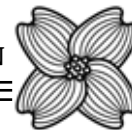




RULES OF
Department of Social Services
Division 70—MO HealthNet Division
Chapter 25—Physician Program

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**TITLE 13 – DEPARTMENT OF SOCIAL SERVICES
Division 70 – MO HealthNet Division
Chapter 25 – Physician Program**

13 CSR 70-25.100 Abortions

PURPOSE: This rule complies with Federal Law and rules relating to abortions and maintains compliance with the requirements of the Title XIX program which provides funding for needy persons in the state.

(1) No funds appropriated for the payment of medical claims shall be used to perform abortions except where the life of the mother would be endangered if the fetus were carried to term and a physician has found and certified in writing to the Medical Services Division that, on the basis of his/her professional judgment, the mother's life would be endangered if the fetus were carried to term. The certification shall set out the name, address and medical assistance number of the patient.

AUTHORITY: section 207.020, RSMo 1986. This rule was previously filed as 13 CSR 40-81.101. Emergency rule filed July 2, 1980, effective July 12, 1980, expired Oct. 12, 1980. Original rule filed July 2, 1980, effective Oct. 11, 1980. Emergency amendment filed Nov. 20, 1980, effective Nov. 30, 1980, expired March 11, 1981. Amended: Filed Nov. 20, 1980, effective March 12, 1981. Emergency amendment filed July 9, 1981, effective July 21, 1981, expired Oct. 10, 1981. Amended: Filed July 9, 1981, effective Oct. 11, 1981.*

**Original authority: 207.020, RSMo 1945, amended 1961, 1965, 1977, 1981, 1982 and 1986.*

13 CSR 70-25.110 Payment for Early Periodic Screening, Diagnostic, and Treatment Program Services

PURPOSE: This rule establishes the basis and criteria for payment of screenings and related services resulting from the Early Periodic Screening, Diagnosis, and Treatment Program.

PUBLISHER'S NOTE: The secretary of state has determined that publication of the entire text of the material that is incorporated by reference as a portion of this rule would be unduly cumbersome or expensive. This material as incorporated by reference in this rule shall be maintained by the agency at its headquarters and shall be made available to the public for inspection and copying at no more than the actual cost of reproduction. This note applies only to the reference material. The entire text of the rule is printed here.

(1) The Department of Social Services shall administer an Early Periodic Screening, Diagnostic, and Treatment (EPSDT) Program. In Missouri, the EPSDT Program is administered as the Healthy Children and Youth (HCY) Program. The EPSDT/HCY Program provides comprehensive and preventive health care services for MO HealthNet-eligible persons under twenty-one (21) years of age, including those in the legal custody of the Department of Social Services or any division of the department at no cost to the child or to the parents or guardians if they accept the offer of this service. The services covered and not covered, the limitations under which services are covered, and the maximum allowable fees for all covered services shall be determined by the division and shall be included in the MO HealthNet HCY provider manual, revised September 1, 2023, which is incorporated by reference in this rule as published by

the Department of Social Services, MO HealthNet Division, 615 Howerton Court, Jefferson City, MO 65109. This rule does not incorporate any subsequent amendments or additions.

(2) The EPSDT Program shall make a general physical examination available to eligible participants. The components of the general physical examination shall include a comprehensive health and developmental history, a comprehensive unclothed physical examination, appropriate immunizations, laboratory tests, health education, a vision screen, a dental screen, and hearing services. These screens will be made available at the frequency recommended by Bright Futures/American Academy of Pediatrics and the American Academy of Pediatric Dentists.

(A) Interperiodic screenings outside the recommendations of Bright Futures/American Academy of Pediatrics or the American Academy of Pediatric Dentists are available when medically indicated.

(B) Partial screens for vision, hearing, dental, unclothed physical examination, an interval history, appropriate laboratory tests, immunizations, developmental/mental health assessment, and anticipatory guidance shall be reimbursable services.

(3) Providers of the screening services must be enrolled MO HealthNet providers operating within their legal scope of practice.

(4) The MO HealthNet program will provide reimbursement for prescribed, medically necessary treatment identified as a result of the screening if the treatment is a covered service under Section 1905(a) of the Social Security Act. "Medically necessary" is defined as service(s) furnished or proposed to be furnished that is (are) reasonable and medically necessary for the prevention, diagnosis, or treatment of a physical or mental illness or injury; to achieve age appropriate growth and development; to minimize the progression of a disability; or to attain, maintain, or regain functional capacity; in accordance with accepted standards of practice in the medical community of the area in which the physical or mental health services are rendered; and service(s) could not have been omitted without adversely affecting the participant's condition or the quality of medical care rendered; and the service(s) is (are) furnished in the most appropriate setting. Services must be sufficient in amount, duration, and scope to reasonably achieve their purpose and may only be limited by medical necessity. Any service authorized must be effective in addressing the participant's need. Services may require prior-authorization to assure medical necessity.

