

**Washington Apple Health (Medicaid)**

# Childbirth Education Billing Guide

**April 1, 2019**

Every effort has been made to ensure this guide's accuracy. If an actual or apparent conflict between this document and an agency rule arises, the agency rules apply.



## About this guide\*

This publication takes effect April 1, 2019, and supersedes earlier guides to this program.

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Washington Apple Health means the public health insurance programs for eligible Washington residents. Washington Apple Health is the name used in Washington State for Medicaid, the children's health insurance program (CHIP), and state-only funded health care programs. Washington Apple Health is administered by the Washington State Health Care Authority.

## What has changed?

| Subject  | Change  | Reason for Change                            |
|--|---|--|
| <b>Entire Guide</b>                                | Transitioned language in the guide to be gender neutral.    | Agency policy                                |
| <a href="#"><u>Definitions</u></a>                 | Childbirth Education (CBE) hours reduced from eight to six. | Reflects recent changes to WAC 182-533-0390. |
| <a href="#"><u>CBE curriculum checklist</u></a>    | Removed tours as a part of covered hospital routines.       | Tours are not included as billable time      |
| <a href="#"><u>Coverage - What is covered?</u></a> | Childbirth Education (CBE) hours reduced from eight to six. | Reflects recent changes to WAC 182-533-0390. |

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\* This publication is a billing instruction.

## How can I get agency provider documents?

To access provider alerts, go to the agency's [provider alerts](#) web page.

To access provider documents, go to the agency's [provider billing guides and fee schedules](#) web page.

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# Resources Available

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**Note:** This section contains important contact information relevant to childbirth education. For more information, see the agency's [ProviderOne Resources](#) web page.

| Topic  | Contact Information  |
|--|--|
| Getting a provider application packet or general questions about the program | Health Care Authority<br>First Steps Program Manager<br>360-725-1293 |

# Definitions

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[Refer to WAC [182-533-0315](#)]

This section defines terms and abbreviations, including acronyms, used in this Medicaid Billing Guide.

**Childbirth Education (CBE)** - A series of educational group sessions offered with at least six hours of instruction, led by an approved instructor, to prepare a pregnant client and their support person(s) for an upcoming childbirth.

**Client** – A pregnant person who has been determined eligible to receive medical or health care services under Medicaid.

**First Steps** -The program created under the 1989 Maternity Care Access Act (Chapter 74.09 RCW).

**Infant Case Management (ICM)** – Established as a component of the First Steps program to provide a parent(s) with information and assistance in accessing needed medical, social, educational, and other services to improve the welfare of infants.

**Maternity Support Services (MSS)** - A component of the First Steps program that provides enhanced services to clients during the maternity cycle and their newborn infants. MSS includes screening, assessment, basic health messages, education, counseling, case management, care coordination and other interventions delivered by an MSS interdisciplinary team.

# About the Program

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## What is the purpose of childbirth education (CBE)?

[Refer to WAC [182-533-0390\(1\)](#)]

The purpose of childbirth education (CBE) is to help prepare the client and their support person(s) to:

- Manage the physiological, emotional, and psychological changes experienced during and after pregnancy.
- Develop self-advocacy skills.
- Increase knowledge about and access to local community resources.
- Improve parenting skills.
- Improve the likelihood of positive birth outcomes.

## Freedom of choice/consent for services

CBE clients have the right to choose their own agency-approved CBE provider even if they are enrolled in a managed care plan.

**Note:** A CBE client is not required to be enrolled or participate in Maternity Support Services (MSS)/Infant Case Management (ICM) to qualify for CBE classes.

# Client Eligibility

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## How can I verify a patient's eligibility?

[Refer to WAC [182-533-0390\(3\)](#)]

To be eligible for childbirth education classes (CBE), clients must be:

- Pregnant.
- Covered by a benefit package (BP) that covers CBE.

Providers must verify that a patient has Washington Apple Health coverage for the date of service, and that the client's BP covers the applicable service. This helps prevent delivering a service the agency will not pay for. Verifying eligibility is a two-step process:

**Step 1. Verify the patient's eligibility for Washington Apple Health.** For detailed instructions on verifying a patient's eligibility for Washington Apple Health, see the *Client Eligibility, Benefit Packages, and Coverage Limits* section in the agency's current [ProviderOne Billing and Resource Guide](#).

