



Postpartum checkups



Summary

According to the Healthcare Effectiveness Data and Information Set (HEDIS®) benchmarks developed by the National Committee for Quality Assurance (NCQA), new moms should complete a postpartum checkup 7 to 84 days after they are discharged from the hospital.

Healthy Blue encourages providers to educate new moms on the importance of postpartum checkups. The American College of Obstetricians and Gynecologists (ACOG) recommends that all new mothers be seen by their OBGYN provider within the first three weeks postpartum. This initial evaluation should be followed up with ongoing care, as needed, concluding with a comprehensive postpartum exam no later than 12 weeks postpartum.

Why are postpartum checkups important?

It is easy for a patient who has just had a newborn to forget to take care of herself. As a Healthy Blue postpartum care provider, you have the opportunity to educate new moms on the importance of postpartum care and encourage them to complete this important visit.

The postpartum visit is an opportunity for the provider to address:

- Complications that occurred during pregnancy.
- Underlying medical conditions.
- Health of the infant.
- Breastfeeding.
- Maternal/infant bonding.
- Depression screening.
- Sexual activity and plans for contraception.

We know how important it is for you to meet HEDIS measures. The postpartum care HEDIS measure looks at the percentage of patients who had a postpartum visit that included a pelvic exam or postpartum care on or between 7 and 84 days after delivery.

Get your efforts on record

Make sure your medical records reflect:

- The date of the postpartum visit.
- Evidence of one of the following:
 - Pelvic exam
 - Evaluation of weight, blood pressure, breasts and abdomen (notation of breastfeeding is acceptable for the evaluation of breasts component)
 - Notation of postpartum care (for example, postpartum care, postpartum checkup, six-week check) or a preprinted postpartum care form in which information was documented during the visit



Healthy Blue members enrolled in our Healthy Rewards program can earn a \$25 incentive for completing a postpartum checkup between 7 and 84 days after delivery.

If her MO HealthNet benefits offered by Healthy Blue are going to expire after birth, encourage her to have a follow-up exam before she loses coverage.

Helpful tips

- If the patient comes in one or two weeks after a cesarean section delivery for a postsurgical check or the removal of staples, educate her on the importance of new moms coming back for a visit 7 to 84 days after delivery and schedule the visit.
- Call patients to schedule the postpartum visits as well as remind them of their appointment dates and times.
- Follow up with patients who miss appointments and reschedule.
- Make sure the postpartum checkup date is on or between 7 to 84 days (a day early or a day late does not count).
- Make sure the postpartum date is on the claim.
- Document all services using the ACOG forms.

How Healthy Blue helps

We help you get our members the postpartum care they need by:

- Posting postpartum care *Clinical Practice Guidelines* on our provider self-service website.
- Calling members to remind them to schedule their postpartum visits.

- Enrolling members into our New Baby, New Life® program to help you coordinate their care.
- Distributing educational materials to members we identify as pregnant or recently given birth.

Additionally, our postpartum member outreach program:

- Offers appointment scheduling assistance.
- Provides postpartum care information and education.
- Ensures members are aware of the Healthy Rewards program and how to enroll.

Obstetrics policy billing

Healthy Blue does not allow bundled billing of obstetrical delivery CPT® codes that include postpartum care since bundled billing does not capture the postpartum visit completion date.

What if I need assistance?

Please call **1-833-405-9086** for more information.

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