(5) Medical and dental services that Section 1905(a) of the Social Security Act permits to be covered under MO HealthNet and that are medically necessary to treat or ameliorate defects, physical, and mental illness, or conditions identified by an EPSDT screen are covered regardless of whether the Medicaid state plan covers the services. Services provided under this program will be sufficient in amount, duration, and scope to reasonably achieve their purpose. Services beyond the scope of the Medicaid state plan that a screening identifies as needed require a plan of care. The plan of care must identify the treatment needs of the child in regard to amount, scope, and prognosis. Certain services and equipment require approval prior to provision of the service as a condition of reimbursement. Prior authorization is used to promote the most effective and appropriate use of available services and to determine the medical necessity of the service. Services may be made available in an inpatient, outpatient office, or home setting depending upon



the medical condition of the participant and availability of services.

AUTHORITY: sections 208.152 and 208.153, RSMo Supp. 2025, and sections 208.201 and 660.017, RSMo 2016. This rule was previously filed as 13 CSR 40-81.015. Original rule filed Jan. 15, 1985, effective April 11, 1985. Amended: Filed Jan. 13, 1992, effective Sept. 6, 1992. Amended: Filed Aug. 15, 2008, effective Feb. 28, 2009. Amended: Filed Feb. 26, 2021, effective Aug. 30, 2021. Amended: Filed Dec. 16, 2025, effective June 30, 2026.*

**Original authority: 208.152, RSMo 1967, amended 1969, 1971, 1972, 1973, 1975, 1977, 1978, 1978, 1981, 1986, 1988, 1990, 1992, 1993, 2004, 2005, 2007, 2011, 2013, 2014, 2015, 2016, 2018, 2021, 2023, 2024, 2025; 208.153, RSMo 1967, amended 1967, 1973, 1989, 1990, 1991, 2007, 2012, 2024; 208.201, RSMo 1987, amended 2007; and 660.017, RSMo 1993, amended 1995.*

13 CSR 70-25.120 MO HealthNet (Medicaid) Payment for Certain Services Furnished by Certain Physicians in Calendar Years 2013 and 2014

(Rescinded September 30, 2018)

AUTHORITY: sections 208.152, 208.153, and 208.201, RSMo Supp. 2013. Original rule filed Oct. 10, 2013, effective April 30, 2014. Rescinded: Filed March 2, 2018, effective Sept. 30, 2018.

13 CSR 70-25.130 Diabetes Prevention Program

PURPOSE: The purpose of this rule is to establish the Department of Social Services' MO HealthNet Division guidelines regarding coverage and reimbursement for Diabetes Prevention Program services. The goal of this policy is to improve health outcomes for the adult population at risk for developing diabetes by managing obesity and associated co-morbidities.

PUBLISHER'S NOTE: The secretary of state has determined that publication of the entire text of the material that is incorporated by reference as a portion of this rule would be unduly cumbersome or expensive. This material as incorporated by reference in this rule shall be maintained by the agency at its headquarters and shall be made available to the public for inspection and copying at no more than the actual cost of reproduction. This note applies only to the reference material. The entire text of the rule is printed here.

(1) Administration. The Diabetes Prevention Program (DPP) shall be administered by the MO HealthNet Division. The diabetes prevention program services covered and not covered, the limitations under which services are covered, and the maximum allowable fees for all covered services shall be determined by the MO HealthNet Division and shall be included in the MO HealthNet *Physician Provider Manual*, which is incorporated by reference and made part of this rule as published by the Department of Social Services, MO HealthNet Division, 615 Howerton Court, Jefferson City, MO 65109 on January 6, 2025. This rule does not incorporate any subsequent amendments or additions. Diabetes Prevention Program services covered by the MO HealthNet program shall include only those which are clearly shown to be medically necessary.

(A) In the administration of the rule, "Diabetes Prevention Program" or "DPP" means a structured, lifestyle change program specifically developed and recognized by the Centers for Disease Control and Prevention (CDC) to prevent type 2 diabetes. The program is intended for people who have predia-

betes or are at risk for type 2 diabetes, but who do not already have diabetes, to promote lifestyle changes that decrease the progression to type 2 diabetes. The program services include group support and lifestyle changes such as eating healthier foods, reducing stress, and increasing physical activity.

(2) Provider Participation. To be eligible for participation as a provider in the MO HealthNet Diabetes Prevention Program –

(A) DPP service providers must be enrolled as MO HealthNet providers; and

(B) DPP service providers must have a level of recognition from the CDC's Diabetes Prevention Recognition Program. The CDC regulates the standards needed for recognition.

(3) Participant Criteria. Any person who is an eligible Missouri Medicaid participant who meets the following criteria shall be eligible to receive these services:

(A) Be twenty-one (21) years old or older;

(B) Not currently pregnant;

(C) Have, as of the date of attendance at the first core session, a BMI equal to or greater than twenty-five (25) or twenty-three (23) if of Asian descent;

(D) Have no previous diagnosis of type one (1) or two (2) diabetes with the exception of gestational diabetes; and

(E) Have, within the last twelve (12) months –

1. Hemoglobin A1C test with a value of five and seven-tenths percent (5.7%) to six and four-tenths percent (6.4%);

2. A fasting plasma glucose of one hundred (100) mg/dl to one hundred twenty-five (125) mg/dl; or

3. Two (2) hour plasma glucose of one hundred forty (140) to one hundred ninety-nine (199) mg/dl after the seventy-five (75) oral glucose tolerance test.

(4) Diabetes Prevention Program Services.

