



**Primary Care  
Clinician Plan**

# **Health Education Materials**

**Catalog**

Volume 24 • October 2012



**PCC Plan Management  
Support Services**

The PCC Plan Health Education Materials Catalog describes materials available to PCCs to support PCCs' practice-based quality improvement activities.

## Table of Contents

Children's Behavioral Health	3-5
Breast & Cervical Cancer Screening	6
Perinatal Care	7-8
Well-Child Care	9-10
Wellness Promotion	10-11
Adult Behavioral Health	12-13
Asthma Management	14-15
Diabetes Management	16-17
Emergency Department (ED) Utilization	18
Reference	19-20

Materials available through the catalog are intended for use by PCCs and PCC Plan Members. The materials have been specifically written, adopted, and/or designed to address the needs of the PCC Plan population.

### Statement of Purpose:

*The Primary Care Clinician (PCC) Plan Health Education Materials Catalog is designed to provide PCCs with current health education materials for clinicians and PCC Plan Members.*



Materials can be ordered at [www.masspartnership.com/pcc](http://www.masspartnership.com/pcc) or by calling PCC Plan Hotline at 1-800-495-0086 (press 1 for the English menu, 2 for the Spanish menu, then 3 then 4 to skip prompts), Monday through Thursday, 8 a.m. to 5 p.m. and Fridays, 9:30 a.m. to 5 p.m.

## Children's Behavioral Health

- **Children's Behavioral Health Initiative (CBHI) Table of Approved Screening Tools**

*For Providers.* This one-page table allows providers to access quickly the list of MassHealth-approved standardized behavioral health screening tools that should be used when screening all children under the age of 21 for behavioral health issues, as required by EPSDT/PPHSD regulations. This requirement was implemented as part of the Children's Behavioral Health Initiative (CBHI). As a quick reference, the table provides a high-level overview for each of the tools, including the age group for which the tool is intended, mode of screening tool administration, costs (if any), and links to related websites. Providers can access an electronic version of the table and in-depth information about the screening tools and other aspects of the CBHI at [www.mass.gov/masshealth/childbehavioralhealth](http://www.mass.gov/masshealth/childbehavioralhealth).



**English (CBHI-Table)**

- **Combined Managed Care Entity (MCE) Behavioral Health (BH) Provider/PCP Communication Form**

*For Providers.* The Primary Care Clinician (PCC) Plan and the Massachusetts Behavioral Health Partnership, along with Beacon Health Strategies, Fallon Community Health Plan, BMC HealthNet Plan, Network Health, Neighborhood Health Plan, and Health New England have collaborated to endorse a single form that can be used by all MassHealth providers to facilitate communication. Behavioral health providers and PCCs can use the form when communicating with one another about a MassHealth Member. The communication form was developed by consulting with primary care and behavioral health providers to determine what information is critical when exchanging information about a Member in common. The hope is that by using a standardized communication form the frequency and the quality of the content of communication between behavioral health providers and primary care clinicians will be improved.



To view or download the "Two Way" Communication Form, go to <http://www.masspartnership.com> to the "For PCCs" section under "Support Materials".

- **M-CHAT (Screen for Autism Disorders)**

*For Providers.* The **C**hecklist for **A**utism in **T**oddlers (M-CHAT) assists in identifying children aged 16 months to 30 months-old with an autism spectrum disorder (ASD). Developed at the University of Connecticut's Department of Psychology, the M-CHAT is one of the tools on the menu of approved behavioral health screening tools for the Children's Behavioral Health Initiative. Parents complete 23 Yes/No questions. Children whose scores indicate a positive screen should be referred for additional evaluation. 8.5" X 11"

**English (M-CHAT)**

**Spanish (M-CHAT-SP)**

- **Primary Care Behavioral Health Screening Toolkit**

*For Providers.* This Toolkit can assist primary care providers when administering an age-appropriate, standardized, behavioral health screening tool for MassHealth Members under 21 years old. MassHealth requires PCCs to offer a screening at all well-child visits. This toolkit includes practical suggestions for successfully implementing behavioral health screening in primary care settings and detailed guidance on clinical issues related to screening and referral. Five commonly used screening tools from the menu of tools approved by MassHealth - M-CHAT, PEDS, PHQ-9, PSC, and SDQ - are highlighted.

**English (PC-BH Toolkit)**

To view or download the 86-page toolkit visit <http://www.masspartnership.com/pcc> and click on the Support Materials link.

## Children's Behavioral Health, *continued*

- **Using the CRAFFT Screening Tool**

*For Providers.* The Massachusetts Department of Public Health, in conjunction with MBHP and the Center for Adolescent Substance Abuse Research (CeASAR), has published a separate toolkit for using the CRAFFT (acronym for Car, Relax, Alone, Forget, Friends, Trouble) screening tool. The CRAFFT tool screens for substance abuse in adolescents. The CRAFFT toolkit includes a folder with samples of additional member educational materials.

**English (CRAFFT)**

- **Self Administered CRAFFT**

Youth Administered CRAFFT screening Tool forms are available in English, Chinese, Haitian Creole, French, Japanese, Khmer, Laotian, Portuguese, Spanish, and Vietnamese *at* [www.ceasar-boston.org/CRAFFT/selfCRAFFT.php](http://www.ceasar-boston.org/CRAFFT/selfCRAFFT.php).

