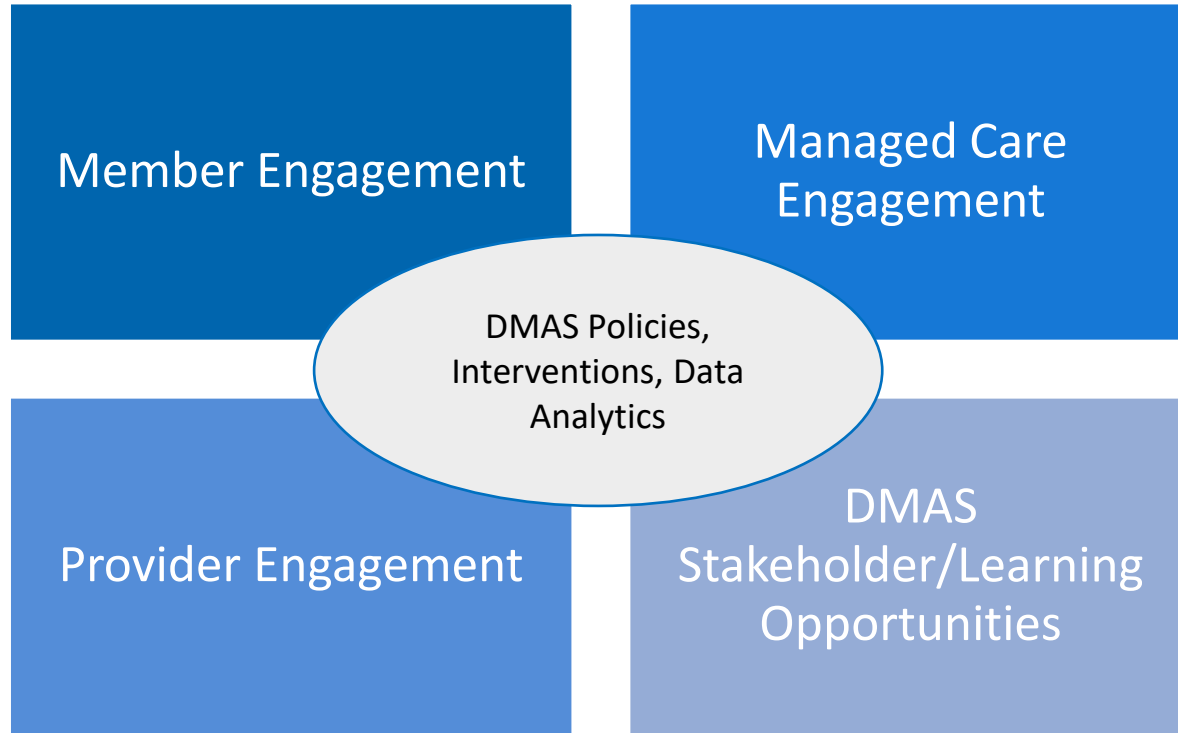
Race



Age Groups



Actions DMAS is Taking to Improve Maternal Health



Member Engagement Actions

DMAS focuses on the member first

- Education and information
- Services: accessible and available
- Adherence to doctors' orders
- Health outcomes
- Social support
- Clinical focus areas:
 - Increase postpartum visits
 - Heart health for pregnant women
 - Reduce ER utilization postpartum (current rate 15%)



Old New Mom Letter

Welcome MOM!

We are thrilled to be a part of this journey with you and want to share the free services we offer to help you have a healthy pregnancy and healthy baby! To get more information about what is covered, visit www.coverva.org

Free Pregnancy services, as a Medicaid member, include:

- Prenatal Care – Care while you are pregnant
- Labor and Delivery – Care to deliver your baby
- Postpartum Care – Care after your baby is born
- Dental/Oral Care – Dental care received before and after your pregnancy
 - Call Smiles for Children at 1-888-912-3456 to schedule a dental appointment or visit www.dentaquest.com
- Transportation – Non-emergency transportation to your visits
 - Call 1-888-336-8331 or you managed care plan to arrange for transportation to medical appointments
 - Book your transportation the same day you book your doctor's appointment to make sure you have a ride

Once enrolled in Medicaid, you will receive your health coverage through a managed care health plan. To find out which health plan works best for your providers, or to choose your health plan:

- Download the free Virginia Managed Care App on your Android or iPhone
- Visit <https://virginiamanagedcare.com>
- Call the Managed Care Helpline at 1-800-643-2273

DURING your Pregnancy

- Make an appointment with your doctor as soon as possible, and ask if they accept Medicaid, FAMIS Moms or your Managed Care Plan
- Reach out to your health plan about available care coordination services during your pregnancy
- Text BABY to 511411 or go to www.text4baby.org to receive free text messages that provide support to pregnant women and new moms
- Talk to your doctor about your diet and any medicine or drugs you are taking or if you smoke or drink
- Call Quit Now Virginia at 1-800-784-8669 to get help to quit smoking and free text messages from Text2Quit
- Choose a pediatrician so your baby can begin receiving well child checkups in the first year
- Contact the WIC Program at 888-942-3663

Give your baby time to develop and grow! As long as your pregnancy is healthy, it is best to allow for labor to begin on its own.

Continuing your care after you deliver is essential to a healthy recovery!

Follow us on social media!