(A) DPP Services are structured interventions that include lifestyle, behavior-counseling focusing on weight reduction and lifestyle changes. A prescriber provider's referral, utilizing the eligibility criteria set forth by the CDC, is required for the participant to be eligible for this program. The prescribing provider will need to prescribe the service in the participant's plan of care during a regular office visit. A prescribing provider is defined as a licensed practitioner authorized to prescribe within their scope of practice either directly or by protocol consistent with their scope of practice under state law.

1. DPP core services period that includes a twelve (12) month period of intervention with a minimum of twenty-two (22) sessions and a maximum of twenty-six (26) sessions.

A. During months one (1) through six (6) of the DPP core services period, DPP service providers will be required to provide a minimum of sixteen (16) weekly sessions utilizing CDC-approved DPP core module curriculum.

(I) This curriculum provides counseling that focuses on, but is not limited to, information about type two (2) diabetes and how to prevent it, self-monitoring weight and food intake, healthy eating, introduction to physical activity, dealing with lifestyle changes, developing lasting lifestyle changes, and stress management.

B. During months seven (7) through twelve (12) of the DPP core services period, DPP service providers will be required to provide a minimum of six (6) monthly sessions utilizing CDC-approved DPP core maintenance module curriculum.

(I) This curriculum provides counseling that focuses on maintaining long-term dietary changes, increased physical activity, and behavior change strategies for continued weight loss.



C. DPP core services period also includes, but is not limited to, weight monitoring and tracking, physical activity tracking, and caloric intake tracking as required.

2. DPP ongoing maintenance period includes access to one (1) year of ongoing maintenance sessions to eligible participants.

A. The ongoing maintenance sessions are done in three- (3-) month intervals for a maximum of four (4) sessions during months thirteen (13) through twenty-four (24).

B. In order to qualify for the ongoing maintenance sessions after the initial twelve (12) month program, the participant must achieve one (1) of the following:

(I) A minimum weight loss of five percent (5%) of baseline body weight at the end of the first twelve (12) months;

(II) A modest reduction in hemoglobin A1C of at least two-tenths of a percent (0.2%).

C. If a participant does not meet the weight-loss threshold, the prescribing provider shall perform the necessary lab work to rule out the presence of other conditions (e.g., endocrine disorders) that may complicate efforts to reduce weight and, if present, should request to continue, if appropriate, diabetes prevention program services for the identified condition(s).

D. For participants that are eligible for the ongoing maintenance sessions, a referral for the additional twelve (12) months of ongoing maintenance sessions from the prescribing provider is needed in the treatment record.

(B) Additional diabetes prevention services, including core sessions and ongoing maintenance sessions beyond the initial allocation must be requested and deemed medically necessary.

(C) A participant that is unable to meet and/or maintain the criteria for the additional twelve (12) months of ongoing maintenance sessions has the option, after twelve (12) months, to re-enroll in the diabetes prevention program starting with the first twelve (12) months if the participant meets the established criteria.

(5) Records Retention and Documentation Requirements.

(A) Providers who provide Diabetes Prevention Program services shall follow section 13 CSR 70-3.030.

(B) The DPP provider must retain the prescribing provider's referral.

(C) The DPP provider must complete and retain an evaluation at the end of twelve (12) months to determine the appropriateness for continuation to the ongoing maintenance services.

(D) Once the services are complete, the prescribing provider shall maintain a treatment record outlining how the participant will maintain weight loss.

AUTHORITY: sections 208.201 and 660.017, RSMo 2016. Original rule filed Feb. 7, 2020, effective Aug. 30, 2020. Amended: Filed May 12, 2025, effective Nov. 30, 2025.*

**Original authority: 208.201, RSMo 1987, amended 2007, and 660.017, RSMo 1993, amended 1995.*

13 CSR 70-25.140 Biopsychosocial Treatment of Obesity for Youth and Adults

PURPOSE: This rule establishes the MO HealthNet payment policy for the biopsychosocial treatment of obesity for youth and adult participants. The goal of this policy is to improve health outcomes for both the youth and adult population by managing obesity and associated co-morbidities.

PUBLISHER'S NOTE: The secretary of state has determined that publication of the entire text of the material that is incorporated by reference as a portion of this rule would be unduly cumbersome or expensive. This material as incorporated by reference in this rule shall be maintained by the agency at its headquarters and shall be made available to the public for inspection and copying at no more than the actual cost of reproduction. This note applies only to the reference material. The entire text of the rule is printed here.

(1) Administration. The MO HealthNet Division, Department of Social Services, shall administer Biopsychosocial Treatment of Obesity for Youth and Adult participants. Biopsychosocial treatment of obesity services covered and not covered, the limitations under which services are covered, and the maximum allowable fees for all covered services shall be determined by the MO HealthNet Division and shall be included in the *MO HealthNet Physician Provider Manual* and *Behavioral Health Services Manual*. The *MO HealthNet Physician Provider Manual* is incorporated by reference and made part of this rule as published by the Department of Social Services, MO HealthNet Division, 615 Howerton Court, Jefferson City, MO 65109, May 6, 2025, and available at <https://mydss.mo.gov/media/pdf/physicians-provider-manual>. This rule does not incorporate any subsequent amendments or additions. The *MO HealthNet Behavioral Health Services Provider Manual* is incorporated by reference and made part of this rule as published by the Department of Social Services, MO HealthNet Division, 615 Howerton Court, Jefferson City, MO 65109, May 2, 2025, and available at <https://mydss.mo.gov/media/pdf/behavioral-health-services-manual>. This rule does not incorporate any subsequent amendments or additions. Biopsychosocial treatment of obesity services covered by the MO HealthNet program shall include only those which are shown to be medically necessary.

