



OneCare Kansas

a program of KanCare, Kansas Medicaid

OneCare Kansas Newsletter

May 2022

● Volume 3

● Issue 2

What's Inside



Community of Practice Update

Page 1

Learning Collaborative Update

Page 1

OCK Highlights

Page 2

OCK Program Manual Updates

Page 3

OCK Re-Audit Information Update

Page 3

Special Note

Page 4

Contact Information

Email:

OneCareKansas@ks.gov

Website:

www.kancare.ks.gov



Helping people live healthier lives by integrating and coordinating services and supports to treat the “whole-person” across the lifespan.

Community of Practice Update

In April, nearly forty care coordinators and social workers within the contracted network gathered to as part of the OCK Community of Practice. Participants discussed strategies for locating members on their rosters and shared ideas for communicating benefits of the program to new clients. Attendees also exchanged resources for a range of services to support physical and social needs. Thank you to everyone who attended and to those who offered such great ideas to your provider network!

Learning Collaborative

Our next event will be the OCK Learning Collaborative with leaders and managers on May 17th where we will be discussing Tobacco Cessation resources and opportunities for staff to build competency in supporting members who are ready to quit smoking. For more information on our peer-to-peer learning events, contact vanessa.lohf@wichita.edu.





Helping people live healthier lives by integrating and coordinating services and supports to treat the “whole-person” across the lifespan.

OCK Highlights

The OneCare Kansas team continues to receive success stories about members. A recent story came to us from Shane at the Community Health Center of Southeast Kansas.

“I first met our member, Patti, in December 2021. At the time, Patti was unable to find affordable housing and was camping with three other individuals; with ice and snow on the ground under which they slept. Everyone looked out for one another and would take turns watching Patti’s dog while she worked. I had asked Patti if she had ever applied for assistance through any local organizations, and while she had tried, she said that she couldn’t get all of her paperwork in on time because she worked long hours most days and everything was closed by the time she was off work. Patti said that she needed the hours at work, so she always made herself available, despite the hardships it ultimately created for her. Her friends nodded in agreement; it was sadly a familiar predicament and a vicious cycle for all of them.

Unfortunately, Patti was only able to find part-time work and her current situation made getting to and from her job extremely time consuming. Everyday Patti waited for the local day shelter to open so she could shower, often missing the free breakfast because her tight schedule didn’t allow for much flexibility. Patti also made sure to schedule her rides well in advanced with CHC-SEK-CAP general transportation assistance; all in an effort to be on time to work. I had never met anyone more organized and efficient. Even still, I kept wishing I could do more for Patti and her friends since they deserved so much more.

Patti had indicated that she wanted to get her housing assistance paperwork started again though, and with the help of the OCK team, she finally got all of her paperwork done! In March 2021, she signed a lease for an apartment, and she just got hired for a full-time job with benefits. Due to the help of OneCare Kansas, I was able to work with all four individuals, and in the course of three months, every single one of them is now in their own apartments, fully employed, fully insured, and have all established care with primary care physicians and behavioral health providers. There are so many people that we work with, but these four individuals are proof that a little support can change the entire course of a person’s life. Their lives are undoubtedly better, but mine is the one that has changed forever.”

Thank you Shane for sharing this incredible story and keep up the great work! If you would like to submit an OCK success story, please email OneCareKansas@ks.gov.



OneCare Kansas
a program of KanCare, Kansas Medicaid

OCK Program Manual Updates

This month, the state team added new language and guidance to the OCK manual. Please see the OCK manual for details on this update, as well as the guidance featured below:

Section 12.3 and Appendix F: OCK Re-Audits– Additional guidance provided on details surrounding the re-audit criteria and timelines. Please note that OneCare Kansas Providers will only be re-audited in the areas they were deficient in.

OCK Re-Audit Information

The state and our MCO partners have recently provided additional guidance to the OneCare Kansas Manual pertaining to re-audits. For this reason, the state team and our MCO partners have provided section-by-section guidance below on the criteria for the re-audits. OCKPs will be re-audited after five months in the areas they were deficient in **only**. Areas in the audit are considered deficient when the following conditions exist:

- **A score of Not Met or Partially Met is received for audit questions in:**
 - Section 1: Policies/Procedures and/or
 - Section 2: Implementation of Policies, Procedures & Systems
- **A score of Not Met is received on one or more audit questions for 25% or more of the members audited in:**
 - Section 3: Delivery of OneCare Services and/or
 - Section 4: Health Action Plan

If a re-audit is necessary for Section 3: Delivery of OneCare Services and/or Section 4: Health Action Plan, a new member sample will be randomly selected.

Audit questions in Section 1: Policies/Procedures receiving a score of Fully Met are exempt from the next full audit unless the OCKP updates or changes those policies and procedures. For more information on the OneCare Kansas re-auditing process, please feel free to reach out to our MCO partner contacts for more information.



OneCare Kansas

a program of KanCare, Kansas Medicaid

If you have questions, or would like more information about OneCare Kansas, please contact us.

Our page on the KanCare website also contains information about our work to develop the project and documents are being updated regularly.

If you would like to receive this newsletter please send us an email.

Email:

OneCareKansas@ks.gov

Website:

www.kancare.ks.gov



Special Note

Physical Activity and Chronic Disease Prevention—Examples and Tips

Getting up and getting moving is a healthy way to prevent chronic disease. Regular physical activity helps improve health, fitness, and quality of life. This can also reduce the risk of chronic conditions such as type 2 diabetes, heart disease, many types of cancer, anxiety, depression, and dementia.

Everyone can benefit from some form physical activity no matter their age or health condition. There are many different types of physical activity to engage in. Below are some helpful examples and tips for physical activity:

Cardio or Aerobic Activity

- This type of activity can range from moderate to vigorous intensity in order to breathe a little harder and get the heart beating a little faster.
- Examples include brisk walking, biking, and yard work.

Muscle Strengthening

- It is good to work all of the body's major muscle groups, which consists of legs, hips, back, chest, abs, shoulders, and arms.
- Examples of how to strengthen muscles can include using free weights, elastic bands, and doing crunches and squats.

Tips For Adults

- Adults should try walking 30 minutes a day, 5 days a week, with 150 minutes of moderate-intensity aerobic activity every week, plus muscle-strengthening activities 2 days a week.

Tips for Kids (6-17 years)

- Children in this age group should be physically active for at least 60 minutes or more each day.

Tips for Preschool-Aged Children (3-5 years)

- Children in this age group should be physically active throughout the day with various opportunities for active play.

For more information, please visit the link below:

<https://www.cdc.gov/chronicdisease/resources/infographic/physical-activity.htm>