If the patient is eligible for Washington Apple Health, proceed to **Step 2**. If the patient is **not** eligible, see the note box below.

**Step 2. Verify service coverage under the Washington Apple Health client's benefit package.** To determine if the requested service is a covered benefit under the Washington Apple Health client's BP, see the agency's [Program Benefit Packages and Scope of Services](#) web page.

**Note:** Patients who are not Washington Apple Health clients may submit an application for health care coverage in one of the following ways:

1. By visiting the Washington Healthplanfinder's website at: [www.wahealthplanfinder.org](http://www.wahealthplanfinder.org)
2. By calling the Customer Support Center toll-free at: 855-WAFINDER (855-923-4633) or 855-627-9604 (TTY)
3. By mailing the application to:  
Washington Healthplanfinder  
PO Box 946  
Olympia, WA 98507

In-person application assistance is also available. To get information about in-person application assistance available in their area, people may visit [www.wahealthplanfinder.org](http://www.wahealthplanfinder.org) or call the Customer Support Center.

## **Are clients covered for CBE if they are enrolled in an agency-managed care organization?**

**Yes.** Clients enrolled in agency-contracted managed care plans are eligible for childbirth education (CBE) outside of their plan. The agency reimburses for CBE through its fee-for-service system and the providers bill the agency directly. To verify eligibility when the client is enrolled in a Medicaid agency-contracted managed care plan, view the managed care enrollment on the client benefit inquiry screen of ProviderOne.

# Provider Requirements

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## What are the provider requirements for CBE?

[Refer to WAC [182-533-0390\(4\)](#)]

CBE classes may only be provided by agency-approved CBE providers as outlined within these billing instructions.

The approved CBE provider must:

- Follow other requirements described in WAC [182-533-0390](#).
- Meet staff qualifications described within these billing instructions.
- Include all required CBE topics on the [CBE Curriculum Checklist](#).
- Deliver CBE classes in a series of group sessions.
- Allow all clients to choose any approved CBE organization, regardless of where they receive prenatal, post pregnancy, or pediatric medical care.
- Periodically view the [First Steps Maternity Support Services and Infant Case Management Provider web page](#) for updates and information regarding the program.
- Bill the agency according to these billing instructions.

# What records must be kept specific to the CBE program?

[Refer to WAC [182-533-0390\(5\)](#)]

Providers must:

- Make charts and records available to the agency, its contractors, and the US Department of Health and Human Services, upon their request, *for at least six years from the date of service* or more if required by federal or state law or regulation (see WAC [182-502-0020](#)).
- Maintain:
  - ✓ An original signed copy of each client's freedom of choice/consent for services form;
  - ✓ A client sign-in sheet for each class; and
  - ✓ Documentation of names and ProviderOne Client ID numbers of eligible CBE clients attending and the dates they participated in each CBE class.

## **CBE curriculum checklist**

### **Pregnancy Topics**

- Prenatal Care
- Appropriate pregnancy exercises and their benefits
- Ways of coping with common discomforts of pregnancy
- Danger signs in pregnancy and what to do
- Environmental hazards (including but not limited to alcohol use; tobacco use, secondhand smoke exposure, mercury, toxoplasmosis, and listeriosis)
- Nutritional needs of client and fetus
- Sexuality during pregnancy, (including safe sex education)
- Preparing to breastfeed
- Planning for a future pregnancy

### **Labor and Birth Topics**

- Informed consent and decision making
- The value and role of labor support persons (Doula, partner, friend, relative)
- Signs and symptoms of true vs. false labor
- Warning signs and what to do
- Coping skills for each stage and phase of labor
- Pain management techniques and options
- Ways to minimize and/or work with labor complications
- Medical procedures and interventions
- Analgesia and anesthesia options
- Types of deliveries (benefits and drawbacks of each)
- Unexpected outcomes and what to do
- Hospital routines

### **Newborn Topics**

- Newborn procedures (standard in Washington State) (APGAR test, metabolic screening, newborn eye prophylaxis, Vitamin K injection)
- Practices to discuss ahead of time with health care provider: such as cutting the cord, circumcision, bonding with baby immediately after birth, breastfeeding/lactation consultation
- Safe sleeping position (on the back), car seat safety, and well-child care.

