



AETNA BETTER HEALTH® OF KENTUCKY

Fax Blast

Find a PDF copy of this fax blast on our website at:

www.aetnabetterhealth.com/kentucky/providers/news

To:	Network Providers	Fax:	«Physician_Location_Fax_Number»
From:	Provider Relations	Date:	August 22, 2016
Re:		Pages:	5 pages with cover

Notes:

We appreciate your participation in the Aetna Better Health of Kentucky provider network. Please review the attached information.

Thank you for being part of the Aetna Better Health of Kentucky network.

This document may contain confidential or privileged information. If you think you have received this message in error, please contact the sender and then destroy this document immediately. Thank you, Aetna Inc.

Aetna is the brand name used for products and services provided by one or more of the Aetna group of subsidiary companies, including Aetna Life Insurance Company and its affiliates (Aetna).

©2016 Aetna Inc.

To: Network Providers
From: Provider Relations
Date: August 22, 2016
RE: Zika Update, Attending Physician Requirement, Flu Prevention

1. Zika Update

The World Health Organization (WHO) recently declared the Zika virus a global public health emergency, requiring a united response from health organizations around the world.

We are monitoring the Zika virus and would like to share information to increase your awareness. For up-to-date information about the outbreak, please consult the [Centers for Disease Control and Infection \(CDC\)](#) and the [WHO](#) websites.

What is the Zika virus?

Zika is a virus that is most frequently transmitted through an infected mosquito and generally causes a mild illness. Symptoms typically appear a few days after exposure, if at all. Most people fully recover from the Zika virus without complications, and severe illness or deaths from the virus are extremely rare.

How is Zika spread?

The Zika virus is primarily transmitted by the Aedes mosquitos - the same type of mosquito that spreads dengue, chikungunya, and yellow fever. Additionally, the Zika virus can be spread from a pregnant mother to child, through sex, and through blood transfusion.

What countries are affected?

The Zika virus was originally found in areas of Africa, Southeast Asia and the Pacific Islands. Outbreaks are currently occurring in multiple countries in the Western hemisphere. There have been cases of the virus reported in the U.S. Most of the affected individuals in the U.S. contracted the disease while traveling to countries where the virus is spreading. In July, the Florida Department of Health identified an area in Miami where Zika is being spread by mosquitoes. Affected area updates are found on the [CDC website](#).

How are people diagnosed?

Most people infected with Zika virus have no symptoms. People with Zika virus disease may report a mild fever and rash. Others may also get conjunctivitis, muscle and joint pain, and feel tired. The symptoms usually end within two to seven days. Diagnosis is usually based on a patient's symptoms and recent medical and travel history. Laboratory testing may be able to confirm the diagnosis depending on the timing of the testing. This testing is available through local health departments and at qualified commercial laboratories, e.g. Quest that are certified to perform high-complexity tests in the United States. [Florida County Health Departments](#) are currently offering Zika testing at no cost.

What precautions can be taken?

Currently, there is no vaccine or treatment for the Zika virus. The best prevention includes:

- [Avoiding mosquito bites](#)
- [Protecting yourself during sex](#)
- Staying informed about the Zika virus and other mosquito-borne diseases through local health and [travel authorities](#)
- Talking to your doctor or nurse if you develop symptoms

- Getting extra rest and drinking plenty of liquids
Should pregnant women be concerned?

The Zika virus infection has been confirmed to cause microcephaly – abnormal smallness of the head – and other poor outcomes in babies, according to the Centers for Disease Control and Prevention (CDC). - . If you are pregnant or trying to become pregnant, view the CDC’s recommended precautions.

What is Aetna doing?

While local authorities and physicians are on the front line of treatment, Aetna monitors reports of all infectious diseases, including the Zika virus. We are in contact with global, federal, state and local authorities so we can promote awareness and prevention. We also review our clinical policies for the most current evidence-based coverage criteria and we work with health care providers to reduce barriers to the timely delivery of health care services.

Resources for plan sponsors and members

You may refer any inquires to information on The Health Section of Aetna.com; please feel free to share the link with any of your customers:

- [Zika virus health risk grows](#)
- Members and their family members needing help in managing stress and anxiety in dealing with Zika may contact Aetna Resources for Living at 1-888-AETNA EAP (1-888-238-6332).

2. Attending Physician Requirement

REMINDER : Attending Physician Requirement is coming soon. In order to be prepared, please make sure all providers affiliated with hospitals that will be billing Attending Physicians have the providers enrolled with Kentucky Medicaid Department of Medicaid Services and have an active Medicaid Provider ID. This process can take up to 90 days to complete.

3. Flu Prevention - The 3 P’s of flu prevention

Even in a relatively mild season, the flu results in numerous hospitalizations, emergency and office visits, and missed school and work. Over the past 35 years, annual flu-related deaths have reached as high as 50,000 in a single season. Healthy kids and adults may be far less likely to suffer the more catastrophic consequences of the flu. However, it poses a risk to the very young, old and chronically ill in our households, schools and workplaces.

As health care professionals, we play a pivotal role in lessening the burden of flu-related suffering. With flu season rapidly approaching, it’s time to think about the three P’s: Prepare, Prod and Prevent.

Prepare:

- Become knowledgeable about current ACIP recommendations for this winter: www.cdc.gov/flu/professionals/acip
- Order your vaccine stock early.
- If possible, create a separate nurse appointment list for patients only seeking flu and pneumonia vaccines.
- Allow nurses to administer these vaccines without a doctor visit.
- Create a list of alternative sites where flu and pneumonia vaccines are available for your patients (i.e. retail clinics in drug stores, supermarkets and other local options).
- Review current testing and treatment recommendations:
www.cdc.gov/flu/professionals/diagnosiswww.cdc.gov/flu/professionals/antivirals/summary-clinicians.htm

Prod:

- Include a flu prevention statement in every patient contact.
- You can suggest your office staff end every phone conversation with, “Just a reminder, we have flu shots available and strongly encourage that you protect yourself and your family.”
- Display flu prevention material prominently in your office and waiting area.
- Set an example by being the first in your office to be vaccinated.
- See that your office/practice achieves 100 percent immunization of staff and family members as soon as possible.
- Identify and actively reach out to high-risk patients.

Prevent:

- Use every patient encounter as an opportunity to immunize (i.e. wellness exams, sports physicals, acute and chronic illness follow-up visits).
- Emphasize to patients the importance of basic infection-control measures (thorough and frequent hand-washing).
- Check to be sure children under five years old and eligible adults have received their pneumonia shots (pneumonia is the leading cause of flu-related deaths).
- Be sure all your patients in long-term care facilities, as well as their family members, are vaccinated.