- **Children's Behavioral Health Initiative (CBHI) Family Brochure: Worried About the Way Your Child is Acting or Feeling?**

*For Families.* This four-fold brochure provides parents and caregivers with a basic overview of the new and/or enriched behavioral health services for children and youth under age 21 covered by MassHealth. In these new services, parents and caregivers play strong and active roles in their child's treatment. The brochure provides descriptions of each service, information on how to access services and contact information for local service providers. The material is presented in a format that is easy to read and comprehend. The brochure is printed in five regional editions: each version contains provider contact information specific to a geographical region. Please specify Metro Boston, Southeastern, Northeastern, Central or Western Massachusetts region when ordering.



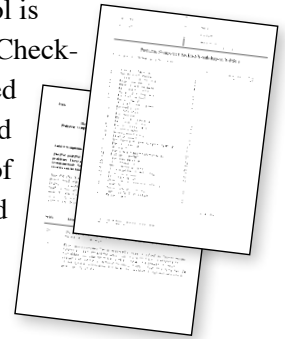
**English (CBHI Regional)**

**Portuguese (CBHI Regional)**

**Spanish (CBHI Regional)**

- **Pediatric Symptom Checklist Youth (Y-PSC) Report and Scoring Instructions**

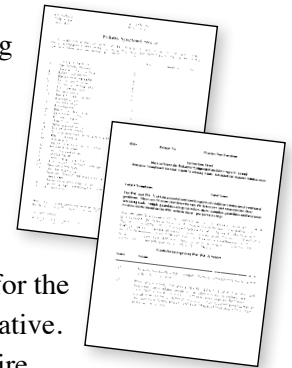
*For Providers.* This screening tool is based on the Pediatric Symptom Checklist (PSC) but should be completed by youths and adolescents, instead of the parent. The PSC-Y is one of the tools on the menu of approved behavioral health screening tools for the Children's Behavioral Health Initiative. As with the PSC, this tool screens for the presence of psychosocial problems but does so from the perspective of the youth or adolescent. The Y-PSC was developed by Michael Jellinek, MD and J. Michael Murphy, Ed.D, from the Child Psychiatry Division at the Massachusetts General Hospital.



**Double-sided English and Spanish (PSC-Y) English (PSC/PSCY-Scoring Tool)**

- **Pediatric Symptom Checklist (PSC) and Scoring Instructions**

*For Providers.* This brief screening questionnaire is used by providers to improve the recognition and treatment of psychosocial problems in children and is one of the tools on the menu of approved behavioral health screening tools for the Children's Behavioral Health Initiative. The PSC is a one page questionnaire that reflects parents'/guardians' impressions of their child's psychosocial functioning. The PSC was developed by Michael Jellinek, M.D. and J. Michael Murphy, Ed.D. from the Child Psychiatry Division at the Massachusetts General Hospital.



**Double-sided English and Spanish (PSC) English (PSC/PSCY-Scoring Tool)**

## Children's Behavioral Health, *continued*

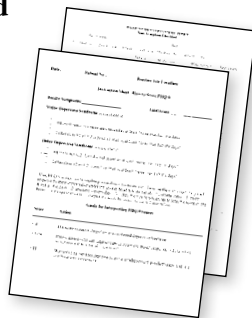
- **Helping Families Access MassHealth Behavioral Home and Community Based Health Services for Children and Youth under age 21: A Guide for Staff Who Work with Children and Families.**

*For Providers.* This companion guide to the CBHI family-friendly brochure was developed for providers and other individuals who can help families with MassHealth-enrolled children and youth under age 21 find the right behavioral health service for their child. The companion Guide provides detailed information on MassHealth's coverage of new and/or enhanced behavioral health services, individual eligibility guidelines, statewide provider listings and other important information to discuss with families. This easy to read resource guide also contains information to help families with eligible un-enrolled children apply for MassHealth coverage. The companion guide is available in downloadable format only at [www.mass.gov/masshealth/childbehavioralhealth](http://www.mass.gov/masshealth/childbehavioralhealth).



- **Patient Health Questionnaire (PHQ-9) Depression Screening Tool and Scoring Instructions**

*For Providers.* The depression screening tool is intended for young adults and adults and is one of the tools on the menu of approved behavioral health screening tools for the Children's Behavioral Health Initiative. The PHQ-9 consists of the nine criteria on which the diagnosis of DSM-IV depressive disorders is based. The Member can complete the screening tool independently or complete it with assistance if necessary.



8.5" x 11"

**Double-sided English and Spanish (PHQ-9)  
PHQ-9 Scoring Tool (PHQ-9 Scoring Tool)**

- **Screening Implementation Worksheet**

*For Providers.* The Screening Implementation Worksheet, created by the Assuring Better Child Health and Development (ABCD) project of the Commonwealth Fund, is a worksheet created to help practices implement effective and efficient screening practices. The Worksheet is designed in a question and answer format, touching on key implementation components found to be important in establishing successful behavioral health screening. The Screening Implementation Worksheet draws on the experiences of implementation of statewide standardized screening programs in other states.