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@CoverVA



AFTER your Delivery

- How to Ensure BABY is Covered: Immediately call Cover Virginia at 1-855-242-8282 (toll free) or your eligibility worker at your local Department of Social Services to inform them of the birth of your child. Coverage is only effective after you have received a confirmed Medicaid number for your newborn baby.
- Make an appointment with your baby's doctor for a well-child visit once you get home. Well baby exams are an important way to monitor your baby's growth and development and check for serious problems.
- Schedule your postpartum appointment to see your doctor 6 to 8 weeks after you have your baby.
- Your health coverage may be extended beyond 60 days after you deliver!
 - Call Cover Virginia at 1-855-242-8282 (toll free) or your eligibility worker at your local Department of Social Services
 - Look for a Notice of Action letter from your local department of social services that will let you know if you qualify for continued coverage under the Medicaid Expansion program.

Keep this letter as a resource

Revised New Mom Letter

WELCOME, NEW PREGNANT MEMBER !

Virginia Department of Medical Assistance Services (DMAS) is thrilled to join you on this journey and to help you have a healthy pregnancy and healthy baby!



Free Pregnancy services

Once enrolled in Medicaid, you will receive your health coverage through your health plan.

Call the Virginia Managed Care Helpline at **1-800-643-2273 (TTY: 1-800-817-6608)** for more information on your health plan.

Contact your health plan for gifts (gift cards and/or diapers) that are offered for your family!

For more information about what is covered, along with additional resources visit:

www.dmas.virginia.gov/for-members/for-pregnant-women/

DURING YOUR PREGNANCY

- ✓ **Make an appointment with your doctor as soon as possible**, and ask if they accept your health plan.
- ✓ **Contact your health plan** about available care coordination services during your pregnancy.
- ✓ **Talk to your doctor** about your diet and any medication you are taking, or if you smoke or drink.
- ✓ **Choose a pediatrician** so your baby can begin receiving well - child checkups in the first year.



AFTER YOUR DELIVERY

- ✓ **Schedule your postpartum appointment** to see your doctor 6-8 weeks after you have your baby. Virginia Medicaid offers continued postpartum coverage, so you will receive health coverage for 12 months (including dental) after you deliver.
- ✓ **Ensure your baby is covered:** Call Cover VA at 1-855-242-8282 (TTY: 1-888-221-1590) or your eligibility worker at the local Dept. of Social Services to inform them of your child's birth. Coverage is only effective after you have received a confirmed Medicaid number for your newborn baby.
- ✓ **Schedule a well-child visit once you get home.** Well baby exams are an important way to monitor your baby's growth and check for any problems.

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Managed Care Engagement Actions

Managed Care Organization (MCO) contract has extensive maternal health provisions



Member Engagement



Network Access



Availability



Accountability

- All MCOs have specialized clinical programs as well as support services food, supplies and client connection teams such as doula, community health workers and home visitors.
- DMAS teams (clinical, maternal, operations, compliance) meet with the MCOs on a regular basis.

Provider Engagement Actions

- Working with Virginia Hospital and Healthcare Association (VHHA) on maternal health initiatives. DMAS spoke at board meetings.
- Meeting with health systems on maternal services – have visits scheduled with INOVA Health System, Chesapeake Regional Medical Center, Riverside Shore Memorial Hospital. Already met with Ballad Health.
- Speaking with hospital interns and residents on Medicaid program, in collaboration with Virginia Chapter of American College of Obstetricians and Gynecologist (ACOG).
- Looking for provider systems to promote extended OBGYN clinic hours, like pediatrics.
- Looking for health systems to update EMR discharge checklist to include postpartum appointment.
- Expanding OBGYN Association and Federally-Qualified Health Center (FQHCs) collaboration and engagement.

DMAS Stakeholder and Learning Opportunities

Engagement with Stakeholders and Advocates fosters collaboration, learning opportunities and accountability

- Baby Steps- DMAS Maternal Health Task Force
- VNPC Board Representation
- VA Doula Task Force
- NGA Southwest Maternal Health Grant
- NASHP Collaborative on Social Supports
- CHCS Collaboration
- NAMD Maternal Health Podcast

- DSS Collaboration
- Provider Groups
- Maternal Mortality Task Force
- Maternal Data Task Force
- Explore Maternal Health CMMI Model
- NASHP Policy Innovation Program
- Community Focused

Addressing Maternal Health in Petersburg

- Governor's initiative to *"Build Comprehensive Relationships to Foster Comprehensive Change through a Comprehensive Approach"*
- *33% of the women getting adequate maternal care and postpartum*
- A four-tiered project was launched
 - Data analytics
 - Member engagement
 - MCO engagement
 - Provider engagement



Petersburg Maternity Update

Majority of women are now receiving prenatal and postpartum care and outcomes are improving

- **Member engagement** – Hand-addressed mailings and flyers targeted to members and a focus on Central Virginia Health Services (CVHS) and Southside Regional Hospital.
- **MCO engagement** – Special targeted projects to address the community, including intense monitoring, texting communications, supporting a maternal hub and community baby showers.
- **Provider engagement** – Focused on OBGYN groups; Collaboration with VHHA and Southside Regional Hospital.
 - Dr. Daphne Bazile initiated a pilot extending OBGYN clinic hours on Saturdays for Petersburg and surrounding area.
- **Data and Outcomes** – Developed a dashboard and monthly accountability.

DMAS Commitment

Committed to exploring, investing and implementing best practices that fit our Virginia Medicaid moms

