

# ***RECIPIENT NEWSLETTER***

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**What is WIC?**

*What is Women, Infants and Children (WIC)?*

WIC is a program for: pregnant women; breastfeeding women; infants; and children younger than five and is available in all counties in North Dakota. WIC offers healthy food for proper growth and development and helps families choose healthier ways of eating.

WIC is a federal nutrition program that provides:

- Nutrition information, counseling and support
- Breastfeeding information and support
- Nutritious foods
- Health screenings
- Referrals to other services

To be eligible for WIC you must be either: pregnant; breastfeeding; a new mother; or a parent, guardian or caretaker who has an infant or child younger than five years of age. The WIC Staff will provide a nutritional health risk, which is determined by checking your height, weight and iron count, and having you fill out a diet and medical history.

**North Dakota WIC Income Eligibility Guidelines**

**185% Poverty Level**

<b>Household Size</b>	<b>Annual</b>	<b>Monthly</b>	<b>Weekly</b>
<b>1</b>	\$20,036	\$1,670	\$386
<b>2</b>	\$26,955	\$2,247	\$519
<b>3</b>	\$33,874	\$2,823	\$652
<b>4</b>	\$40,793	\$3,400	\$785
<b>5</b>	\$47,721	\$3,976	\$918
<b>6</b>	\$54,631	\$4,553	\$1,051
<b>For each additional household member add:</b>	\$6,919	\$577	\$134



**For 2011 information or to find the nearest WIC office, please call 1-800-472-2286 or go to <http://www.ndhealth.gov/wic>.**

## What if My Doctor Tells Me I Need to Go Out-of-State for Medical Care?

Medicaid recipients must have prior approval from the State Medicaid office **every time** they go out of state for medical care.

### The only exceptions are:

- If the medical care provider is within a 50-mile radius from the North Dakota border.
- If an emergency medical situation arises that requires immediate transfer to an out-of-state facility, in such a situation, Medicaid recipients must ask their provider to contact the State Medicaid office to report the emergency transfer within 48 hours after the transfer has taken place.

### If your provider refers you to an out-of-state provider for medical care:

- Ask your Primary Care Provider (PCP) to send a request for approval for the out-of-state referral to the State Medicaid office. The request must be received by the State Medicaid

office at least two weeks before the date that has been set for your out-of-state appointment. Your PCP's office is aware of the required information that must be sent to the State Medicaid office.

- Contact your county social service office and tell your eligibility worker that you have been referred out of North Dakota for medical care. Your worker will wait until an approval is received from the State Medicaid office and will then help you make arrangements for your transportation, meals, and lodging needs. If you make your own arrangements for meals and lodging, you may not receive the discounts offered by some of the out-of-state Medicaid providers. Medicaid reimbursement for meals and lodging is limited to specific dollar amounts, so you will be responsible for payment of expenses over maximums allowed.

For questions on out-of-state services, please contact ND Medical Services at 1-800-755-2604 or 701-328-2159.

## North Dakota Health Tracks

### Child Health Screening Program

North Dakota Health Tracks (EPSDT) is a preventive health program that is free for children age 0 to 21 that are eligible for Medicaid. Health Tracks pays for screenings, diagnosis, and treatment services to help prevent health problems from occurring or help keep health problems from becoming worse. Health Tracks also pays for glasses, hearing aids, vaccinations, counseling and other important health services. Health Tracks will help schedule appointments for services and will also help arrange transportation to the services. Some services require prior authorization, so be sure to check with your screener about these requirements. For more information or to schedule an appointment, contact your local County Social Services Office or Public Health Unit.

### Recommended Screening Schedule

Have your child screened at the following times:

- Newborn
- 3- 5 days old
- By 1 Month
- 2 Months
- 4 Months
- 6 Months
- 9 Months
- 1 Year
- 15 Months
- 18 Months
- Annually between age 2 and through 20 years of age.

Each child should be seen by a dentist once the child reaches three years of age or earlier if a problem exists. After the initial visit, it is recommended that children see a dentist every six months.



## Online Application for Public Assistance Programs

People can apply online for assistance programs such as Temporary Assistance for Needy Families, the Supplemental Nutrition Assistance Program (food stamps), Child Care Assistance, Medicaid, Basic Care, Aid to the Blind, and the Medicare Savings Programs.

Since activating the link to the online application on August 19, 2010, over 200 applications have been completed and submitted securely over the Internet.

“This gives North Dakotans more choices in how they can apply for help,” said Tove Mandigo, director of the department’s Economic Assistance Policy Division. “Previously people applied by calling, corresponding, or going into their county social service office. We recognized that this is a hardship for some applicants who are elderly, have disabilities, or have young children. It also affects applicants who have jobs and work, but need temporary short-term help due to some sort of setback in their households.”

Department data shows that almost half of the online applications received through September 3, 2010, were from people seeking Supplemental Nutrition Assistance Program help. Twenty-five percent were for Medicaid or the Healthy Steps Children’s Health Insurance Program.

