

Montana Health Care Programs MESSENGER

2024 Medicaid Member Guides

Medicaid Member Guides are updated on a yearly basis. The Medicaid Member Guide can be located online at:

<https://dphhs.mt.gov/assets/hrd/MedicaidMemberGuide.pdf>

These guides have helpful information regarding what services Medicaid members are eligible to receive. They are also able to answer any questions you may have about your benefits or plan coverage. If you are unable to have your questions or concerns met with the guide, it will provide contact information to get you to someone who can help get your questions answered.

If you wish to request a paper version of the 2024 Medicaid Member Guide sent to you by mail, members can either contact the Medicaid Member Help Line at 1-800-362-8312 or they can send an email to mtpassport@conduent.com.

Children’s Mental Health – The Role of the Regional Resource Specialists

Finding appropriate mental health care for your child can be stressful. The Children’s Mental Health Bureau has staff members called Regional Resource Specialists (RRS) that can help. The RRS assigned to your county can help you navigate the Montana Medicaid network of providers so that you understand your child’s options for mental health treatment. They are also available to support you and answer questions before, during, and after your child enters an out-of-home placement.

Does your child require mental health treatment, but you’re not sure where to start? Are you concerned with the care your child is receiving in an out-of-home placement? Is your child discharging from an out-of-home placement and you’re not sure about your next steps? These are all questions that your RRS can help with.

If you could use help finding mental health care for your child, or support while your child receives treatment, please reach out to the knowledgeable Regional Resource Specialist assigned to your county.

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Notice for Healthy Montana Kids Providers and Members

Please discontinue the use of Healthy Montana Kids paper applications. There has been an influx of old Healthy Montana Kids applications recently. This application form is no longer a valid way to apply for assistance or health coverage. For providers, please dispose of any old application forms for HMK.

For members, if you are new or returning to Healthy Montana Kids (HMK) and need to apply, please avoid using the paper application for HMK. Using the paper application can cause a slowdown in the processing by the Office of Public Assistance (OPA) resulting in a delay or denial in coverage. Instead of using this outdated paper application, please apply online at apply.mt.gov or call 1-888-706-1535 to apply.

Montana Tobacco Quit Line

The Montana Tobacco Quit Line is a free service for all Montanans. It helps Montanans quit cigarettes, chew, cigars, and e-cigarettes. The Quit Line offers free counseling and free Nicotine Replacement Therapy (patches, gum, or lozenges). The Quit Line has special programs for pregnant and post-partum women, American Indians (1-855-5AI-QUIT), and for youth under 18 (My Life My Quit, 1-855-891-9989). Call the Montana Tobacco Quit Line at 1-800-QUIT-NOW or visit quitnowmontana.com.

You may also email hhsspapplicationcustomersupport@mt.gov to request a current PDF application form. You would then fax that updated form to 877-418-4533 or mail it to Human and Community Services, P.O. Box 202925, Helena, MT 59620. The other option would be to go in person to your local Office of Public Assistance. For a list of locations please visit [Office of Public Assistance \(mt.gov\)](http://Office of Public Assistance (mt.gov)).

Commodity Supplemental Food Program for Seniors!

Having enough food and healthy eating are important at every age. However, now more than ever, older adults are more likely to be food-insecure than other age groups.

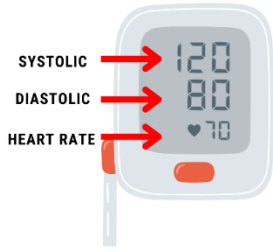
The Commodity Supplemental Food Program (CSFP) offers a monthly food package to eligible Montana seniors aged 60 and older with low-income (income guidelines are available at Montana's CSFP website). The monthly food package is meant to supplement a participant's existing diet and contains a variety of foods with important nutrients for older adults including protein, calcium, iron, vitamins A, C, and D, and fiber.

Every eligible senior should be receiving their package! CSFP eligibility is determined by local agencies that partner with DPHHS. They distribute packages locally and offer nutrition education resources as well. For more information on a provider in your area, income guidelines, and how to apply, visit Montana's CSFP website.