8.5" x 11"

**English (SIW)**

- **How's Your Child's Mental Health?**

*For Members with children.* MBHP, in collaboration with MassHealth, has developed a brochure to help Members understand that many PCCs are interested in child's mental health and that the member can talk to the PCC about these issues, as well as about issues related to medical problems. The brochure attempts to allay fears and worries parents may have about sharing concerns and provides an overview of how the PCC can work with patients around issues of mental health.

8.5" x 4" tri-fold

**English (CMH)**

**Spanish (CMH (Sp))**



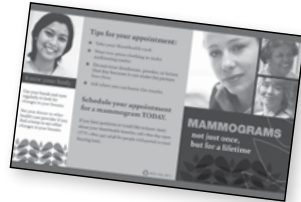


## Breast & Cervical Cancer Screening

- **Mammograms - not just once, but for a lifetime**  
*For adult female Members.* This brochure provides clear, concise answers to important questions about mammograms: the what, how, who, where, when, and why. Also included is a 2" x 6" tear off with space to record mammogram appointment information. 6" x 6"

**English (MAM-1)**

**Spanish (MAM-1)(SP)**



- **The Pap Smear**  
*For adolescent and adult female Members.* This brochure provides answers to key questions women want to know about a Pap smear: the what, how, who, where, when, and why. It encourages Members to talk with their doctor or other health care provider about sexually-transmitted infections and the human papillomavirus (HPV) vaccine and how often to have Pap smears. Also included is a 2" x 6" tear off with space to record Pap smear appointment information. 6" x 6"

**English (PAP-1)**

**Spanish (PAP-1)(SP)**



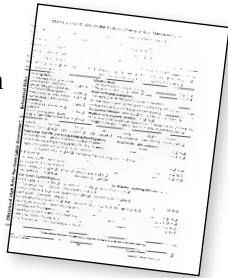
## Perinatal Care

- **Obstetrical Risk Assessment Form**

*For Obstetric Care Providers.*

The obstetrical risk assessment form was developed in conjunction with the Massachusetts Health Quality Partners (MHQP) perinatal guidelines to be used as a practice management tool. The risk assessment can be used to identify women who may be at risk for pregnancy complications and who need care designed to minimize the adverse effects of a risk factor(s) on her pregnancy.

**English (OBRA)**



- **MHQP Perinatal Care Recommendations 2009/10**

*For Obstetric Care Providers.* Massachusetts Health Quality Partners (MHQP) and representatives from 21 Massachusetts health care organizations, including MassHealth, have collectively endorsed the 2009/10 routine Perinatal Care Recommendations. The Perinatal Care Recommendations are available on-line and can be downloaded and printed in both desk-reference and brochure formats. The on-line version also includes links to additional materials that you may find useful, such as screening tools and referral guides for clinicians, as well as informational handouts for patients.

*To access the on-line resources, go to [www.MHQP.org](http://www.MHQP.org) and click on Guidelines and then Perinatal Care Recommendations.*

- **Recipe for a Healthy Baby**

*For pregnant Members.* This brochure offers information for pregnant women to help them stay healthy. Topics include: getting early prenatal care, eating right, taking vitamins, keeping safe, and stopping habits such as smoking, drinking, or using drugs. Also includes help-line telephone numbers for Members to seek additional information. 3.75" x 8.5"

**English (HB-1)**

**Spanish (HB-1 (SP))**



- **Healthy Pregnancy Guide**

*For pregnant Members.* This 18 page booklet provides women with comprehensive information about prenatal and postpartum health care. Highlighted topics include the stages of pregnancy, warning signs of preterm labor and other complications, the management of common discomforts, healthy eating and weight gain, labor and delivery, and the importance of postpartum care. A detailed resource/referral section is included, as well as space for provider contact numbers. 7" x 8"

**English (HPG)**



## Perinatal Care, continued

- **Oral Health Tidbits**

*For pregnant Members.* This one page fact sheet reinforces the message “Oral Health is Important,” especially during pregnancy. It provides tidbits on oral health care, guidance in preventing transmission of harmful bacteria from mother to baby, and also a message about the connection between poor oral health in pregnant women and pre-term/low birth weight babies. The messages are short, but powerful. Don’t let your pregnant Members or Members with children leave your office without one! 8.5” x 11”  
**Double-sided English and Spanish (DEN-03)**



- **Mothers Are Special, Too...**

*For Members.* This brochure urges busy new mothers to return for the 4-6 week postpartum appointment. It includes information on staying healthy, signs and symptoms of postpartum depression, and warning signs that indicate a need to call the doctor. It can be mailed out with the Postpartum Reminder Card. Pediatric and family practice providers can distribute this to new mothers at newborn visits. 3.75” x 8.5”



**English (PPV-2)**  
**Spanish (PPV-2 (SP))**

- **Postpartum Visit Reminder Card**

*For Members.* Postpartum visit reminder cards help obstetric providers remind Members about the 4-6 week visit. The card asks that a Member call the provider’s office to schedule the appointment, or the provider can alert the Member by writing the date and time of a scheduled visit on the card. 3.75” x 8.5”



