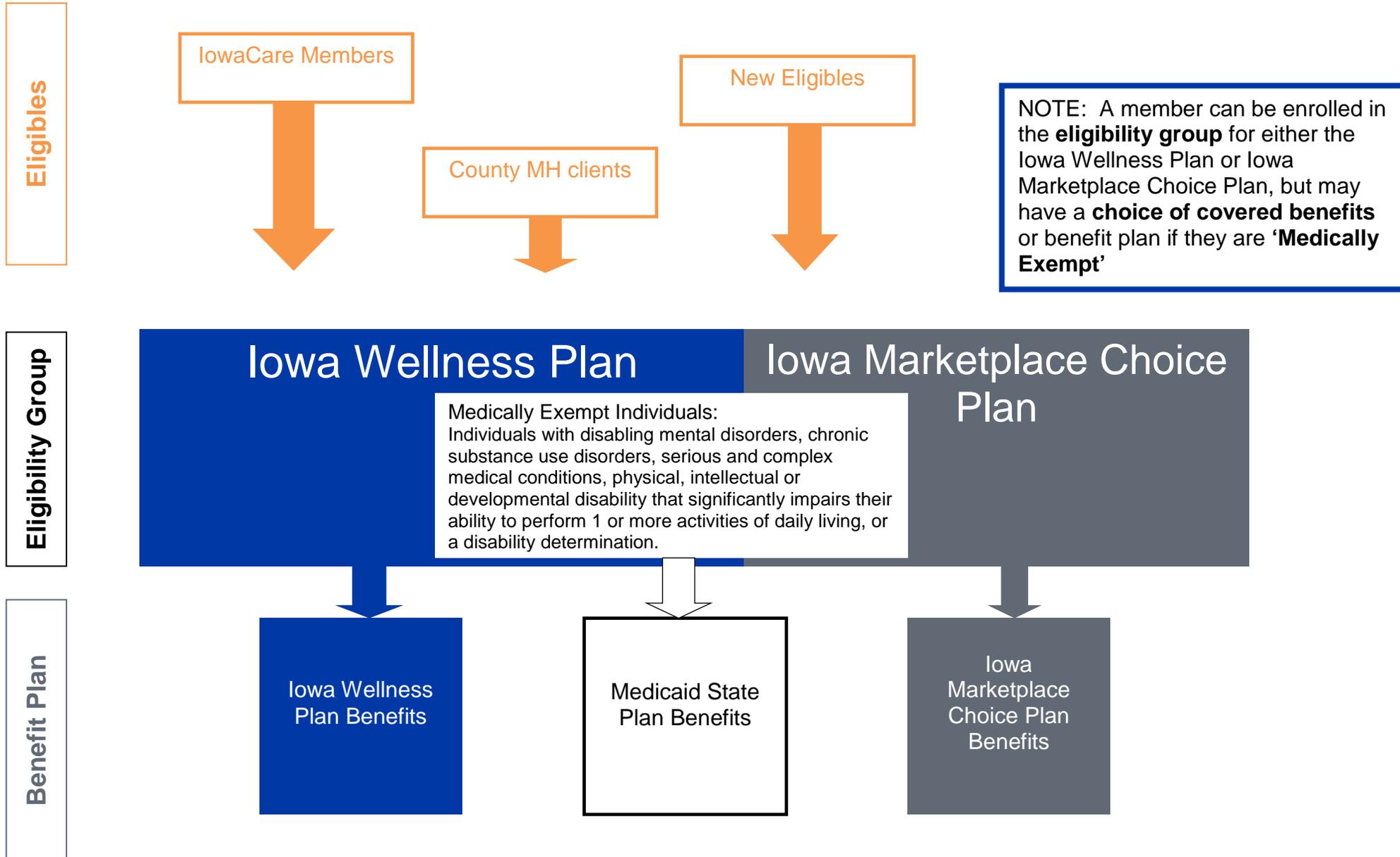




## Iowa Health and Wellness Plan Medically Frail/Exempt Individuals



## Medically Frail/Exempt Individual Definition (42 CFR §440.315(f)) Iowa Health and Wellness Plan

**DEFINITION 42 CFR § 440.315(f) 'Medically Frail':** includes individuals with disabling mental disorders (including adults with serious mental illness), individuals with chronic substance use disorders, individuals with serious and complex medical conditions, individuals with a physical, intellectual or developmental disability that significantly impairs their ability to perform 1 or more activities of daily living, or individuals with a disability determination based on Social Security criteria.

The Iowa Health and Wellness Plan provides for an Alternative Benefit Plan for enrollees. This includes both the Iowa Wellness Plan and the Marketplace Choice Plan. Federal law requires defines individuals that are exempt from mandatory enrollment in an Alternative Benefit Plan. Iowa Medicaid must identify exempt individuals and offer a choice between the Alternative Benefit and the Regular Medicaid State Plan Benefit. The table below provides more detailed definitions of the categories of exempt individuals identified in 42 CFR §440.315(f) (definition shown above).