High Blood Pressure

Do you know if you have high blood pressure? It's time to find out!



The Montana Cardiovascular Health Program encourages all Montanans to find out what their blood pressure reading is and learn what the numbers mean. *High blood pressure or hypertension is called the "silent killer" because often there are no obvious symptoms. That's why it is so important to know your numbers and write them down!*

How is blood pressure measured?

Blood pressure is measured with a blood pressure cuff and monitor. This can be taken at your doctor's office or at home. The cuff goes around your upper arm on bare skin and is easy and painless! Talk to your doctor about having it measured in their office for free or getting a low to no cost cuff for home use! The machine then inflates and slowly deflates to measure your blood pressure and heart rate. Two numbers will show on the screen. The top number is called a systolic reading, and the bottom number is called a diastolic reading. If you get your blood pressure taken at your doctor's office, always ask what the reading was and write it down.

What is high blood pressure and why is it so dangerous?

High blood pressure is when the force of your blood pushing against the walls of your blood vessels is too high. If high blood pressure is not treated, it can cause serious health problems. High blood pressure harms you by making the heart and blood vessels work harder than they need to and wear out. The force of high blood pressure can hurt your artery walls and can cause tiny tears in the artery. These factors can lead to a heart attack, stroke, vision loss, kidney disease, sexual disorder, and heart failure. More studies have found that if high blood pressure is not treated, it could lead to dementia and Alzheimer's.

What do my blood pressure numbers mean?

Blood Pressure Reading	What Does That Mean?	What Do I Do Now?
$\frac{>120}{80}$	This is a healthy blood pressure for an adult.	Great work! Keep making heart-healthy choices and see your doctor at least once a year for a checkup.
$\frac{120-139}{80-89}$	This is elevated and could become high blood pressure.	You should recheck it in two weeks and begin lifestyle changes like more exercise, less sodium, quitting tobacco, and reducing stress.
$\frac{140-170}{90-100}$	This is high blood pressure and could become dangerous if not treated.	Time to schedule a visit with your doctor. If hypertension goes untreated it can cause major damage to your health.
$\frac{170 \text{ or higher}}{100 \text{ or higher}}$	This is an emergency called a hypertensive crisis.	Seek medical care immediately!

Montana Tobacco Use Prevention Program

The Montana Tobacco Use Prevention Program provided six ReACT mini-grants to six local ReACT coalitions this academic year. This was to promote tobacco advocacy, education, and prevention at the community level. You can visit <https://mtreact.com/get-involved/mini-grants/> to hear about the local tobacco prevention projects from the youths.



Midwife Homebirths

Effective January 1, 2024, Montana Medicaid will allow eligible members to have home birthing options. To be eligible for a home birth, it must be determined there are low risk of adverse birth outcomes. Approved home births are to be attended by a certified nurse midwives or direct entry midwives as licensed under Montana law. This will allow for members to have more control over the birthing process, allow the mother to give birth in a comfortable, familiar place, and could provide a solution when the member has a lack of access to transportation or a local hospital.

Prediabetes: What does it mean and what can you do?

Prediabetes is a condition in which your blood sugar (glucose) levels are higher than normal but not high enough to be diagnosed with type 2 diabetes. Most of the time people don't show any symptoms of prediabetes or know they have it.

Are you at Risk?

You could have prediabetes if you:

- Are 45 years of age or older.
- Are overweight.
- Have a family history of type 2 diabetes.
- Have a history of gestational diabetes (diabetes developed during pregnancy).
- Exercise less than 3 times a week.
- Have certain medical conditions such as high blood pressure.

To learn more about your risk factors for prediabetes, take the prediabetes risk test by clicking [here](#).

Prevention is Key!

People with prediabetes have the power to make changes to prevent or delay diabetes. If you have prediabetes, you can follow a plan and make healthy changes through exercise, eating healthy food, and changing habits. Even small changes make a huge impact. Work with your health care professional or join program such as the National Diabetes Prevention Program (DPP). These programs are designed to help people make healthy choices and focus on preventing type 2 diabetes.