**Double-sided English and Spanish (PPV-1)**



## Well-Child Care

- **Choosing a Doctor or Nurse Practitioner for Your Child**

*For Members with Children and Pregnant Members.* This brochure provides guidance to expectant parents for making an informed decision about choosing a health care provider for their new baby. Included are tips on getting started, consideration of the family's needs, the recommended schedule for well-child care, and information about contacting MassHealth when the baby is born. 12" x 7.85"

**English (ChPr)**

**Spanish (ChPr - SP)**



- **Child/Adolescent Well-Visit Schedule**

*For Members.* Parents, teens, and young adults can easily use this postcard size well-care visit schedule as a reminder about the checkup schedule. The card includes a place to record appointments and the healthcare provider's name and phone number. 6" x 4.5"

**Double-sided English and Spanish (EPSDT-CD)**



- **Act Early - Developmental Milestones**  
*For Members.* This easy to use informational card helps parents of young children identify possible developmental delays early in life. Cards indicate developmental milestones for specific ages and encourage parents to talk with their health care providers. Suggested questions for discussion are included.

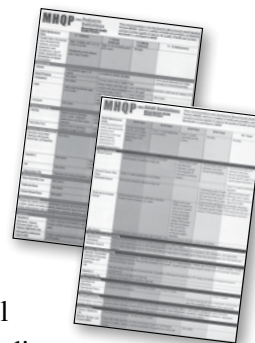
This is a publication of CDC's Act Early campaign. Additional information and resources about developmental screening and delays may be ordered or downloaded at [www.cdc.gov/actearly](http://www.cdc.gov/actearly) or by phone at 1-800-CDC-info.

- **MHQP 2010/11 Pediatric and Adult Desktop Guidelines**

*For Providers.* The MHQP 2010/11 Pediatric and Adult Guidelines are a compilation of recommendations of national health organizations that address the clinical needs of both children and adults. They are displayed in a colorful user friendly format with the pediatric and adult guidelines on either side of the document. They can be placed in exam rooms to help providers deliver the most appropriate services at each medical visit. The Pediatric Guidelines are consistent with the MassHealth Early and Periodic Screening, Diagnosis and Treatment (EPSDT) Schedule for well-child care. 8.5" x 14" legal size document.

**English (MHQP-Ped/Adult)**

*For additional information or to download MHQP materials please visit [www.MHQP.org](http://www.MHQP.org).*



- **Early and Periodic Screening, Diagnosis and Treatment (EPSDT) Services and Preventive Pediatric Healthcare Screening and Diagnosis (PPHSD) Services Billing Guidelines for MassHealth Physicians and Mid-level Providers**

*For Providers.* This booklet is designed to assist providers when billing for well-child care services including the administration and scoring of standardized behavioral health screening tools. It includes a description of applicable codes, billing scenarios, and questions and answers to common queries. Use this guide to determine when visits are reimbursable as Early and Periodic Screening, Diagnosis and Treatment (EPSDT) Services or Preventive Pediatric Healthcare Screening and Diagnosis (PPHSD) Services.

5.5" x 8.5

**English (EPSDT-BG Rev)**



## Well-Child Care, *continued*

- **Growth Chart**

*For Members with children.*

Colorfully designed and child-friendly, this chart can be hung on the wall at home to track a child's growth from 29 to 66 inches. It also displays the recommended well-child visit intervals as a reminder to families to schedule appointments. 8.5" x 38"

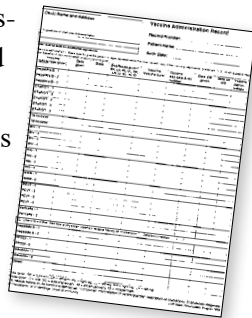


**English (GC)**

**Spanish (GC (Sp))**

- **Pediatric Vaccine Administration Record**

*For Providers.* The Vaccine Administration Record (VAR) is the standard vaccine documentation form recommended for use by the Massachusetts Immunization Program (MIP). The VAR includes all information fields required for compliance with federal vaccine administration requirements. Printed on colored, durable card-stock for easy attachment to Members' medical records. 8.5" x 11"



**English (MDHP/MIP)**

- **Appointment Reminder Card**

*For Members.* The reminder card allows PCCs to alert Members when they are due for their routine medical exams, vaccines, and tests. Includes space for PCCs contact information. 3" x 8"

3" x 8"

**English (Reminder)**



- **Quick Guide to Early Childhood Dental Care**

*For Pediatric Providers.* A concise, reference poster that provides guidance for pediatric providers when performing dental screenings and examinations on infants and toddlers. Charts describe the risk factors for early childhood caries, fluoride dosage and tips for quick, effective oral examinations. Detailed, age specific guidelines for screening, assessment, anticipatory guidance and referrals are included. 8.5" x 23"

**English (ECD-1)**



## Wellness Promotion

- **MassHealth Wellness Brochure**

*For Members.* This brightly colored, modern brochure includes both English and Spanish content about healthy lifestyle activities such as well care visits, cancer and diabetes screenings, and communicating with your health care provider about emotional health, sexual health, and preventing chronic disease. This is the first brochure of the MassHealth Wellness Program, MassHealthy, to inform MassHealth members about the wellness program and to educate them about preventive activities they can take for a healthy lifestyle. Some health actions that MassHealth supports are routine and preventive care, healthy eating, exercise, quitting smoking, getting diabetes and cancer screenings for early detection.