Mandigo said North Dakotans can complete the application at their convenience at <https://secure.apps.state.nd.us/dhs/ea/oasys/login.htm>. Completed on-

### Medicaid Program Integrity

You’ve likely heard about Health Care Reform and other items related to where our nation’s medical coverage is headed. Medicaid is a program that will be impacted and in order to ensure that North Dakota Medicaid is available for qualifying individuals, we ask for your assistance in being diligent in how and where Medicaid funds are spent.

If you know of a provider or recipient that are not utilizing Medicaid services appropriately, abusing the services available, or possibly falsifying information to qualify for Medicaid coverage, please call 1-800-755-2604 or email: [medicaidfraud@nd.gov](mailto:medicaidfraud@nd.gov). Thank you for your assistance in protecting the integrity of the Medicaid program.

line applications are routed electronically to the appropriate local county social service office, where their employees review the information and follow-up with people to determine if they qualify for programs.

It uses the same login process as other online North Dakota government applications, including: child support enforcement, Game and Fish, and Department of Transportation.

Anyone who has already obtained a state login for those services can use their existing login.

Those less comfortable with technology will continue to have other options. If they prefer, they can print out a paper application from <http://www.nd.gov/dhs/info/pubs/application.html>, complete it, and return it to their county social service office. They can also call their county social service office and ask for an application to be mailed to them, or they can go to a county office to pick up an application or to meet with an eligibility worker and complete an application in person.

Information about public assistance programs and client rights is on the department’s Web at <http://www.nd.gov/dhs/info/pubs/docs/sfn-405-guidebook-for-apply-for-assistance.pdf>.

### Children’s Hospice

Children’s Hospice Program started July 1, 2010 to assist children between the ages of birth to their 22nd birthday. This new program will provide multiple services to a child with a life limiting diagnosis and to their families. The services made available to the family are case management, home health aide, nursing, hospice, palliative cares, grief counseling and expressive counseling. These services are designed to assist the family in dealing with the diagnosis and the emotions a family deals with when preparing for the possible death of their child. In addition, the program will make it possible for a family to continue to explore curative measures at the same time they are utilizing hospice services within their home. To enroll in this program a child must have a “life limiting” diagnosis of less than one year, meet Nursing Home Level of Care, and be eligible for Medicaid. **For more information call 701-328-3701.**

## What's My Responsibility?

### Primary Care Provider (PCP)

A Primary Care Provider is a practitioner that you choose to be your main provider of medical services. If you are required to name a PCP, your county eligibility worker will let you know. It is important that you make your selection as soon as possible. Your PCP will be able to refer you to other doctors or practitioners who specialize in specific health issues; for example, a dermatologist, audiologist or physical therapist. Before you receive services from a specialist, you will be required to obtain a referral from your PCP. Medicaid will only pay for services requiring a referral if the PCP has referred you, **before** services are provided by the specialist. If you do not select a PCP or obtain a needed referral from your PCP, you may be responsible for the bill.

### What is Recipient Liability?

Recipient Liability (RL) is a monthly dollar amount you are responsible to pay for medical expenses prior to Medicaid payment. The amount of RL is figured by the Eligibility Worker based on the information gathered when you apply for Medicaid. Once the eligibility worker has worked your case, they are able to establish your monthly RL. With the exception of pharmacy services, you should not be required to pay RL for services upfront. If you do have a past due RL, you may be asked to work out a payment plan.

### Transportation Facts

Transportation to and from medical appointments should be provided by family members, volunteers and other free transportation services. If this option is not available, reasonable transportation may be authorized by county social service agencies. The county will determine the most economical means of transportation to meet your medical needs.

All out of state travel must be prior authorized by the county social service agency.

If you need assistance arranging transportation, please contact your local county social service agency.

### Physical, Occupational & Speech Therapy Limits

- Physical therapy - 15 visits per calendar year
- Occupational therapy - 20 visits per year
- Speech therapy - 30 visits per year

Please remember that it is your responsibility to let your therapist know if you have seen any other therapist for any therapy services. These services have a per year limit. The limits do not start over if you go to a different provider. An example would be if you had 13 physical therapy visits at clinic A, and then decided to switch to clinic B, you would have two visits remaining. Any additional visits need to be authorized through Medicaid based on a request from your therapist. If the additional visits are not authorized, the charges for those visits may be your responsibility.

## DHS Privacy Practices

Please note that you can obtain a copy of the DHS Notice of Privacy Practices several ways:

- ◆ Contact Medical Services at (701) 328-2321 or 1-800-755-2604
- ◆ Contact any County Social Service office
- ◆ Contact the Department of Human Services privacy officer at 1-888-607-8610 or (701) 665-2271
- ◆ View Notice of HIPAA Privacy Practices at: <http://www.nd.gov/dhs/misc/privacy.html>

*The North Dakota Department of Human Service does not discriminate on the basis of race, color, national origin, age, sex, religion, political affiliation, disability, or status with respect to marriage or public assistance.*

This publication is available in an alternative format through the North Dakota State Library, Disability Services Division, to those people who qualify for the Talking Books Program. (1-800-843-9948 or local 328-1468)

*If you have questions or concerns that you would like us to address in future newsletters, please call the Medical Services Division at 1-800-755-2604.*

We're on the Web! See us at: <http://www.nd.gov/dhs/services>