

NC WISEWOMAN

Program Summary

North Carolina Well-Integrated Screening
and Evaluation for Women Across the Nation.

WHY OFFER NC WISEWOMAN PROGRAM SERVICES?

Heart disease remains the leading cause of death in the nation, and the second leading cause of death in the state of North Carolina.¹ Women are at increased risk of developing hypertension, a risk factor for heart disease, due to pregnancy, some forms of birth control, and menopause.² Often women are the gatekeeper of healthcare for their families but may forget to take care of themselves. Through the provision of NC WISEWOMAN services, local health departments and healthcare agencies are creating opportunities for women to receive necessary services to decrease their risk for heart disease.

OVERVIEW

The NC WISEWOMAN Program provides cardiovascular disease screening, risk reduction counseling, and healthy behavior support referrals for NC Breast and Cervical Cancer Control Program (BCCCP) eligible women.

WISEWOMAN's mission is to reduce the incidence and prevalence of cardiovascular disease among North Carolina women through the provision of knowledge, skills, and opportunities for lifestyle behavior change.

Where are service providers located?

NC WISEWOMAN Program services are offered at approximately 30 local health departments and health systems across the state.

Who is eligible?

Women who are:

- 40 to 64 years old.
- Uninsured or Underinsured.
- At or below 250% of the federal poverty level.

¹ Centers for Disease Control and Prevention. (2022). North Carolina. <https://www.cdc.gov/nchs/pressroom/states/northcarolina/nc.htm>

² American Heart Association. (2022). The facts about women and heart disease. <https://www.goredforwomen.org/en/about-heart-disease-in-women/facts>



NC WISEWOMAN PROGRAM CORE COMPONENTS AND SERVICES

The three core components of the program are:

- Enrollment/annual rescreening.
- Three healthy behavior support service sessions.
- Follow-up screening.

See the program algorithm located at the end of this document for program sequencing.

PROVIDER REQUIREMENTS

NC WISEWOMAN Program providers often offer the NC BCCCP. If you are a BCCCP provider, you already have in place the minimum requirements to also provide the NC WISEWOMAN Program. Some additional requirements include:

- Mechanism to ensure all participants receive complete NC WISEWOMAN Program services.
- Clinical systems of care to support hypertension management (i.e., electronic health records (EHR), medication management therapy, trained clinical staff, team-based care).
- Systems in place to refer women with abnormal screening results for a diagnostic medical evaluation and treatment in accordance with national standards of care within seven days for hypertension values $\geq 180/120$.

DATA AND DOCUMENTATION REQUIREMENTS

All NC WISEWOMAN Program providers are required to enter and submit data collected during program implementation. Currently, local health departments utilize their EHR, and contracted agencies utilize a provided Access database. Detailed instructions and training in data entry is provided during the comprehensive regional trainings and is also available in the NC WISEWOMAN Program Training Manual. Staff are available to provide additional guidance as needed.

Providers receive a monthly data report which includes:

- Data announcements, changes, and updates.
- Performance summary table.
- Participant list for comparison.
- Report (highlighting errors, data problems, or anticipated program steps).



REIMBURSEMENT

Reimbursement for NC WISEWOMAN Program services is provided through federally appropriated funds. Program funds *are allowed* for the following services:

- Laboratory tests at baseline/rescreening visit.
- Second set of labs if needed.
- Cost associated with referrals for support services (health coaching, approved lifestyle programs).
- One office visit (per screening cycle) for evaluation of abnormal and alert clinical values.
- Case management as needed.

Program funds *are not allowed* for the following services:

- The integrated office visit (BCCCP funds pay for the office visit).
- More than one medical evaluation per screening cycle.
- Laboratory tests other than those on the allowable CPT codes list.
- Medication or medical treatment.

NC WISEWOMAN Program reimburses at a capitated rate of \$270 per woman screened for covered services. In addition, providers are reimbursed an additional \$15 for the delivery of the 2nd and 3rd HBSS session. Providers are reimbursed at \$25 per Diabetes Prevention Program Referral. Providers may elect to offer HBSS Service Navigation (Healthy Behavior Support Services only for women with Medicaid or private insurance, that are not eligible for clinical services), reimbursed at a capitated rate of \$180 per woman.

STEPS TO BECOME A NC WISEWOMAN PROGRAM PROVIDER

1. Contact the NC WISEWOMAN Program Manager or Public Health Nurse Consultant with interest in providing services.
2. NC WISEWOMAN Program staff will schedule an exploratory call to answer questions and assess capacity to implement the program.
3. NC WISEWOMAN Program staff will schedule an onsite onboarding training for local service provider staff.
4. An Agreement Addendum* will be drafted for local health departments and a Request for Application will be completed by other service providers.

(*Agreement Addendums are a contractual arrangement between the Division of Public Health and local health departments only. Other agencies are required to complete a Request for Application, which is available on a 3-year rotation.)

Contact Information

Ciara Rukse, DrPH, MPH
WISEWOMAN Program Manager

Phone: (919)707-5317

Fax: (919)-870-4812

Email: Ciara.Rukse@dhhs.nc.gov

Aleasia Brown, MHA
WISEWOMAN Health Educator

Phone: (919)-707-5332

Fax: (919)-870-4812

Email: Aleasia.Brown@dhhs.nc.gov

NC WISEWOMAN PROGRAM ALGORITHM