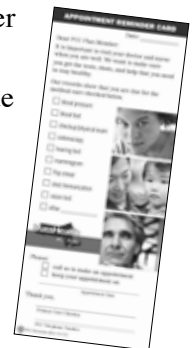
**English and Spanish (Well-1)**

- **Appointment Reminder Card**

*For Members.* The reminder card allows PCCs to alert Members when they are due for their routine medical exams, vaccines, and tests. Includes space for PCCs contact information 3" x 8"

3" x 8"

**English (Reminder)**



## Wellness Promotion, *continued*

- **Ask Me 3™ Tip Sheet**

*For Members.* This tip sheet encourages members to schedule well visits, and suggests ways for members to communicate effectively with their health care providers. It has a perforated card with the Ask Me 3™ questions, so that members can take the card with them to appointments. 8.5” x 11”

**Double-sided English and Spanish**  
**(Well Tips)**

- **Well Visit Poster (Adult)**

*For Providers.* This poster encourages members to schedule well visits with their health care providers. Captions above images of a diverse group of individuals help members understand the benefits of seeking preventive care. 22” x 17”

**Double-sided English and Spanish.**  
**(Well Visit Poster )**

- **Well Visit Posters (Adolescent)**

*For Providers.* This set of four posters encourages adolescents to visit their health care providers for regular well visits. The images of a diverse group of young people are combined with messages emphasizing that well visits are “no big deal.” 17” x 22”

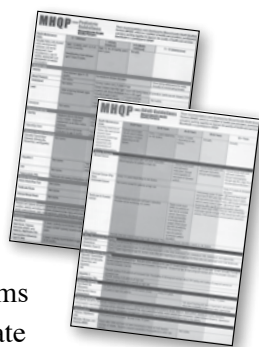
**English (Well Teen)**  
**Spanish (Well Teen)**

- **MHQP 2010/11 Pediatric and Adult Desktop Guidelines**

*For Providers.* The MHQP 2010/11 Pediatric and Adult Guidelines are a compilation of recommendations of national health organizations that address the clinical needs of both children and adults. They are displayed in a colorful user friendly format with the pediatric and adult guidelines on either side of the document. They can be placed in exam rooms to help providers deliver the most appropriate services at each medical visit. The Pediatric Guidelines are consistent with the MassHealth Early and Periodic Screening, Diagnosis and Treatment (EPSDT) Schedule for well-child care. 8.5” x 14” legal size document.

**English (MHQP-Ped/Adult)**

*For additional information or to download MHQP materials please visit [www.MHQP.org](http://www.MHQP.org).*



- **Adult Vaccine Administration Record**

*For Providers.* The Vaccine Administration Record (VAR) is the standard vaccine documentation form recommended for use by the Massachusetts Immunization Program (MIP). The VAR includes all information fields required for compliance with state and federal vaccine administration requirements. Printed on colored, durable cardstock for easy attachment to Member’s medical records. 8.5” x 11”

**English (MDHP/AMIP)**

- **Addressing Obesity in the Primary Care Setting: A Motivational Interviewing Perspective**

*For Providers.* A health education material can help PCCs in working with PCC Plan Members to achieve weight management goals. “Addressing Obesity in the Primary Care Setting: A Motivational Interviewing Perspective” describes how principles of motivational interviewing can be used to motivate Members toward success in managing their weight. Key components of motivational interviewing are reviewed. The booklet also presents practical tips for working with Members whose weight management issues are affecting their health.

**8.5” x 11” booklet**  
**English (MIP-Obesity)**

## Adult Behavioral Health

- **What Is Depression?**

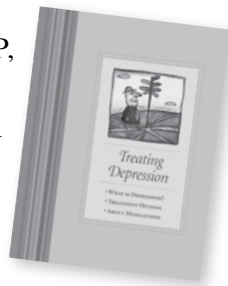
*For Members.* This fact sheet provides a general overview of depression, including some of the signs and symptoms of depression, who can be affected by depression and a key message of hope that depression is treatable.  
8.5" x 11"



**Double-sided English and Spanish (WID)**

- **Treating Depression**

*For Adult Members.* MBHP, in collaboration with MassHealth, has developed a brochure for Members who have been diagnosed with depression. This brochure helps Members understand the signs of depression and addresses common concerns about the disease. Treatment options (counseling, medication, support) and tips for self-help in conjunction with treatment are described. Suggestions for optimizing medications and for identifying side effects are included. This brochure is produced in warm colors with an upbeat, practical tone and outlines an actionable approach to managing depression.  
8.5" x 11"

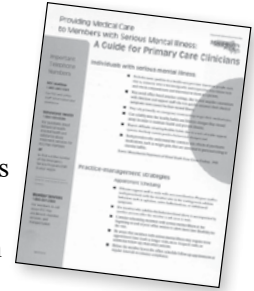


**English (Dep)**

**Spanish (Dep) (Sp)**

- **Providing Care to Members with Serious Mental Illness: A Guide for Primary Care Clinicians**