(A) In the administration of the rule, the following definitions are used:

1. "Biopsychosocial Treatment of Obesity" means using a combination of obesity screenings and Intensive Behavioral Therapy (IBT) to promote lifestyle changes leading to weight loss for adult participants, and weight loss or weight stabilization for youth participants. Medical Nutrition Therapy (MNT) is a recommended but optional component of the treatment.

A. "Adult Intensive Behavioral Therapy (IBT)" means obesity management by utilizing intensive multicomponent, behavior-based weight loss interventions that promote and sustain weight loss in adult participants.

B. "Youth Intensive Behavioral Therapy (IBT)" means obesity management by utilizing comprehensive, intensive behavior-based weight loss interventions that can include multi-component family-based behavioral treatment (FBT) interventions tailored to participant needs targeting both the parent/guardian and the youth;

2. "Body Mass Index (BMI)" means a measure that relates body weight to height and is calculated by dividing weight in kilograms (kg) by the square of height in meters (expressed in kg/m²).

A. "Body Mass Index (BMI) Percentile" means the range of BMI values as expressed in percentiles for age and gender as plotted on the pediatric BMI chart.

B. "Pediatric Body Mass Index (BMI) Chart" means a graphic display of normal progressive changes in body mass index for the pediatric population ages two (2) to twenty (20) years of age;

3. "Medical Nutrition Therapy (MNT)" means nutritional



diagnostic, therapy, and counseling services furnished by a licensed registered dietitian or registered dietitian nutritionist, and includes a review of nutritional health, eating habits, and development of an individualized nutrition plan; and

4. "Qualified University" means a United States regionally accredited college, university, or foreign equivalent, or an academic university-based medical center affiliated with such a university.

(2) Provider Participation. To be eligible to provide services for the MO HealthNet Biopsychosocial Treatment of Obesity Program –

(A) All Biopsychosocial Treatment of Obesity service providers must be enrolled as MO HealthNet providers;

(B) To provide MNT for obesity, a practitioner is required to meet the following criteria:

1. Have a current license to practice as a Licensed Registered Dietitian or Registered Dietitian Nutritionist in the state in which they practice;

2. Meet one (1) of the following requirements:

A. Have a minimum of one thousand (1,000) hours of experience delivering weight management treatment for individuals, families, or youth with obesity within the past five (5) years;

B. Earned a Commission on Dietetic Registration (CDR) Certificate of Training in Obesity for Pediatrics and Adults;

C. Earned a CDR Specialist Certification in Obesity and Weight Management (CSOWM);

D. Earned a CDR Adult Weight Management Certificate of Training;

E. Earned a CDR Childhood and Adolescent Weight Management Certificate of Training; or

F. Completed a state qualified training program in obesity treatment for adults and/or children; and

3. Once certification is obtained, licensed dietitians who provide MNT under this program must complete a minimum of three (3) hours of continuing education specific to obesity or weight management every two (2) years;

(C) To provide individual and/or group IBT and/or FBT, a practitioner is required to meet the following criteria:

1. Have a current license to practice as one (1) of the following provider types: psychiatrist, clinical social worker, psychologist, or professional counselor, marital and family therapist, or psychiatric advanced practice registered nurse. Licensed dietitians are eligible to provide group IBT and/or FBT if they meet the requirements of paragraphs (2)(C)2.B. and (2)(C)3. of this rule;

2. Meet one (1) of the following requirements:

A. Have one thousand (1,000) hours of experience delivering weight management behavioral treatment for individuals, families, and/or youth with obesity within the past five (5) years; or

B. Complete a qualified training program that addresses delivery of behaviorally based intervention for adult and/or youth participants diagnosed with obesity; and

3. Once certification is obtained, licensed professionals who provide IBT and/or FBT under this program must complete a minimum of six (6) hours of continuing education credits specific to obesity or weight management every two (2) years for the patient population served, either youth or adult or both.

(3) Participant Criteria. Any person who is determined eligible for MO HealthNet benefits by the Family Support Division and who also meets the following criteria shall be deemed eligible to receive these services:

(A) Be under twenty-one (21) years of age for youth services or

twenty-one (21) years of age or older for adult services;

(B) Not currently pregnant; and

(C) Have obesity by meeting the following criteria:

1. For youth participants a body mass index (BMI) percentile equal to or greater than the ninety-fifth (95th) percentile for age and gender on the pediatric body mass index (BMI) chart; and

2. For adult participants a body mass index (BMI) equal to or greater than thirty (30).

(4) Biopsychosocial Treatment of Obesity Services.

(A) Biopsychosocial Treatment of Obesity Services provide behavioral health and, whenever possible, adjunctive medical nutrition therapy services, coordinated by the primary care or referring physician, or other licensed practitioner of the healing arts, to facilitate behavior change to manage obesity and associated co-morbidities. Biopsychosocial treatment of obesity requires a referral from a physician or other practitioner of the healing arts as part of an office visit for evaluation and management.