### **Family Adjustment Topics**

- Physical and emotional changes
- Sexuality after pregnancy (including safe sex education)
- Protection from secondhand smoke exposure
- Signs of postpartum blues vs. postpartum depression vs. postpartum psychosis
- Potential stresses within family and how to access local supportive resources
- Breastfeeding (nutritional needs of client, lactation consultation resources)

## What qualifications must a person have to deliver CBE?

CBE classes must be provided only by a qualified person who meets the requirements outlined in this billing guide. To qualify as a CBE provider, the person must:

- Have a certification or credentials from a training organization that meets the Childbirth Educator training standards set by the [International Childbirth Education Association](#) (ICEA).
- Have a current Core Provider Agreement and National Provider Identifier (NPI).

**Note:** Only a person who meets the conditions outlined above is considered qualified to provide and bill for CBE classes provided to eligible clients. If the agency discovers payment was made for classes provided by a nonqualified person, an overpayment will be established and monies will be recuperated.

# Coverage

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## **What is covered?**

[Refer to WAC [182-533-0390\(6\)](#)]

The agency covers one series of CBE classes per client per pregnancy. The education must be delivered in a series of group sessions with a minimum of six hours of instruction.

A client must attend at least one CBE session for the provider to be paid.

## **What is not covered?**

Under the Childbirth Education program, the agency does not cover CBE that is provided during a one-to-one home or office visit.

For information regarding one-to-one home or office visits, refer to the current Agency [Maternity Support Services/Infant Case Management Billing Guide](#).

# Payment

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## **What are the general requirements for receiving payments for providing CBE?**

[Refer to WAC [182-533-0390\(7\)](#)]

The agency pays for covered classes provided to eligible clients on a fee-for-service basis.

The CBE provider must accept the agency's maximum allowable fee as final and complete payment for classes provided to a client.

The agency's maximum allowable fee includes all classes, core materials, publications, and educational materials provided throughout the class series. Clients must receive the same materials that are offered to other attendees.

## **Where do I find the fee schedule?**

You can view the agency Childbirth Education [Fee Schedule](#)

# Billing

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## What are the general billing requirements?

Providers must follow the agency's [ProviderOne Billing and Resource Guide](#). These billing requirements include:

- What time limits exist for submitting and resubmitting claims and adjustments.
- When providers may bill a client.
- How to bill for services provided to primary care case management (PCCM) clients.
- How to bill for clients eligible for both Medicare and Medicaid.
- How to handle third-party liability claims.
- What standards to use for record keeping.

## What if a person becomes pregnant soon after a previous pregnancy?

If a person becomes pregnant soon after a previous pregnancy, enter the new “Due Date” in *Claim Note* section of the electronic professional claim. This “resets” the claims processing clock for the new pregnancy.

## How do I resolve issues with gender indicators when billing for transgender clients?

For a transgender client, providers must include a secondary diagnosis on the claim indicating that the client is transgender. Information on agency billing practices for transgender clients can be found in the [Physician-Related Professional Services Billing Guide](#).

## How do I bill claims electronically?

Instructions on how to bill Direct Data Entry (DDE) claims can be found on the agency’s [Billers and Providers](#) web page, under [Webinars](#).

For information about billing Health Insurance Portability and Accountability Act (HIPAA) Electronic Data Interchange (EDI) claims, see the ProviderOne 5010 companion guides on the [HIPAA Electronic Data Interchange \(EDI\)](#) web page.

The following claim instructions relate to Childbirth Education:

| Name              | Entry   |
|-------------------|---|
| Place of Service  | Enter Place of Service. For example: code 99 (other); 11 (office) |
| Procedure Code    | Enter HCPCS code S9436 with modifier HD (S9436-HD).               |
| Diagnosis Code    | Enter diagnosis code Z32.2  |
| Submitted Charges | Enter your usual and customary charge.                            |

Submit claims with agency-designated CBE taxonomy 174400000X, which must be actively associated to appropriate provider NPI in the ProviderOne provider subsystem for the date(s) of service.