

“Move Your Way”: Resource for Care Managers Working with Pre-Diabetes Patients

Physical activity is an important component of staying healthy for everyone, but is especially important in the health care plan of patients diagnosed with pre-diabetes. “Move Your Way” is a physical activity campaign from the U.S. Department of Health and Human Services to promote the recommendations from the Physical Activity Guidelines for Americans, and is based on the second edition of the Physical Activity Guidelines for Americans. This campaign seeks to help individuals with busy schedules realize the health benefits of physical activity, and to emphasize that no matter who you are, you can find safe, fun ways to get and stay active.

The Move Your Way campaign provides tools, videos, and fact sheets on tips that make it easier to get a little more active. These tools and resources are for both adults, and for parents to help their children get moving. For both adults and children, this resource starts out discussing how physical activity can make daily life better, how much activity is needed, and then provides an interactive tool to build a weekly activity plan when the patient is ready to get started.

To access these tools and resources, and for more details please access <https://health.gov/moveyourway/>

Introducing the refreshed **Behavioral Health Topic Page** on the MiCMRC website. Open the link <https://micmrc.org/topics/behavioral-health> to find helpful additions to the page including websites, resources and tools around depression, anxiety and other behavioral health topics.

UPCOMING EVENTS



Click on the dates below to register for MiCMRC Complex Care Management Courses:

[February 4-7, 2019, Lansing](#)

[February 25-28, 2019 Lansing](#)

MiCMRC CARE MANAGEMENT EDUCATIONAL WEBINARS

Title: Suicide Assessment, Risk and Prevention

Date and Time: Wednesday, January 23, 2019 2-3 pm

Presenter: Kristyn Spangler, LMSW
Behavioral Health Program Manager
Integrated Health Associates
Register [HERE](#)

Title: 5 Steps to Help Patients Prevent Type 2 Diabetes

Date and Time: Wednesday, February 27, 2019 at 2pm

Presenter:
Tamah Gustafson, MPH, CHES
Public Health Consultant
Diabetes and Kidney Disease Unit
Michigan Department of Health and Human Services
Register [HERE](#)

For questions, please submit to micmrc-requests@med.umich.edu

The Michigan Care Management Resource Center supports ambulatory practices statewide to implement and build upon Patient-Centered Medical Home (PCMH) and PCMH Neighborhood (PCMH-N) capabilities related to care management, population management, self-management support, and care coordination. MiCMRC provides foundational and longitudinal curriculum, tools and resources to assist practices with developing a sustainable, evidence-based clinical model for care management activities. Support for the Michigan Care Management Resource Center is provided by Blue Cross® Blue Shield® of Michigan as part of the BlueCross Value Partnerships program. Michigan Care Management Resource Center is not affiliated with or related to Blue Cross Blue Shield of Michigan nor Blue Cross Blue Shield Association.

In case you missed it

Nursing and Social Work continuing education opportunity. For more information visit www.micmrc.org/continuing-ed

MiCMRC Questions?
For questions please [Contact Us](#)

Share Your Success Stories

Submitting your success story is as easy as clicking on the following link:

[Share Your Success Story](#)

For help submitting your success story contact us at <http://micmrc.org/contact-us>

MiCMRC Complex Care Management Course Registration

The MiCMRC Complex Care Management (CCM) course is designed to prepare the healthcare professional for the role of Complex Care Manager. Course content is applicable to all Care Managers in the ambulatory care setting, working with complex patients. For CCM Course details [click here](#)

Upcoming CCM course dates and course registration:

February 4-7, 2019 | Lansing | [REGISTER HERE](#) | Registration deadline: January 31, 2019

February 25-28, 2019 | Lansing | [REGISTER HERE](#) | Registration deadline: February 21, 2019

NOTES: If you have 15 or more Care Managers in your area and would like the MiCMRC team to provide a regional training at your location please submit your request to: micmrc-ccm-course@med.umich.edu

For questions please contact : micmrc-ccm-course@med.umich.edu

MiCMRC 2018 CARE MANAGEMENT EDUCATIONAL WEBINARS

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Presenter: Kristyn Spangler, LMSW
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MiCMRC Approved Self-Management Support Courses and Resources Update

To access the list of the MiCMRC approved Self-Management Support courses, [click here](#). The list of MiCMRC approved Self-Management Support Courses provides a detailed summary of each course, with associated objectives, location, cost and more.

Additionally, MiCMRC has collected resources for Self-Management Support including: websites of interest, publications, tools, videos, and even patient materials. MiCMRC's "Self-Management Support Tools and Resources" document offers an at a glance list and summary of these resources, along with descriptions and website links for quick access. For "Self-Management Support Tools and Resources" [click here](#).

Both of these documents can also be accessed on the MiCMRC website home page <http://micmrc.org/>

Provider Delivered Care Management (PDCM)

Blue Distinction Total Care (BDTC)

High Intensity Care Model (HICM)

2019 Monthly Billing Q & A Sessions

January and February BCBSM Billing Q and A conference calls will highlight the BCBSM PDCM Billing Guidelines scheduled for release on 1/1/19.

On a monthly basis, Blue Cross Blue Shield of Michigan will conduct a question and answer session via conference call relating to questions you may have after you've completed the online Billing/Coding course regarding these programs. They are scheduled for the first Thursday of each month from 12:00 – 1:00 for 2019. Below is the 2019 scheduled question and answer sessions.

Please do not ask specific questions about claims. If you have an issue, you should contact your provider consultant for assistance or you can submit an inquiry to valuepartnerships@bcbsm.com. For additional billing resources visit <http://micmrc.org/training/care-management-billing-resources>

Below are the dates and information to join the conference call.

Barbara Brady invites you to a conference call

Teleconference information:

1. Please call one of the following numbers:
US Toll-Free: 1-800-462-5837
US Toll: 1-408-826-0381
2. Follow the instructions that you hear on the phone.
Access Code: 734 939 784

Monthly Dates:

- January 3rd
- February 7th
- March 7th
- April 4th
- May 2nd
- June 6th
- August 1st
- September 5th
- October 3rd
- November 7th
- December 5th