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State/Territory Name: Missouri

State Plan Amendment (SPA) #: 21-0016

This file contains the following documents in the order listed:

- 1) Approval Letter
- 2) CMS Form 179
- 3) Approved SPA Pages

DEPARTMENT OF HEALTH & HUMAN SERVICES
Centers for Medicare & Medicaid Services
601 East 12th Street, Suite 355
Kansas City, Missouri 64106-2898



Medicaid & CHIP Operations Group

September 3, 2021

Jennifer Tidball
Acting Director
Missouri Department of Social Services
Broadway State Office Building
P.O. Box 1527
Jefferson City, Missouri 65102

Re: Missouri State Plan Amendment (SPA) 21-0016

Dear Ms. Tidball:

On June 30, 2021, the Centers for Medicare & Medicaid Services (CMS) received Missouri State Plan (SPA) No. 21-0016. This SPA was submitted to add payment policy for biopsychosocial treatment of obesity for youths and adults. The goal of this service is to improve health outcomes for both the youth and adult population by managing obesity and the co-morbid conditions associated with obesity, such as diabetes.

We are pleased to inform you that SPA 21-0016 was approved on September 3, 2021, with an effective date of September 1, 2021, as requested by the state. Enclosed is a copy of the CMS 179 summary form, as well as the approved pages for incorporation into the Missouri State Plan.

If you have any questions regarding this matter you may contact Deborah Read (816) 426-5925 or by e-mail at Deborah.read@cms.hhs.gov.

Sincerely,

 Digitally signed by James G. Scott -S
Date: 2021.09.03 14:35:59 -05'00'

James G. Scott, Director
Division of Program Operations

Enclosures

cc: Kirk Matthews, Acting SMD, MHD
Glenda Kremer, MHD
Sophia Hinojosa, Program Branch Manager

**TRANSMITTAL AND NOTICE OF APPROVAL OF
STATE PLAN MATERIAL**
FOR: HEALTH CARE FINANCING ADMINISTRATION

1. TRANSMITTAL NUMBER:
21 --- 0016

2. STATE
Missouri

3. PROGRAM IDENTIFICATION:
TITLE XIX OF THE SOCIAL SECURITY ACT
(MEDICAID)

TO: REGIONAL ADMINISTRATOR
HEALTH CARE FINANCING ADMINISTRATION
DEPARTMENT OF HEALTH AND HUMAN SERVICES

4. PROPOSED EFFECTIVE DATE
September 1, 2021

5. TYPE OF PLAN MATERIAL (Check One):
 NEW STATE PLAN AMENDMENT TO BE CONSIDERED AS NEW PLAN AMENDMENT
COMPLETE BLOCKS 6 THRU 10 IF THIS IS AN AMENDMENT (Separate Transmittal for each amendment)

6. FEDERAL STATUTE/REGULATION CITATION:
42 CFR 440.130(c)


7. FEDERAL BUDGET IMPACT:
a. FFY 2022 \$ 44,916
b. FFY 2023 \$ (109,239)

8. PAGE NUMBER OF THE PLAN SECTION OR ATTACHMENT:
Attachment 3.1.A, Page 16b, 16bb, 16bbb (new)
Attachment 4.19 B, Page 4DDD (new)

9. PAGE NUMBER OF THE SUPERSEDES PLAN SECTION OR ATTACHMENT (If Applicable):
New Material

10. SUBJECT OF AMENDMENT: This State Plan Amendment adds 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, including the prevention of comorbidity, such as diabetes.

11. GOVERNOR'S REVIEW (Check One)
 GOVERNOR'S OFFICE REPORTED NO COMMENT *JS* OTHER, AS SPECIFIED:
 COMMENTS OF GOVERNOR'S OFFICE ENCLOSED
 NO REPLY RECEIVED WITHIN 45 DAYS OF SUBMITTAL

12. SIGNATURE OF STATE AGENCY OFFICIAL:


16: RETURN TO:
MO HealthNet Division
P.O. Box 6500
Jefferson City, MO 65102

13. TYPE NAME: Jennifer R. Tidball

14. TITLE: Acting Director

15. DATE SUBMITTED: 06-30-2021

FOR REGIONAL OFFICE USE ONLY

17. DATE RECEIVED: June 30, 2021

18. DATE APPROVED: September 3, 2021

PLAN APPROVED - ONE COPY ATTACHED

19. EFFECTIVE DATE OF APPROVED MATERIAL:
September 1, 2021

20. SIGNATURE OF REGIONAL OFFICIAL:
 Digitally signed by James G. Scott -S
Date: 2021.09.03 14:36:44 -05'00'

21. TYPED NAME:
James G. Scott

22. TITLE:
Director, Division of Program Operations

23. REMARKS:

State Missouri

13.c Preventive Services

Biopsychosocial Treatment of Obesity for Youth and Adults

Biopsychosocial Treatment of Obesity Services provide integrated medical nutrition therapy and behavioral health services, coordinated by the primary care or referring physician, or other licensed practitioner of the healing arts, to facilitate behavior changes to manage obesity and associated co-morbidities for youth participants ages under twenty-one (21) years of age in accordance with EPSDT and adult participants defined as ages twenty-one (21) years of age and older. Biopsychosocial Treatment of Obesity Services require a prior authorization and include:

- Medical Nutrition Therapy (MNT) includes a review of eating habits, a thorough review of the participant's nutrition health, and a personalized nutrition treatment plan. The licensed registered dietician is responsible for developing a comprehensive and achievable lifestyle-based eating plan based on the participant's health history, food preferences, and routine that can help improve their health and manage obesity and associated co-morbidities.
- Intensive Behavioral Therapy (IBT) provides an individual or family-centered, comprehensive approach to behavior change counseling, including nutrition, dietary modification; the promotion of physical activity; reduction of sedentary behavior; and a behavioral component that teaches and provides opportunities to practice strategies to achieve sustained behavioral change across multiple domains of life (e.g. school, work, home, and community) to manage obesity and associated co-morbidities. Intensive Behavioral Therapy for children shall include comprehensive, intensive behavioral interventions including multi-component family-based behavioral treatment (FBT) interventions tailored to participant needs targeting both the parent/guardian and the child. IBT service that involves the participation of a non-Medicaid eligible is for the direct benefit of the beneficiary. The service must actively involve the beneficiary in the sense of being tailored to the beneficiary's individual needs. There may be times when, based on clinical judgment, the beneficiary is not present during the delivery of the service, but remains the focus of the service.

State Missouri

13.c Preventive Services

Biopsychosocial Treatment of Obesity for Youth and Adults

Qualified Providers:

All Biopsychosocial Treatment of Obesity service providers must be enrolled as MO HealthNet providers.

In order to provide MNT for obesity a provider is required to meet the following criteria:

- Have a current license to practice as a Licensed Dietitian (LD) or Licensed Dietitian Nutritionist (LDN) in the state in which they practice;
- The LD or LDN will need to obtain one of the following specialist certificates in order to provide MNT for treatment of obesity:
 - Certificate of Training in Adult Weight Management Program;
 - Certificate of Training in Obesity Interventions for Adults;
 - Certificate of Training in Child and Adolescent Weight Management; or
 - Completion of a qualified training program that provides professional medical nutrition therapy training addressing obesity and weight management treatment for participant population(s) served.

A LD or LDN may provide MNT without a certificate as listed above if the provider meets the following criteria:

- The provider has maintained a dietitian license credential for a minimum of two (2) years;
- The provider has documentation of a minimum of two thousand (2,000) hours of specialty practice experience delivering weight management MNT for individuals and/or families and youth with obesity diagnosis within the past five (5) years; and
- The provider has documentation of a minimum of six (6) hours of obesity or weight management CEUs or professional equivalent post receipt of license credential.

State Missouri

13.c Preventive Services

Biopsychosocial Treatment of Obesity for Youth and Adults

In order to provide individual and/or group intensive behavioral therapy (IBT) and/or family-based behavioral treatment (FBT) for youth and adults a provider is required to meet the following criteria:

- Have a current license to practice as one of the following provider types: psychiatrist, clinical social worker, psychologist, professional counselor, marital and family therapist, or psychiatric advanced practice registered nurse. Licensed dietitians are eligible to provide group IBT and/or FBT.
- A specialist certification for the participant population(s) served that was attained through completion of a qualified training program that addresses delivery of behaviorally based intervention for adult and/or youth participants diagnosed with obesity.

A licensed psychiatrist, clinical social worker, psychologist, professional counselor, marital and family therapist, psychiatric advanced practice registered nurse, dietitian, or dietitian nutritionist may provide IBT/FBT without a certificate with the following criteria:

- The licensee has maintained one of the aforementioned license credentials for a minimum of two (2) years;
- The licensee has a minimum of two thousand (2,000) hours of specialty practice experience delivering weight management behavioral treatment for individuals and/or families and youth with obesity diagnosis within the past five (5) years; and
- The licensee will have documentation with a minimum of six (6) hours of obesity or weight management CEUs or professional equivalent post receipt of license credential.

State Missouri

Biopsychosocial Treatment of Obesity for Youth and Adults

The state agency shall provide reimbursement for enrolled providers providing biopsychosocial treatment of obesity services who are currently licensed, certified, and in good standing with the state.

Reimbursement for services is made on a fee-for-service basis. MHD has determined the maximum allowable fee for a unit of service as a reasonable fee, consistent with efficiency, economy, and quality of care. The state payment for each service will be lower of:

- (1) The provider's actual charge for the services; or
- (2) The Medicaid maximum allowable amount per unit of service.

Reimbursement shall be only for services authorized by the state agency or its designee. Except as otherwise noted in the plan, state-developed fee schedule rates are the same for both governmental and private providers of biopsychosocial treatment of obesity services. The agency's fee schedule rate was set as of July 20, 2021 and is effective for services provided on or after that date. All rates are published at <https://dss.mo.gov/mhd/providers/pages/cptagree.htm>.