

Health Maintenance Monitoring

The service definition and limits outlined below do not include all details and requirements. For the service standards, limitations, provider types and qualifications, and reimbursement information, refer to the appropriate Medicaid HCBS DD Waiver.

Waiver Availability

Family Support Waiver (FSW)
Developmental Disabilities Day Services Waiver for Adults (DDAD) Waiver
Comprehensive Developmental Disabilities (CDD) Waiver

NFOCUS Service Codes

Health Maintenance Monitoring 5707 (Install)
Health Maintenance Monitoring 5936 (Monthly)

Service Definition

Health Maintenance Monitoring involves the monitoring of personal health and collecting medical data to improve the management, care, and support for chronic medical conditions. The goal is to identify any changes or concerns early, allowing for prompt intervention and preventing serious health complications. Health professionals provide education, support, and guidance on effectively managing conditions by teaching participants or guardians how to monitor symptoms, follow treatment plans, and make lifestyle modifications to maintain their health and well-being.

Conditions of Provision

- A. A participant chooses each service based on their needs.
 - 1. Services should increase independence and community integration; and
 - 2. The chosen waiver services and who provides them are documented in the participant's Person-Centered Plan (PCP).
- B. Health Maintenance Monitoring is delivered via electronic communication technologies that remotely monitor a participant's vital signs, biometrics, or subjective data by a monitoring device that transmits such data electronically to a healthcare practitioner for analysis and storage.
- C. The participant or guardian must consent to receive the monitoring service and is responsible for the oversight and supervision of the monitoring.
- D. Participants receiving Health Maintenance Monitoring must be under the supervision of a treating Physician, Physician's Assistant (PA), or Advanced Practice Registered Nurse (APRN) who is directly providing care and treatment for their medical condition, not merely engaged to authorize the monitoring service.
- E. Electronic Health Maintenance Monitoring requires the participant or guardian to have the capability to utilize any monitoring tools involved, or shall include the regular presence of an individual in the home who can utilize the involved monitoring tools.

- F. The participant's residence must have space for all program equipment and full transmission capability.
- G. Health Maintenance Monitoring will be addressed in the participant's PCP and include the frequency, duration, and schedule of each health monitoring task, including the criteria for abnormal findings and when to consult the participant's doctor.
- H. Health Maintenance Monitoring can be used to monitor the following:
 - 1. Remote monitoring of physiologic parameter(s) (such as weight, blood pressure, pulse oximetry, respiratory flow rate), initial set-up, and patient education on use of equipment.
 - 2. Remote monitoring of physiologic parameter device(s) supplies with daily recording(s) or programmed alert(s) transmission, each 30 days.
 - 3. Remote physiologic monitoring treatment management services, clinical staff/physician/other qualified health care professional time in a calendar month requiring interactive communication with the patient/caregiver during the month; additional 20 minutes.
- I. Health Maintenance Monitoring has the following limitations:
 - 1. When this service is provided to minor children living with their parents or guardians, it shall not replace the cost and provision of support ordinarily provided by parents to children without disabilities.
 - 2. This service cannot be authorized for a participant receiving Continuous Home, Host Home, Shared Living, or Youth Continuous Home.
 - 3. Interpretation of data and any teaching or coaching of the participant and guardian must be done by a Registered Nurse (RN), Nurse Practitioner (NP), APRN, PA, Medical Doctor (MD), or Doctors of Osteopathy (DO).
- J. Health Maintenance Monitoring may only be authorized when previously denied by the participant's Managed Care Organization (MCO).

Provider Requirements

The information outlined below does not include all provider requirements. It is intended to be general information about providers of this specific DD service.

- A. All providers of waiver services must:
 - 1. Be a Medicaid provider;
 - 2. Comply with all applicable Titles of the Nebraska Administrative Code and Nebraska State Statutes;
 - 3. Adhere to standards as described in the Division of Medicaid and Long-Term Care Service Provider Agreement;
 - 4. Complete Department of Health and Human Services (DHHS) trainings upon request; and
 - 5. Use universal precautions.
- B. Health Maintenance Monitoring can be offered by agency and independent agency providers.
 - 1. A Division of Developmental Disabilities agency provider is a company enrolled as a Medicaid provider and certified by DHHS to provide DD services, and is responsible for:
 - a. Hiring and supervising employees who work with the participant;
 - b. Employing staff based on their qualifications, experience, and demonstrated abilities;

- c. Providing training to ensure staff are qualified to provide the necessary level of care;
 - d. Agreeing to make training plans available to DHHS;
 - e. Ensure adequate availability and quality of service; and
 - f. Other administrative functions.
- C. Health Maintenance Monitoring may be self-directed.
- D. Health Maintenance Monitoring may be provided by a relative, but not a Legal Guardian or Legally Responsible Individual.
- E. Providers delivering Health Maintenance Monitoring are required to develop policies and procedures which include:
 - 1. Identifying whether health and safety needs can be addressed safely via health maintenance monitoring;
 - 2. Assurance of the participants' rights to privacy, dignity, and respect, and the HIPAA compliance of the technology used for health maintenance monitoring;
 - 3. A plan for how to respond to abnormal findings and when to consult the participant's doctor;
 - 4. A plan for contacting EMS when the participant experiences an emergency during remote support or requires on-site support; and
 - 5. Ongoing training for direct support staff.
- F. Providers delivering Health Maintenance Monitoring must collect remote monitoring data for at least 16 out of 30 days

Rates

- A. Health Maintenance Monitoring must be purchased within a participant's annual individual budget amount.
- B. Health Maintenance Monitoring is reimbursed on a one-time installation occurrence and an ongoing monthly fee occurrence.
- C. DD Rates are listed on the [DD Provider webpage](#).
 - 1. Only one fee schedule is effective at a time.
 - 2. The start date is on each schedule; once a fee schedule is no longer valid, an end date is added.