1. The youth benefit includes a twelve- (12-) month period of intervention with a maximum of –

A. Five (5) hours of individual IBT;

B. Twenty-four (24) hours of group IBT; and

C. Two (2) hours and fifteen (15) minutes of MNT.

2. If the youth is not making adequate progress with weight loss or weight stabilization, the IBT provider shall consult with the referring provider who shall perform the necessary lab work to rule out the presence of other conditions (e.g., endocrine disorder) that may complicate weight management and, if present, shall treat the medical condition while the youth continues to participate in the biopsychosocial treatment.

3. The adult benefit includes a twelve- (12-) month period of intervention with a maximum of –

A. Four (4) hours of individual IBT;

B. Eleven (11) hours of group IBT; and

C. Two (2) hours and fifteen (15) minutes of MNT.

4. If the adult is not making adequate progress with weight loss, the IBT provider shall consult with the referring provider who shall perform the necessary lab work to rule out the presence of other conditions (e.g., endocrine disorder) that may complicate efforts to reduce weight and, if present, shall treat the medical condition while the adult continues to participate in the biopsychosocial treatment.

(5) Documentation Requirements for Biopsychosocial Treatment of Obesity.

(A) The participant's treatment record shall contain the following documentation, at a minimum:

1. The referring provider's referral;

2. The medical nutritional assessment completed by the dietitian, if participant is receiving MNT services;

3. The initial behavioral assessment completed by the behavioral health practitioner;

4. Progress notes that include the following information from each visit:

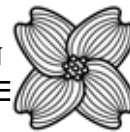
A. A measured weight and calculated BMI for adult participants or BMI percentile for youth participants;

B. Progress the youth/parent/participant is making towards weight management goals;

C. Challenges (e.g., social determinants) the participant is facing and proposed solutions;

D. Recommendations for treatment/care plans; and

E. Collaborative efforts between the providers delivering primary care; MNT, if applicable; and IBT;



5. A final evaluation report detailing the extent of healthier weight over the treatment period, progress with metabolic, social, and behavior change endpoints, challenges to maintaining healthier weight, and any future recommendations for maintaining a healthier weight in the context of identified challenges. The evaluation shall be shared with the referring provider.

(6) Reimbursement Methodology.

(A) MO HealthNet provides reimbursement to enrolled practitioners delivering biopsychosocial treatment of obesity for youth and adults and who are currently licensed, certified, and in good standing with the state.

(B) Reimbursement for services is made on a fee-for-services basis. The maximum allowable fee for a unit of service has been determined by MO HealthNet to be a reasonable fee, consistent with efficiency, economy, and quality of care. Payment for covered services is the lower of the provider's actual billed charge (should be the provider's usual and customary charge to the general public for the service), or the maximum allowable per unit of service.

AUTHORITY: sections 208.201 and 660.017, RSMo 2016, and section 208.152, RSMo Supp. 2024. Original rule filed Aug. 27, 2020, effective March 30, 2021. Amended: Filed March 10, 2025, effective Oct. 30, 2025.*

**Original authority: 208.152, RSMo 1967, amended 1969, 1971, 1972, 1973, 1975, 1977, 1978, 1981, 1986, 1988, 1990, 1992, 1993, 2004, 2005, 2007, 2011, 2013, 2014, 2015, 2016, 2018, 2021, 2023, 2024; 208.201, RSMo 1987, amended 2007; and 660.017, RSMo 1993, amended 1995.*

13 CSR 70-25.150 Payment Policy for Asthma Education and In-Home Environmental Assessments

PURPOSE: This rule establishes the MO HealthNet payment policy for Asthma Education and In-Home Environmental Assessments to improve the health of MO HealthNet's youth participants that have uncontrolled asthma.

PUBLISHER'S NOTE: The secretary of state has determined that the publication of the entire text of the material which is incorporated by reference as a portion of this rule would be unduly cumbersome or expensive. This material as incorporated by reference in this rule shall be maintained by the agency at its headquarters and shall be made available to the public for inspection and copying at no more than the actual cost of reproduction. This note applies only to the reference material. The entire text of the rule is printed here.

(1) Administration. Asthma Education and In-Home Environmental Assessment services shall be administered by the MO HealthNet Division. Asthma education and in-home environmental assessments services covered and not covered, the limitations under which services are covered, and the maximum allowable fees for all covered services shall be determined by the MO HealthNet Division and shall be included in the MO HealthNet Physician Provider Manual, which is incorporated by reference and made part of this rule as published by the Department of Social Services, MO HealthNet Division, 615 Howerton Court, Jefferson City, MO 65109, at its website at <http://manuals.momed.com/manuals/>, May 14, 2021. This rule does not incorporate any subsequent amendments or additions. Asthma Education and In-Home Environmental Assessment services covered by the MO HealthNet program

shall include only those which are clearly shown to be medically necessary.

(A) The following definition(s) will be used in administering this rule:

1. "Asthma Education" means direct training of the patient and family by qualified asthma education provider in areas including, but not limited to, avoiding triggers, medication compliance, proper use of inhalers, and use of durable medical equipment;

2. "In-Home Environmental Assessment" means thorough and detailed analysis of the home environment by a qualified environmental assessment provider evaluating for asthma triggers including, but not limited to, rodent excrement, mites, animal dander, insects, dust, mold with recommendations for remedial actions.