What is the National Diabetes Prevention Program (DPP)?

The National Diabetes Prevention Program (DPP) has shown to help people prevent or lower their risk of developing type 2 diabetes. The program focuses on lifestyle changes to improve healthy eating, exercise and healthy lifestyle habits.

The National DPP is:

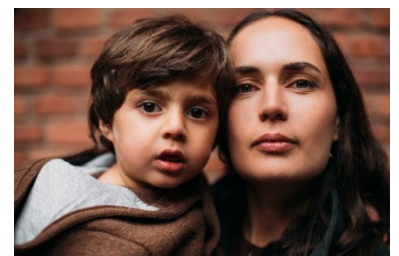
- Taught over 12-months with 16 weekly and 6 monthly group sessions focused on:
 - Behavior change
 - Healthy eating strategies
 - Ways to exercise more
 - Goal of 150 minutes of exercise per week
 - Goal of 5-7% weight loss
- Each session is given by a trained lifestyle coach that encourage, coach, and motivate participants to adopt sustainable lifestyle changes.
- The program is either offered:
 - In-person – People participate in person at a set location with a Lifestyle Coach at the site.
 - Distance Learning (telehealth) – Taught by a trained Lifestyle Coach via an online classroom or telehealth. The Lifestyle Coach provides live delivery of the session one location and participants call-in or videoconference from another location.



Medicaid Addition: 12-Month Postpartum Continuous Eligibility

The Montana Department of Health of Human Services (DPHHS) has extended coverage to postpartum women, effective July 1, 2023. The previous postpartum coverage was for 60 days after childbirth. This will now allow postpartum women enrolled in Montana's Medicaid, Healthy Montana Kids *Plus*, and Healthy Montana Kids to be eligible for 12-month continuous coverage.

If you are a member and become pregnant or have any changes to your pregnancy, notify the Office of Public Assistance (OPA). You can contact OPA at 1-888-706-1535 or go online to apply.mt.gov. Verifying OPA has the most updated information on your pregnancy or postpartum status will ensure you are covered under this extension. If OPA is not notified, they will be unable to change or extend your coverage.



Can I attend?

To attend the program people must meet the following:

- Be at least 18 years of age with a body mass index ([BMI](#)) of 25 or [greater](#) (23 or greater if Asian) ***AND***
- Have one or more of the following risk factors for type 2 diabetes and heart disease:
 - Fasting glucose of 100-125 mg/dL
 - A1c between 5.7% and 6.4%
 - Blood pressure of at least 130/80 mmHg or receiving treatment (ex: medication)
 - Triglycerides greater than 150 mg/dL
 - LDL cholesterol greater than 130 mg/dL or receiving treatment (ex: medication)
 - HDL cholesterol less than 40 mg/dL for men, less than 50 mg/dL for women
 - History of gestational diabetes

You have been Referred. What's Next?

If your health care professional as recommended you attend, take the next important step to reduce your risk for diabetes and **make the call!**

Talk to your provider about the National DPP and **PREVENT** diabetes!

If you would like to learn more about National DPPs and services in MT, click on the following link to the Montana Diabetes Program Diabetes Prevention page <https://diabetes-prevention-mtdphhs.hub.arcgis.com/>, talk with your health care professional today!



Key Contacts

Montana Healthcare Programs/Medicaid/HMK Plus Member Help Line

For questions regarding benefits or Passport to Health:

1-800-362-8312

[MT Healthcare Programs](#)

DPHHS Language Assistance Services

For language assistance services provided through DPHHS

1-800-368-1019

[Language Assistance Services](#)

Montana Relay Service

For the deaf or hard of hearing.

1-800-253-4091 or 711

Montana Public Assistance Help Line

For eligibility questions.

1-888-706-1535

[MT PUBLIC ASSISTANCE](#)

Transportation Center

For questions regarding travel or approval. **Call before you travel, or you may not be reimbursed.**

1-800-292-7114.