*For Providers.* This guide was developed to assist providers who treat Members with serious mental illness. The guide outlines practice management strategies that you and your office staff can take to better treat the seriously mentally ill.  
8.5" x 11"



**English (SMI)**

- **Caring for the Homeless and Marginally Housed: Are Your Patients At Risk?**

*For Providers.* Written by a physician, the Primer will help guide providers on how to care for and manage their homeless patients. The Primer offers strategies for engaging and treating persons who are homeless in order to increase compliance and improve health outcomes. The Primer also includes web site links and shelter resource directories.  
48 pages. 7" x 8.5"



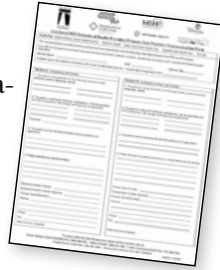
**English (HP)**

## Adult Behavioral Health, *continued*

- **Combined Managed Care Entity (MCE) Behavioral Health (BH) Provider/PCP Communication Form**

*For Providers.* The Primary Care Clinician (PCC) Plan and the Massachusetts Behavioral Health Partnership, along with Beacon Health Strategies, Fallon Community Health Plan, BMC HealthNet Plan, Network Health, Neighborhood Health Plan, and Health New England have collaborated to endorse a single form that can be used by all MassHealth providers to facilitate communication. Behavioral health providers and PCCs can use the form when communicating with one another about a MassHealth Member. The communication form was developed by consulting with primary care and behavioral health providers to determine what information is critical when exchanging information about a Member in common. The hope is that by using a standardized communication form the frequency and the quality of the content of communication between behavioral health providers and primary care clinicians will be improved.

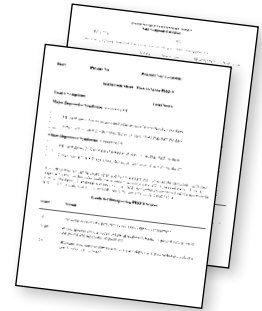
To view or download the “Two Way” Communication Form, go to <http://www.masspartnership.com> to the “For PCCs” section under “Support Materials”.



- **Patient Health Questionnaire (PHQ-9) Depression Screening Tool and Scoring Instructions**

*For Providers.* The depression screening tool is intended for young adults and adults and is one of the tools on the menu of approved behavioral health screening tools for the Children’s Behavioral Health Initiative. The PHQ-9 consists of the nine criteria on which the diagnosis of DSM-IV depressive disorders is based. The Member can complete the screening tool independently or complete it with assistance if necessary.  
8.5” x 11”

**Double-sided English and Spanish (PHQ) PHQ-9 Scoring Tool (PHQ-9 Scoring Tool)**





## Asthma Management

- **Expert Panel Report 3 (EPR3): Guidelines for the Diagnosis and Management of Asthma 2007 For Providers.** The EPR3 Guidelines on Asthma was developed by an expert panel commissioned by the National Asthma Education and Prevention Program (NAEPP) Coordinating Committee (CC), coordinated by the National Heart, Lung, and Blood Institute (NHLBI) of the National Institutes of Health. Using the 1997 EPR2 guidelines and the 2004 update of EPR2 as the framework, the expert panel organized the literature review and final guidelines report around four essential components of asthma care, namely: assessment and monitoring, patient education, control of factors contributing to asthma severity, and pharmacologic treatment. Subtopics were developed for each of these four broad categories.

To view or download the guidelines visit [www.nhlbi.nih.gov/guidelines/asthma](http://www.nhlbi.nih.gov/guidelines/asthma)

- **Massachusetts Asthma Action Plan (Pediatric)**

*For Providers and Members.*

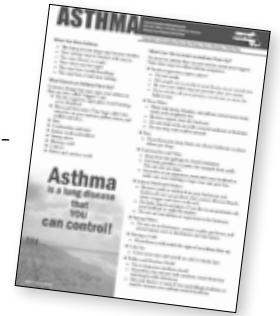
This plan has been created by the Massachusetts Health Quality Partners (MHQP) in collaboration with numerous health plans to help members' providers, parents and school nurses effectively manage pediatric asthma. The action plans are available in Chinese, English, Haitian Creole, Khmer, Portuguese, Russian, Spanish, and Vietnamese. To order copies of this item, contact the Massachusetts Health Promotion Clearing House Catalog online at [www.maclearinghouse.com](http://www.maclearinghouse.com) or by phone at 1-800-952-6637.



