

Coordinating Care

ValueOptions.com launches a new look! Go online and check it out! Also, Achieve Solutions innovates with new interactive demo:

http://www.valueoptions.com/achievesolutions/providers_demo.html. Stop by and take a tour. At this site you will find Explore Health Information. Designed with an intuitive, user-friendly interface, the site provides more than 6,000 articles on over 200 topics that can help you educate your patients about:

Divorce, Adoption, Death of a loved one, Job relocation, Suicide, Depression, Obesity, Alcoholism, Domestic abuse, Chronic illnesses, and much more!

Claims Corner:

You can check your authorization status prior to billing by visiting ProviderConnect at the ProvidersConnect Home page [Here](#), it lists authorized services and lets you print authorization letters.

Sleep Better to Live Better

Sleep is essential to health and well-being. It affects how we feel, how productive we are, and how much we enjoy life. As a result, the consequences of inadequate sleep are profound. And considering the numbers of the sleep-deprived, this is a significant societal and business issue.

Approximately 75 percent of adults experience sleep problems at least a few nights each week, according to the National Sleep Foundation. And at least 40 million people in the United States suffer from chronic sleep disorders. More than likely, many of your patients are suffering in some way because of poor sleep.

A sleep assessment is an important piece of an overall assessment for the behavioral health clinician. The assessment can quickly gather information and clarify a patient's current sleep habits, disturbances, and sleep debt.

Sleep problems may be indicative of a mental health disorder, as many of them have insomnia as a distinct core symptom. People with insomnia have an increased

risk of developing depression and anxiety disorders compared with those who sleep well. Sleep loss is linked to anger, anxiety and sadness, cardiovascular disease, and obesity, as well as negative impacts to the immune system and the endocrine system. Substances such as alcohol, over-the-counter drugs and prescription drugs can interfere with sleep. It's important for behavioral health professionals to convey the links between sleep behavior and mental health and overall health to their patients.

ValueOptions recently launched a sleep site for ValueOptions' members. As you periodically assess your patients' sleep quality and quantity, you may refer ValueOptions members to:

www.valueoptions.com/members/sleepbetter

for current information on sleep. Armed with good information about sleep and its impact on health and quality of life, individuals can take steps to reduce the negative impact of inadequate sleep on health.

Electronic Funds Transfer & PaySpan Health Information Now Online!

Get paid faster with this FREE service

ValueOptions®, has begun implementing Electronic Fund Transfer (EFT), an enhanced payment and reconciliation system. This system is designed to ease administrative burden and enable Providers online presentation of remittances/vouchers and straightforward reconciliation of payments. This will allow Providers to reduce costs and improve cash flow!

We strongly encourage all Providers to register for EFT. These are just a few of the numerous benefits:

- Free for all Providers
- No waiting for paper checks or paper vouchers to be printed and delivered
- Improved cash flow through automated payments
- Online access to view remittance records at your convenience
- Online reporting tools increase access to adjudicated claim information
- Ability to export data into your Practice Management or Patient Account System.

We have provided an online PowerPoint training presentation for this new and exciting feature. In the coming weeks, please take sometime to go online, review this material and sign-up!

We believe that your participation in this exciting opportunity will enhance our rewarding partnership! ValueOptions will continue to keep you informed regarding which accounts are available for reimbursement through PaySpan Health. To learn more, please go to http://www.valueoptions.com/providers/Files/pdfs/Invitation_Online_Provider_EFT.pdf or call our electronic billing hotline at (888) 247-9311.

Contact Us

Send your comments, ideas, and suggestions for future editions of the Valued Provider to PRelations@valueoptions.com.