(2) Asthma Education and In-Home Environmental Assessment Services. Asthma Education and In-Home Environmental Assessment Services are interventions for increasing control of asthma symptoms in high risk youth.

(A) A prescribing provider's referral is required as part of a normal office visit for evaluation and management for both asthma education and in-home environmental assessment. The prescribing provider will need to prescribe the service in the participant's plan of care.

(B) As part of the referral, the prescribing provider determines and specifies the level and type of asthma education and in-home environmental assessment based on available history and in consultation with asthma educators and in-home environmental assessors, as needed.

(C) A prescribing provider is defined as a licensed practitioner authorized to prescribe within their scope of practice either directly or by protocol consistent with their scope of practice under state law.

(D) Asthma education. Asthma educators may bill for –

1. Asthma education non-physician, (thirty- (30-) minute sessions, twice per year); or

2. Preventive medicine counseling, individual, (fifteen- (15-) minute sessions four (4) times per year); or

3. Preventive medicine counseling, individual, (thirty- (30-) minute sessions twice per year); or

4. Self-Management Education using standardized effective curriculum, individually, either incident to a clinical encounter or as preventative service (ninety- (90-) minute session once per year).

5. The annual limit for asthma education visits will be dependent on the codes used, but shall not exceed one (1) hour per year with the exception of one (1) ninety- (90-) minute self-management session.

(E) Asthma Environmental Assessment.

1. An asthma environmental assessor may bill for an asthma environmental assessment non-physician, two (2) assessments per year.

2. Asthma environmental assessments may include, but are not limited to, a thorough assessment of the home including home history and ownership, building occupant behaviors and job history, home cleaning techniques, laundry processes, pets and pests histories, kitchen processes, structure deficiencies, ventilation and moisture conditions, conducting and recording basic air sampling procedures, and examination of the external environment of the home to identify and support the reduction of disease causing agents leading to medical complications of asthma.

3. In-home assessments for asthma triggers do not include remediation of issues identified in the home.



4. Annual limit for asthma environmental assessment services shall not exceed two (2) in-home environmental assessments.

(F) The prescribing provider will need to seek prior authorization for asthma education and in-home environmental assessment services from MO HealthNet prior to starting the program.

(G) Any additional asthma education and environmental in-home assessments beyond the initial allocation will need an additional prior authorization and be deemed medically necessary.

(3) Participant Criteria. In order to qualify for, and receive, asthma education and/or in-home environmental assessments, the participant must have a primary diagnosis of asthma and meet the MO HealthNet Division's (MHD) definition of a youth participant with uncontrolled asthma or at risk for an exacerbation of asthma by meeting the following criteria:

(A) Be currently enrolled in MO HealthNet;

(B) Be twenty (20) years of age or younger; and

(C) Have had one (1) of the following events related to asthma in the last twelve (12) months:

1. One (1) or more inpatient hospital stays;

2. Two (2) or more Emergency Department (ED) visits;

3. Three (3) or more urgent care visits; or

4. One (1) ED visit or one (1) urgent care visit related to asthma with a high rate of short-acting beta-agonist inhaler fills and/or low rates of inhaled corticosteroid refills.

(4) Provider Participation. To be eligible for participation as a provider in the MO HealthNet Asthma Education and In-Home Environmental Assessment services –

(A) All asthma education and in-home environmental assessment service providers must be enrolled as MO HealthNet providers; and

(B) A qualified provider must meet the minimum education and certification requirements to qualify as a provider of asthma education and/or in-home environmental assessments set forth in this subsection.

1. Asthma Education –

A. Asthma educators must have the credentials set forth in this subsection –

(I) Shall be certified by a national program or a state program. Eligibility criteria for admission into the certification programs are determined by the administrator of the program;

(II) Asthma educators must have one (1) of the following certifications in good standing:

(a) Current and active National Asthma Educator Certification (AE-C).

I. These providers must maintain the national certification determined by The National Asthma Educator Certification Board; and

(b) State certification. The provider must have a current certificate from a Missouri state training program.

2. In-Home Environmental Assessments –

A. Asthma In-Home Environmental Assessors must have the credentials set forth in this subsection:

(I) Shall be certified by a national program or a state program. Eligibility criteria for admission into the certification programs are determined by the administrator of the program;

(II) An In-Home Environmental Assessor must have one (1) of the following certifications in good standing:

(a) National Certification –

I. Renewal of National Environmental Health Association (NEHA) Healthy Home Specialist; or

II. Building Performance Institute (BPI) Healthy Home Evaluator Micro-Credential; and

B. State Certification. The provider must have a current certificate from a Missouri state training program.

(I) A Missouri state certificate program means a program provided by an accredited institute of higher education, such as a university, that provides a training program utilizing curriculum incorporating similar guidelines to national certification programs. It is preferable that the curriculum is also accredited. Upon successful completion of the training program a certificate must be provided. A certificate means that the student has successfully completed the training program and is competent to provide in-home environmental assessment.

