Prevention and Self-Management Programs

Clinical Health Education benefits

To improve the health of our members, the Alliance covers several clinical health education services. These services are covered for all Alliance members who have Alliance as their primary insurance. Members may self-refer or be referred by their Primary Care Provider (PCP), other physicians, or Alliance staff. No Prior Authorization or Referral is required; however, members must go to a provider who has been pre-approved by the Alliance to administer clinical health education services. Education programs are covered during the initial 12-month period and a TAR is required for additional individual training, if medically necessary. Up to 2 hours of individual or group follow-up will be covered in each subsequent year. For a full description of all Clinical Health Education benefits and providers, please refer to the Health Education and Disease Management programs in the Provider website.

Asthma Education
The Alliance covers up to six (6) hours of comprehensive asthma self-management education, including up to four (4) hours of individual training and the remainder hours as group training. Education is provided or supervised by a Respiratory Therapist or nationally certified Asthma Educator. The program includes an assessment, instructions on how to use an asthma action plan provided by the member’s PCP, proper use of the peak flow meter, inhaler, spacer, and medication as needed, and how to avoid triggers.

Diabetes Prevention and Self-Management Education
The Alliance has two programs: the Diabetes Self-Management Program (DSMP) and the Diabetes Prevention Program (DPP). DSMP covers up to four (4) hours of individual training for members 21 years and older, diagnosed with diabetes and up to 16.5 hours of group training. The DPP program covers up to four (4) hours of individual training and 16.5 hours of group training for members for all ages diagnosed with pre-diabetes. Diabetes self-management education can be provided by a Certified Diabetes Educator (CDE), physician, registered nurse, and or a registered dietitian. In addition, diabetes prevention education can also be provided by lifestyle coaches, community outreach workers and/or promotores who meet the Centers for Disease Control and Prevention (CDC) approved curriculum or an evidence-based program curriculum for pre-diabetes education. Note: members less than 21 years old diagnosed with diabetes should be referred to California Children’s Services (CCS) for all diabetes care. Also, age restrictions apply for group interventions such as the CDC's DPP model and preauthorization/referral is required.

Breastfeeding Support and Breast Pumps
The Alliance covers up to two (2) visits with a home health agency nurse and two (2) hours with an International Board Certified Lactation Consultant outside of the hospital stay (inpatient lactation education is included in the hospital per-diem). The Alliance also pays for personal electric breast pumps and supplies when medically necessary and when the mother is returning to work or school and wishes to continue breastfeeding.
**Tobacco Cessation Support Program (TCSP)**

The Alliance is committed to supporting members' who wish to stop smoking and/or using tobacco products. To accomplish this, the Alliance provides tobacco cessation benefits and services that support prevention and cessation of tobacco use. The TCSP offers many ways to help members quit smoking. Members are referred to the convenient, toll-free California Smokers' Helpline at 1-800-NO-BUTTS (1-800-662-8887), which provides free tobacco cessation counseling over the phone for anyone in California. The Alliance will also cover the cost of counseling sessions for eligible Alliance members. In addition, the Alliance will cover all FDA-approved tobacco cessation medications (non-pregnant adults of any age).

For more information call the Alliance Health Education line at (800) 700-3874 ext. 5580. Members may also call this number for more information, community referrals, and easy-to-read health education materials.