- **Asthma**

*For Members.* This asthma fact sheet provides basic information about asthma, a list of asthma triggers, and steps to reduce asthma symptoms. 8.5" x 11"

**Double-sided English and Spanish (AFS-1)**



- **How Can I Control My Asthma**

*For Members.* This asthma fact sheet lists ways of controlling asthma, highlights the two kinds of asthma medicine, and the importance of an Asthma Action Plan. 8.5" x 11"

**Double-sided English and Spanish (AFS-2)**



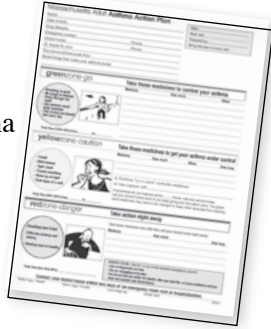


## Asthma Management, *continued*

- **Massachusetts Adult Asthma Action Plan**

*For Providers.* This duplicate form, when completed by a physician and patient during an office visit, provides an agreed upon treatment plan to help adults manage their asthma. Multicolored and illustrated, the form identifies peak flow levels, levels of asthma care and patient action – from control of long term symptoms and triggers to actions to take for a severe episode of asthma.

Developed by Massachusetts Health Quality Partners (MHQP) and representatives from 21 Massachusetts health care organizations. Available in English, Chinese, Haitian Creole, Khmer, Portuguese, Russian, Spanish, and Vietnamese. To order copies of this item, contact the Massachusetts Health Promotion Clearing House Catalog online at [www.maclclearinghouse.com](http://www.maclclearinghouse.com) or by phone at 1-800-952-6637.



- **Massachusetts Adult Asthma Care Card**

*For Members.* This tri-fold card provides adults with an easy way to carry important asthma management information including a list of asthma triggers, asthma-related medications and other medications they are taking, as well as steps to take to control asthma symptoms or manage an asthma episode. It includes listings for emergency contacts and health care providers. Developed by Massachusetts Health Quality Partners (MHQP) and representatives from 21 Massachusetts health care organizations. Available in English, Chinese, Haitian Creole, Khmer, Portuguese, Russian, Spanish, and Vietnamese. To order copies of this item, contact the Massachusetts Health Promotion Clearing House Catalog online at [www.maclclearinghouse.com](http://www.maclclearinghouse.com) or by phone at 1-800-952-6637.



## Diabetes Management

- **Massachusetts Adult Diabetes Guidelines: 2011 Executive Summary of Revisions and Recommendations**

*For Providers.* The Massachusetts Adult Diabetes Guidelines: 2011 Executive Summary of Revisions and Recommendations (2011 Executive Summary) is intended to serve as an amendment to the 2009 Massachusetts Guidelines for Adult Diabetes Care (2009 Guidelines), and is based on the Standards of Medical Care in Diabetes published by the American Diabetes Association (ADA).

To order copies of this item, contact the Massachusetts Health Promotion Clearing House Catalog online at [www.maclearinghouse.com](http://www.maclearinghouse.com) or by phone at 1-800-952-6637.

- **Diabetes Fact Sheets**

*For adults with diabetes.* This set of five bilingual fact sheets shares information and resources on diabetes management (What Is Diabetes?; Do I Have Diabetes?; What Can I Do to Stay Healthy?; Low Blood Sugar, High Blood Sugar, and Sick Days, and What is the Hemoglobin A1c Test?).  
8.5"x11"

**Double-sided English and Spanish (#DB729)**

To order double-sided English and Portuguese, contact the Massachusetts Health Promotion Clearing House Catalog online at [www.maclearinghouse.com](http://www.maclearinghouse.com) or by phone at 1-800-952-6637.



- **Diabetes and Depression Fact Sheet**

*For Members.* This fact sheet is for Members who have diabetes and who may be experiencing signs of depression. A checklist allows Members to assess their risk of developing depression and also discusses ways Members can seek help for depression.  
8.5" x 11"

**Double-sided English and Spanish (DFS-6)**



- **Flow Sheet for Diabetes Care**

*For Providers.* This sheet provides PCCs with a charting tool to document diabetes medications, exams, and test results and to track diabetes management over time. The flow sheet reflects the recommendations of the Massachusetts Guidelines for Adult Diabetes Care.

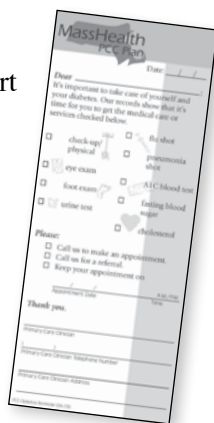
To download or order copies of this item, contact the Massachusetts Health Promotion Clearing House Catalog online at [www.maclearinghouse.com](http://www.maclearinghouse.com) or by phone at 1-800-952-6637

## Diabetes Management, *continued*

- **Diabetes Reminder Card**

*For Members.* The Diabetes Reminder Card allows PCCs to alert members when they are due for diabetes and related medical care and tests. Includes space for PCC contact information. 3” x 8”

**Double-sided English and Spanish on card stock. (DRC)**



- **Diabetes Eye Exam Referral and Communication Form**

*For Providers.* The form allows for documentation of referral of Members with diabetes to an eye care specialist for their eye exam. Space is provided for the specialist to document the retinal examination findings and return the form to the PCC. The three part form allows Providers, Member and eye care specialists to maintain records of the referral and exam. To order copies of this item, contact the Massachusetts Health Promotion Clearing House Catalog online at [www.maclearinghouse.com](http://www.maclearinghouse.com) or by phone at 1-800-952-6637.