(II) Mentor program for asthma educators. A mentee is someone who is working towards a certificate. Once certified, the asthma educator can become a mentor for individuals that are seeking their national certification. Mentors, who must be an enrolled Medicaid provider, can have a maximum of three (3) mentees at a time. Mentors have the capability of billing MHD for their services, while mentees cannot. Services provided by a mentee under the supervision of the mentor can be billed to MHD by the mentor. The asthma education activities and interventions of the mentee shall be performed pursuant to the mentor's order, control, and full professional responsibility.

(5) Qualifying Academic University-based Centers function to track and ensure current certification of asthma education providers and asthma environmental assessors by providing MHD with the following services:

(A) The qualified academic university-based centers must maintain a website with an up-to-date provider list for physicians and their offices to utilize to consult asthma educators and asthma in-home environmental assessors to provide services to participants once a prior authorization has been approved.

1. The qualified academic university-based center responsible for tracking asthma in-home environmental assessors must maintain an up-to-date list of all certified in-home environmental assessors in the state; and

A. The academic university-based center responsible for tracking asthma in-home environmental assessors must meet the following criteria:

(I) Serve as a contractor for the Centers for Disease Control (CDC) National Asthma Control Program (NACP) funded by Missouri Asthma Prevention and Control Program (MAPCP);

(II) Provide a vital linkage between health care providers and public health resources through a Central Access Point (CAP);

(III) Maintain a comprehensive database that contains information on individuals trained specific to Home Environmental Assessments (HEAs) for asthma trigger identification and reduction in the home setting; and

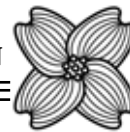
(IV) Track quality indicators and collect required outcomes data.

2. The qualified academic university-based center responsible for tracking asthma educators must maintain an up-to-date list of all trained asthma educators in the state.

A. The academic university-based center responsible for tracking asthma educators must meet the following criteria:

(I) Serve as the contractor for the CDC NACP funded MAPCP;

(II) Maintain a comprehensive database that contains information on individuals trained receiving Expert Panel Report 3 (EPR-3) compliant asthma training;



(III) Staff providing the training must be a Certified Asthma Educator as recognized by the National Association of Asthma Educators; and

(IV) Provide training that focuses on educational/behavioral objectives in four (4) key areas –

- (a) Inhaled corticosteroid adherence;
- (b) Inhalation technique;
- (c) Environmental trigger reduction; and
- (d) Importance of regular check-ups with assessment of lung function and asthma control.

AUTHORITY: sections 208.201 and 660.017, RSMo 2016. This rule originally filed as 13 CSR 70-3.260. Original rule filed June 23, 2016, effective Jan. 30, 2017. Moved to 13 CSR 70-25.150 and amended: Filed Aug. 27, 2021, effective March 30, 2022.*

**Original authority: 208.201, RSMo 1987, amended 2007, and 660.017, RSMo 1993, amended 1995.*

13 CSR 70-25.160 Doula Services

PURPOSE: This rule establishes the Department of Social Services' MO HealthNet Division guidelines regarding coverage and reimbursement for community doula services. The goal of these services is to provide a stable source of psychosocial support and education throughout the perinatal period and during the birth utilizing specially trained lay providers to enhance relevant knowledge and encourage healthy behaviors that can lead to improved pregnancy-related outcomes.

PUBLISHER'S NOTE: The secretary of state has determined that publication of the entire text of the material that is incorporated by reference as a portion of this rule would be unduly cumbersome or expensive. This material is incorporated by reference in this rule shall be maintained by the agency at its headquarters and shall be made available to the public for inspection and copying at no more than the actual cost of reproduction. This note applies only to the reference material. The entire text of the rule is printed here.

(1) Administration. Doula services shall be administered by the MO HealthNet Division. Doula services covered and not covered, the limitations under which services are covered, and the maximum allowable fees for all covered services shall be determined by the MO HealthNet Division and shall be included in the *MO HealthNet Physician Provider Manual*, which is incorporated by reference and made part of this rule as published by the Department of Social Services, MO HealthNet Division, 615 Howerton Court, Jefferson City, MO 65109, and is available at its website <https://mydss.mo.gov/media/pdf/physicians-provider-manual>, August 6, 2024. This rule does not incorporate any subsequent amendments or additions.

(A) In the administration of the rule, "doula services" means services that provide a stable source of psychosocial support and education throughout the perinatal period and during the birth utilizing trained providers, community-based doulas, with the aim of improving a range of maternal and infant health outcomes by enhancing relevant knowledge and encouraging healthy behaviors. Doula services are available to all pregnant women, prenatally, during delivery, and throughout the postpartum period as medically necessary preventive services when recommended by a physician or other licensed practitioner of the healing arts within the scope of their practice under state law and provided in accordance with currently

accepted standards of medical or professional practice. This includes twelve (12) months after delivery.