Category	Definition
Individuals with Disabling Mental Disorder	<p>The member has a diagnosis of at least one of the following:</p> <ul style="list-style-type: none"> <li>• Psychotic disorder;</li> <li>• Schizophrenia;</li> <li>• Schizoaffective disorder;</li> <li>• Major depression;</li> <li>• Bipolar disorder;</li> <li>• Delusional disorder</li> <li>• Obsessive-compulsive disorder</li> <li>• Or member is identified to have a chronic behavioral health condition and the Global Assessment Functioning (GAF) score is 50 or less (a lower score indicates lower functionality)</li> </ul> <p>(Definition consistent with eligibility for the Integrated Health Home)</p>
Individuals with chronic substance use disorder	<p>Individuals with a chronic substance use disorder:</p> <ul style="list-style-type: none"> <li>• The member has a diagnosis of substance use disorder, <b>AND</b></li> <li>• The member meets the Severe Substance Use Disorder level on the DSM-V Severity Scale by meeting six or more diagnostic criteria, <b>OR</b></li> <li>• The member's current condition meets the Medically-Monitored or Medically-Managed Intensive Inpatient criteria of the ASAM criteria</li> </ul> <p>("DSM-V" means the 5<sup>th</sup> edition of the <i>Diagnostic and Statically Manual of Mental Disorders</i> published by the American Psychiatric Association. "ASAM criteria" means the 2013 edition of <i>The ASAM Criteria: Treatment Criteria for Addictive, Substance-Related, and Co-Occurring Conditions</i> published by the American Society of Addition Medicine.)</p>

Individuals with serious and complex medical conditions	<ul style="list-style-type: none"> <li>• The individual meets criteria for Hospice services, <b>OR</b></li> <li>• The individual has a serious and complex medical condition <b>AND</b></li> <li>• The condition significantly impairs the ability to perform one or more activities of daily living*.</li> </ul> <p>(Examples of serious and complex medical conditions include but are not limited to: traumatic brain injury, epilepsy, cerebral palsy and ventilator dependency.)</p>
Individuals with a physical disability	<ul style="list-style-type: none"> <li>• The individual has a physical disability <b>AND</b></li> <li>• The condition significantly impairs the ability to perform one or more activities of daily living*.</li> </ul> <p>(Examples of physical disabilities include but are not limited to: multiple sclerosis, quadriplegia, and paraplegia.)</p>
Individuals with an intellectual or developmental disability	<ul style="list-style-type: none"> <li>• The individual has an intellectual or developmental disability as defined in IAC 441-24.1. This definition means a severe, chronic disability that:</li> <li>• Is attributable to a mental or physical impairment or combination of mental and physical impairments;</li> <li>• Is manifested before the age of 22;</li> <li>• Is likely to continue indefinitely;</li> <li>• Results in substantial functional limitations in three or more of the following areas of major life activity: self-care, receptive and expressive language, learning, mobility, self-direction, capacity for independent living, and economic self-sufficiency; and</li> <li>• Reflects the person's need for a combination and sequence of special, interdisciplinary, or generic services, individualized supports, or other forms of assistance that are of lifelong or extended duration and are individually planned and coordinated</li> <li>• <b>AND</b></li> <li>• The condition significantly impairs the ability to perform one or more activities of daily living*</li> </ul> <p>(Developmental disabilities include but are not limited to: autism, epilepsy, cerebral palsy, and mental retardation.)</p>
Individuals with a disability determination	<ul style="list-style-type: none"> <li>• Any individual with a current disability designation by the Social Security Administration</li> </ul>
*Activities of daily living (ADLs)	<ul style="list-style-type: none"> <li>• Activities of daily living (ADLs) is a term used in healthcare to refer to daily self-care activities within an individual's place of residence, in outdoor environments, or both</li> <li>• Activities of daily living include: <ul style="list-style-type: none"> <li>○ Bathing and showering (washing the body)</li> <li>○ Bowel and bladder management (recognizing the need to relieve oneself)</li> <li>○ Dressing</li> <li>○ Eating (including chewing and swallowing)</li> <li>○ Feeding (setting up food and bringing it to the mouth)</li> <li>○ Functional mobility (moving from one place to another while performing activities)</li> <li>○ Personal device care</li> <li>○ Personal hygiene and grooming (including washing hair)</li> <li>○ Toilet hygiene (completing the act of relieving oneself)</li> </ul> </li> </ul>

**PROCESS** for Identifying Exempt Individuals: The Iowa Medicaid Enterprise (IME) will use three strategies to identify exempt individuals and provide for choice of plans. The intent of the process is to ensure that individuals are enrolled in the benefit plan that will best meet their needs.

