



October 1, 2014

Welcome to Fall Season! Please see these important updates from San Francisco Health Plan:

Hydrocodone Reclassified by DEA

The DEA has reclassified hydrocodone combination products (HCP) from Schedule III to Schedule II **effective Monday, October 6, 2014**. Please note the following when providing care for your patients:

- Prescriptions for HCPs can no longer be transmitted via phone or fax.
- No prescriptions for HCPs issued on or after October 6, 2014 will be allowed to have refills.
- Prescriptions for HCPs that are issued before October 6, 2014 and are authorized for refilling can be dispensed accordingly, as long as dispensing takes place before April 8, 2015. However, some pharmacies may not be able to process them after October 6th due to computer systems and company policies and a new prescription may be required.
- Any party who is involved in the handling of HCPs must be registered with the DEA.

More information regarding the rescheduling of HCPs can be found in the [Federal Register Vol. 79, No. 163](#).

Reminder: SFHP's adding a Non-Specialty Mental Health Plan soon

On September 15th, SFHP announced that we have completed our search for a single vendor to administer Non-Specialty Mental Health services for our Medi-Cal members.

The new vendor is scheduled to begin administration of the network on January 1, 2015. We will be providing more details in the coming weeks, including how to participate and help your Medi-Cal patients access these benefits.

Please contact SFHP's Provider Relations Department at (415) 547-7818 ext. 7084 or email at provider.relations@sfhp.org if you have any questions.

Pharmacy News

On August 18, 2014, **tramadol** was placed into **schedule IV** of the Controlled Substances Act, per DEA Final Rule published on July 2, 2014. All regulatory requirements for schedule IV substances will be applied. Tramadol prescriptions, similar to other schedule IV prescriptions, may be communicated either orally, in writing (on a security form) or by fax to the pharmacy. Refills can be authorized on the prescription or by phone but no more than five refills are allowed in a six-month period. More information regarding the rescheduling of Tramadol can be found in the [Federal Register Vol. 79, No. 127](#).

Effective on 9/1/14, **each short-acting opioid medication refill is limited to #120 per month**. This is the first initiative under SFHP Pain Management Program. The program was developed in collaboration with SF Safety Net Pain Management Workgroup, the SFHP Quality Improvement Committee, the SFHP Physician Advisory Committee, and the SFHP Pharmacy and Therapeutics Committee.

As a reminder, **Symbicort® and Dulera® inhalers are now preferred** over Advair® Diskus and Advair® HFA products. Effective 12/1/14, all patients 12 years of age and older will be required to switch to one preferred LABA-ICS products, Symbicort or Dulera. To minimize disruptions in your patient's care, we encourage you to switch your patients to preferred Symbicort or Dulera products before 12/1/14.

Free Flu Shots at Rite Aid Pharmacy for Text4baby Moms

Text4baby is excited to announce that for the second year in a row Rite Aid Pharmacy will offer Text4baby moms free flu shots! The Text4baby and Rite Aid partnership has helped more than 2,000 moms get this critical vaccine to protect themselves and their families

against the flu. Invite your patients who are mothers to receive a free flu shot at a Rite Aid Pharmacy in San Francisco, Oakland or Pacifica.

How it works:

- Moms enrolled in Text4baby will receive a text question starting September 18 asking if they want a free flu shot.
- After replying “yes,” they will be sent a one-time, non-transferrable code they can use at their nearest Rite Aid store for a free flu shot.
- Moms who misplace the code will be able to get it resent to them by texting RESEND.
- Newly-enrolled Text4baby moms (who sign up between October through February) will be able to receive a coupon code as well.
- Additional messages about the free flu shot offer will be sent out periodically.

To reach even more moms, Rite Aid will be promoting Text4baby through:

- Rite Aid’s Text4baby short code – moms can sign up for the service through Rite Aid by texting RABABY (or RABEBE for Spanish) to 511411.
- Wellness Ambassadors will provide information about Text4baby in-stores.
- In-aisle displays with details about Text4baby.
- A video on the [Rite Aid Website](#) encourages moms to sign up for Text4baby.

You can also get involved, from now through February 2015, here are some ways you can incorporate flu shot promotion as a part of your Text4baby outreach efforts:

- Encourage pregnant women and new moms to sign up for Text4baby to be eligible for the free flu shot.
- Post [this flyer](#) in your offices and waiting rooms.
- Use [these sample posts](#) to share information in your newsletters and on social media.
- Visit the [Text4baby website](#) for additional information and resources.

The more moms who receive Text4baby messages mean more families are protected

against the flu. Thanks for all of your hard work to support new and expecting mothers!