- **Diabetes Can Harm Your Vision**

*For Members with diabetes.* This brochure features messages from two people with diabetes who encourage the reader to have an annual eye examination. Presents facts about diabetes and eye disease. This brochure is produced in large type for easier reading. To order copies of this item, contact the Massachusetts Health Promotion Clearing House Catalog online at [www.maclearinghouse.com](http://www.maclearinghouse.com) or by phone at 1-800-952-6637.





## Reference

- **How Can MBHP Help Me? A Guide for PCC Plan Members**

*For Members.* This guide provides practical information on MBHP services available to Members. It details programs such as the Member Engagement Center, Nurse Advice Line, care management program, emergency services, clinical services for adults, children and families, and consumer support. Contact information for these programs is also provided.

4.5" x 8.5"

**English (MBHP mental health)**



### **Children's Behavioral Health Initiative**

For more information and training on standardized behavioral health screening, including information on approved screening tools and how to bill for the administration of tools, see the MassHealth Children's Behavioral Health Initiative (CBHI) Web page at [www.mass.gov/masshealth/childbehavioralhealth](http://www.mass.gov/masshealth/childbehavioralhealth).

**Massachusetts Department of Public Health** • [www.mass.gov/dph](http://www.mass.gov/dph)

- **Childhood Lead Poisoning Prevention Program**

To obtain a resource list and order information about prevention, screening, diagnosis, and treatment of lead poisoning on-line, go to [www.mass.gov/dph/clppp](http://www.mass.gov/dph/clppp) or call **1-800-532-9571**.

- **Women, Infants and Children (WIC) Nutrition Program**

WIC serves as a health, nutrition, and prevention program. To obtain brochures, posters, and videos on maternal child nutrition, breast feeding, and WIC eligibility and services, contact **1-800-WIC-1007** or on-line at [www.mass.gov/eohhs/consumer/basic-needs/food/wic/](http://www.mass.gov/eohhs/consumer/basic-needs/food/wic/).

- **Bureau of Substance Abuse Services (BSAS)**

Established within the Department of Public Health, the Bureau of Substance Abuse Services (BSAS) mission is to promote an integrated, consumer-based, culturally-competent continuum of substance abuse and addiction prevention, intervention, treatment and recovery support services.

On the BSAS web site you will find an interactive Substance Abuse Service Directory and a listing of Substance Abuse Service Descriptions. Fact sheets, reports, and printed materials related to substance abuse services for Teens, Parents, Adults and the Aged are also available on-line at [www.mass.gov/dph/bsas](http://www.mass.gov/dph/bsas)

- **Quitworks**

QuitWorks is an evidence-based, comprehensive, tobacco treatment resource. All services are available to the primary care provider and Massachusetts residents at no charge. Included online for download or ordering are practice treatment guidelines, brief professional education offerings on screening and treatment of nicotine dependence, patient educational materials, office practice tools to assist staff in assessing patient smoking status, and the form for enrolling patients in the telephonic support counseling service. The service provides faxed reports to the practice with periodic updates on patient progress. All forms, brochures and professional materials are also available by phone at **1-800-TRYTOSTOP (1-800-879-8678)** or on-line at [www.quitworks.org](http://www.quitworks.org).

## Reference, *continued*

- **Massachusetts Immunization Program (MIP)**

Massachusetts Immunization Program (MIP) supports the complete and timely vaccination of all children in the Commonwealth to prevent the occurrence of vaccine-preventable diseases. Comprehensive information and materials about immunization administration and vaccines including advisories and alerts, guidelines, schedules, vaccine information statements and best practices and more can be obtained by calling your regional DPH office or on-line at [www.mass.gov/dph/cdc](http://www.mass.gov/dph/cdc).

*Regional Offices:*

Central **508-792-7880**  
Metro Boston **617-983-6860**  
Northeast **978-851-7261**

**Massachusetts Behavioral Health Partnership (MBHP)** • [www.masspartnership.com](http://www.masspartnership.com)

MBHP manages the mental health and addiction services for Members in the MassHealth Primary Care Clinician (PCC) Plan and provides quality improvement and network management services for primary care clinicians. By accessing the MBHP website, you can:

- **Help Members connect to a behavioral health provider.** A link to MBHP's list of behavioral health providers by location, licensure level, self-reported special interest, gender, and languages spoken is available on the website.
- **Order materials to help Members manage their care.** Links to important PCC Plan materials, such as the PCC Plan Health Education Materials Catalog and online order form, can be accessed.
- **Read about topics and events important to MassHealth PCCs and Members.** The PCC Plan Quarterly newsletter and other MassHealth materials are accessible on the website. The website also includes information about agendas and dates of upcoming conferences and forums.

If you want more information about MBHP or need to help a member find a behavioral health provider in the MBHP network, please refer to the website above or call the **PCC Hotline at 1-800-495-0086** (press 1 for the English menu, 2 for the Spanish menu, then #3 then #4 to skip prompts), Monday through Thursday, 8 a.m. to 5 p.m., and on Fridays from 9:30 a.m. to 5 p.m.

Southeast **508-977-3708**  
Western **413-545-6600**







Primary Care  
Clinician Plan

# Health Education Materials

## Catalog

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PCC Plan Management  
Support Services



### **MBHP**

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Boston, MA 02110