(2) Provider Participation. To be eligible for participation in the doula services program –

(A) Doula providers must be enrolled as MO HealthNet providers;

(B) All doula providers must be at least eighteen (18) years of age and must possess a current certificate issued by a national or Missouri-based doula training organization whose curriculum meets the following definition and standards:

1. Curriculum that covers a doula's role, which includes breastfeeding support, perinatal mood and anxiety disorders, anticipatory care strategies, cultural competency, how to deliver perinatal education and support, how to increase client autonomy during birth, and how to support clients who may need additional care;

2. Understanding the importance of health-related social needs, including navigation of social services, trauma-informed care, and strategies specific to the community served;

3. The student must successfully complete the training program and be deemed competent to provide doula services. Certification is attained after evaluation by a birth professional or trainer;

4. Completion of at least six (6) continuing education unit (CEU) hours per year on topics related to the components listed in paragraphs (2)(B)1. and (2)(B)2., or equivalent continuing education as specified by the training organization; and

5. Holds liability insurance as an individual or through a supervising organization; and

(C) For doulas whose training came from another source, or from multiple sources, MO HealthNet will determine eligibility for reimbursement as follows:

1. If there exists any statewide organization composed of doula trainers from three (3) or more independent, well-established doula training organizations located in Missouri whose purpose includes validation of core competencies of trainings, then MO HealthNet may verify that an individual's training and experience satisfies the above-stated criteria through a public roster maintained by such an organization; and

2. If no such organization exists, future doula training organizations must prove that their training satisfies the above definition in order to be added to the written policy guide, which will include a list of all approved certification programs qualifying under subsections (2)(B) and (2)(C).

(3) Participant Eligibility. Any pregnant woman who is eligible for Title XIX benefits from the Family Support Division (FSD) and seeks doula services described in this rule shall be deemed eligible to receive these services.

(4) Doula Services.

(A) Doula services are available to all pregnant women, prenatally, during delivery, and throughout the postpartum period. This includes twelve (12) months after delivery. Doula services include a combined total of six (6) prenatal and postpartum support sessions, one (1) birth attendance, and up to two (2) visits for general consultation on lactation. Community navigation services that occur outside these billable visits may be billed up to ten (10) times total over the course of the pregnancy and postpartum period. The focus of these services is to provide a stable source of psychosocial support and education in an informal setting utilizing trained non-medical, non-clinical providers, with the aim of reducing allostatic load and oxidative stress, enhancing relevant knowledge, and



encouraging healthy behaviors that can lead to improved pregnancy-related outcomes (in particular, reduced preterm birth rates, reduced low-birthweight rates, reduced maternal morbidity and mortality, and reduced infant mortality). Reduced Caesarian section rates, improved maternal satisfaction with the birth experience, increased breastfeeding initiation and continuation rates, and enhanced parenting knowledge and confidence are also intended outcomes. Doula services available for reimbursement include –

1. Prenatal support sessions – promoting health literacy and knowledge of what to expect during pregnancy and birth; what experiences are normal during pregnancy; how to relay concerns to providers, and providing information on topics such as nutrition, exercise, tobacco cessation, self-monitoring of existing health risks or conditions, in a manner that is culturally relevant and that is targeted to Medicaid participants. A doula may attend the participant's obstetric (OB) visits in a supportive role;

2. Community navigation of social services and assistance programs – taking a community-based approach to connect expecting women and families with available resources, including understanding the services and supports available to pregnant and postpartum women on Medicaid and facilitating access to those resources based upon an assessment of social service needs;

3. Attendance and support during birth – providing information about what to expect during birth, helping create a birth plan, and attending the birth to provide non-medical comfort measures, information, emotional support and advocacy throughout the labor, including support of personal and cultural preferences regarding childbirth and support of those who may otherwise feel disconnected from or marginalized by the healthcare system;

4. Lactation education and support – may include any of the following –

A. A session during pregnancy that is primarily focused on the health benefits of breastfeeding for both mother and infant;

B. Attending the mother and infant immediately after birth to provide guidance and goal setting to promote breastfeeding;

C. Providing ongoing support and education during pregnancy on the health benefits of breastfeeding; and

D. Providing ongoing general education, support, and referral to licensed lactation professionals if/when services are needed; or

5. Postpartum support sessions – helping women know what to expect, what is normal, how to relay concerns to providers; aiding the transition back to well-woman care, family planning, screening for postpartum depression; providing information on topics such as safe sleep, preventing unintended child injuries, nutrition, positive parenting skills; education about breastfeeding rights; and goal setting for the future including continuing education, finding employment and childcare, and transition to other insurance as needed.

(5) Records Retention. Providers who provide doula services must follow 13 CSR 70-3.030.

(6) Reimbursement Methodology.

(A) MO HealthNet provides reimbursement to enrolled providers providing doula services who currently hold a certificate as described in subsection (2)(B) and are in good standing with the state.

(B) Reimbursement for services is made on a fee-for-services

basis. The maximum allowable fee for a unit of service has been determined by MO HealthNet to be a reasonable fee, consistent with efficiency, economy, and quality of care. Payment for covered services is the lower of the provider's actual billed charge (should be the provider's usual and customary charge to the general public for the service) or the maximum allowable per unit of service. Reimbursement shall only be made for services authorized by MO HealthNet or its designee. Services will be paid at the Medicaid fee schedule rate and will be published at <https://mydss.mo.gov/mhd/cpt>.

AUTHORITY: sections 208.201 and 660.017, RSMo 2016. Original rule filed Aug. 7, 2024, effective April 30, 2025.*

**Original authority: 208.201, RSMo 1987, amended 2007, and 660.017, RSMo 1993, amended 1995.*