MAMAS, The Research Project Sponsored by UCSF for Pregnant Women Needs Enrollees:

The MAMAS Study is once again enrolling pregnant women in the UCSF healthy eating and mindfulness-based stress reduction intervention. The goal of the study is to learn if the program can help women achieve a healthy weight during pregnancy and better manage stress.

WHO:

- Women in early pregnancy (15 weeks or less)
- Overweight
- Low- to mid-income
- English-speaking

WHAT:

- Attend weekly 2 hour Mindful Moms classes for 8 weeks
- Receive nutritious food and information about healthy eating and stress reduction
- Complete questionnaires and clinical assessments twice during pregnancy
- Be PAID up to \$485 for completing all parts of the study

If you or someone you know might benefit from participating, please ask them to contact (415) 476-9800 or mamas@ucsf.edu. Please see [link to flyers](#) to advertise at your office.

Patient Outreach: Diabetes and Persistent Medications

In September and October, SFHP will make live calls to two SFHP member groups:

1. Patients who have not yet received their necessary **diabetes screenings** in 2014. Patients with diabetes will also receive a **diabetes incentive mailer** entitled "*Passport to Healthy Living*." This passport provides a log for members to record their medications and diabetes test levels. Once a member has completed all

necessary diabetes screenings in 2014, their provider signs off on the completed incentive card and mails it back to SFHP. The member is then eligible for a **\$25 gift card**.

2. Patients who have received at least 180 treatment days of digoxin, a diuretic, or an ACE/ARB but have not yet had at least **one serum potassium** and **serum creatinine test** in 2014. If a member receives their necessary labs before the end of 2014, their name will be entered into a raffle to win an iPad.

If you would like a list of your SFHP patients who need to receive diabetes screenings or labs, please contact Sierra Miley-Boland at sboland@sfhp.org or (415) 615-5180.

Mercury Poisoning Linked to Use of Skin-Lightening or Acne Creams from Mexico

California Department of Public Health has released a **health alert** warning consumers about popular face creams that appear to be homemade or imported from Mexico. These creams can contain dangerous levels of mercury and have been linked to several cases of mercury poisoning throughout the state. Symptoms of mercury poisoning can include muscle pain and cramps, being nervous or irritable, difficulty concentrating, headache, memory loss, insomnia, weight loss, and fatigue, as well as numbness or tingling in the hands, feet or around the lips. Unborn children, babies, and young children are particularly vulnerable to poisoning, which can affect brain development and damage the kidneys.

Please spread the word to your patients to stop using these products as well as any face creams that contain mercury, mercurio, mercurous chloride, cinnabar or calomel or don't come with an ingredients list on their labels. Any skin cream product that is suspected to contain mercury must be disposed of as household hazardous waste. A listing of local household hazard waste collection facilities can be found at [the California Department of Toxic Substances Control website](#).

HEDIS Coding Tip Sheets

SFHP has updated the 2014 HEDIS quick reference guide and the coding documents. The coding documents give a brief summary, exclusions, and appropriate codes used for

each HEDIS measure. For access to these documents please click [here](#).

Please contact Melissa Zee, Program Manager-Data Quality at mzee@sphp.org or (415) 615-4295 with any questions.

Upcoming Events

Friday, October 15, 8:30am-4:00 pm

SCOPE of Pain

Jewish Community Center

3200 California St, SF, CA

We are excited to announce the opening of registration for our fall, full-day training SCOPE of Pain, October 15, 2014. Please [consult the flyer here](#) for more information and visit www.scopeofpain.com to register.

Friday, October 10, 8:30am-3:00 pm

San Francisco Asthma Network Forum

“How Toxic Stress Takes Our Breath Away”

Kaiser Permanente Outpatient Medical Center

2238 Geary Blvd, SF, CA, Third Floor, Diamond Room

This free forum will focus on why toxic stress matters to the prevention and control of Asthma. To register, please e-mail Gloria.Thornton@wellpoint.com and provide your name, work title, e-mail, and work affiliation. Please see the [link to agenda](#) and speaker information here.

Tuesday, October 21, 8:30am-12:00pm

San Francisco Flu and Infectious Disease Forum

San Francisco Public Library, Koret Auditorium

100 Larkin Street, SF, CA

The San Francisco Department of Public Health and the San Francisco Immunization Coalition invite you to the San Francisco Flu and Infectious Disease Forum. Come hear

critical updates from experts in the field of communicable and vaccine-preventable diseases. [See flyer here](#). Hope to see you there!

Should you have any other concerns or need assistance with Provider Relations or Health Services issues, please do not hesitate to contact Provider Relations at (415) 547-7818 x 7084

Provider.Relations@sfhp.org or

Scott Endsley, MD, Interim Chief Medical Officer, at sendsley@sfhp.org.

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