

## Healthier moms, healthier babies: combating the opioid epidemic

The opioid crisis has exposed an increasing number of babies to controlled substances. Screening and referral to our primary and specialist healthcare professionals can reduce the risk of substance exposure to newborns and support expectant moms throughout their pregnancy. For women who are not expecting, screening and referral can prepare women who may be planning their pregnancy or assist those who do not wish to become pregnant.



### Prevention

Before prescribing opioids to reproductive-aged women, you should discuss family planning and how long-term opioid use might affect future pregnancies for Humana members. Family planning discussions may include topics such as the use of long-acting, reversible contraceptives to prevent unintended pregnancies. To minimize the risk of an unplanned pregnancy, contraceptive counseling and access to contraceptive services should be a routine part of substance use disorder (SUD) treatment among women of reproductive age.

### Screening

Screening starts with one question: “Are you planning on becoming pregnant in the next year?” Humana Healthy Horizons® in Florida recommends screening at the first visit and subsequently as appropriate. The earlier an expectant mother is identified and connected to substance use services, the greater the chances of an improved outcome for both the mother and child. Screening, Brief Intervention, and Referral to Treatment (SBIRT) is an evidence-based practice used to identify, reduce and prevent problematic use, abuse and dependence on alcohol and/or recreational drugs. The goal is to improve the identification of clinical care and coordination for perinatal women using substances.

- Screening assesses the severity of substance use and identifies the appropriate level of treatment.
- Brief intervention focuses on increasing insight and awareness regarding substance use and motivation toward behavioral change.
- Referral to treatment provides those identified as needing more extensive treatment with access to specialty care.

The following SBIRT procedure codes were added to the Medicaid Practitioner Fee Schedule: 0049 and 0050. Any medication-assisted treatment provider who screens, educates or refers women with SUD for family planning can be reimbursed for their time. Your Humana Healthy Horizons Provider Relations representative can provide guidance on the appropriate codes to use for reimbursement.

### Referral

It is important to refer all women who are using opioids for treatment to a practitioner who specializes in SUD. Referral should always be done in collaboration with the woman and with her written informed consent. If you have a patient who is pregnant, Humana Healthy Horizons can help you:

- Engage pregnant women in intensive case management
- Encourage pregnant women to participate in our HumanaBeginnings® care management program

The HumanaBeginnings care management program provides your patients with a team of support nurses who have extensive backgrounds in maternal health. Your patients can connect with our nurses throughout their pregnancy for support and education.

The HumanaBeginnings care management program also will assist with locating a provider who specializes in SUD during pregnancy. To refer Humana members to this program, please email [FL\\_MMA\\_OB\\_Referrals@Humana.com](mailto:FL_MMA_OB_Referrals@Humana.com) or call **800-322-2758**, ext. **1394119**, Monday – Friday, 8:30 a.m. – 5 p.m., Eastern time.

Humana Healthy Horizons in Florida is a Medicaid product of Humana Medical Plan, Inc.