

# OSS Advisory Newsletter



## **\* MANDATORY \***

### **Electronic Remittance Advice Package and Bulletins**

The South Carolina Department of Health and Human Services no longer distributes hardcopy remittance advice packages and related edit correct forms through the mail. Distributing remittance advices and associated edit correction forms through the online Web Tool is a more secure and cost effective manner for providers to receive this information.

**Please contact the EDI Support Center at 1-888-289-0709.**

The EDI Support Center will be able to assist you by sending you a Trading Partner Agreement (TPA) for completion that outlines the requirements for electronic transfer of Protected Health Information (PHI) between SCDHHS and your facility. The TPA is also available at:

**<http://www.scdhhs.gov/hipaa/Forms.asp>**

Thank you for your continued willingness to provide quality care and services to the beneficiaries of the South Carolina Optional State Supplementation Program and the Medicaid Program. If you have any questions about the TPA, training opportunities for this new feature, user ID's or passwords, please contact the EDI Support Center at the above number.

To sign up and receive electronic bulletins, you must go to:

**<http://bulletin.scdhhs.gov>**

And subscribe to the Provider listserv.

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## **Under the Law No Social Security COLA for 2011**

Monthly Social Security and Supplemental Security Income (SSI) benefits for more than 58 million Americans will not automatically increase in 2011, the Social Security Administration announced October 15, 2010.

The Social Security Act provides for an automatic increase in Social Security and SSI benefits if there is an increase in the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W) from the third quarter of the last year a cost-of-living adjustment (COLA) was determined to the third quarter of the current year. As determined by the Bureau of Labor Statistics, there is no increase in the CPI-W from the third quarter of 2008, the last year a COLA was determined, to the third quarter of 2010, therefore, under existing law, there can be no COLA in 2011.

Other changes that would normally take effect based on changes in the national average wage index also will not take effect in January 2011. Since there is no COLA, the statute also prohibits a change in the maximum amount of earnings subject to the Social Security tax as well as the retirement earnings test exempt amounts. These amounts will remain unchanged in 2011. The fact sheet at

<http://www.ssa.gov/pressoffice/factsheets/colafacts2011.htm> - provides more information on 2011 Social Security and SSI changes.

Information about Medicare changes for 2011, when available, will be found at [www.Medicare.gov](http://www.Medicare.gov).

For additional information about the 2011 COLA, go to [www.socialsecurity.gov/cola](http://www.socialsecurity.gov/cola).

For additional information about changes in the national average wage index, go to [www.socialsecurity.gov/OACT/COLA/AWI.html](http://www.socialsecurity.gov/OACT/COLA/AWI.html). ###

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## 2010 OSS.IPC COST REPORT INFORMATION - CHECKS/EFTs WITHHELD

Beginning with check dates in November 2010, payments are being withheld for all OSS/CRCF facilities that have not submitted their required RCF/IPC Cost Report. Checks will be released on Fridays of each week for Cost Reports that are received through Thursdays of each week. Checks are mailed to the facilities by the Bureau of Fiscal Affairs and **CANNOT BE PICKED UP AT SCDHHS**. Reinstating your electronic funds transfer (EFT) could take several weeks. Please contact Gwen Henderson at 803-898-1017 to arrange submission or your Cost Report and release of your check(s).

### NON-MEDICAL ABSENCES FROM THE FACILITY

Residents participating in the OSS Program MAY NOT be absent from the facility for non-medical reasons for more than 10 consecutive days nor more than 10 total days per calendar month unless approved by a physician for therapeutic leave. Therapeutic leave may not exceed 30 consecutive days. All Physician approved leave must be submitted to the OSS Program Manager following the same procedures used for a 30 day Bed Hold for an approved medical absence.



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## Healthier Holidays: Tips to Make Your Favorite Meals More Nutritious

One of the best things about the holiday season is the food! Spending time with family and friends would not be the same without certain comfort foods like macaroni and cheese, dressing, and don't forget the pie. Holiday meals can taste great AND be good for you! Here are a few tips on making the foods we love a little healthier.

*Mac and Cheese* – You can make slight modifications to your favorite macaroni and cheese recipe by substituting a few key ingredients. First, trade in your regular pasta for whole wheat pasta. By doing this, you add the nutritious benefits of whole grains such as protein and fiber without compromising taste. Another modification involves switching out your full fat cheese for reduced fat cheese. If you use eggs in your Mac and Cheese recipe, substitute egg whites for whole eggs.

*Mashed Potatoes* – Make mashed potatoes healthier by substituting half of the potatoes for cauliflower. This will cut down on the starch and add more veggies to your meal. In order to do this, steam the cauliflower until it is tender and blend it with a little milk until it's smooth.

*Stuffing/Dressing* – The first tip to making your stuffing healthier is to forgo making it inside of the turkey and cooking it separately. Instead of moistening your stuffing with juices from the turkey, use low sodium chicken broth. Also, use whole wheat bread cubes in your recipe instead of white bread. Lastly, add lots of veggies for flavor such as onion, bell pepper, and celery.

*Sweet Potato Pie* – When making your favorite sweet potato pie recipe (or any dessert recipe) try substituting half of the sugar for Splenda or another sugar substitute. Also, substitute one or two of the eggs for egg whites to cut down on cholesterol. Also, try using low fat or skim milk instead of full fat milk.

*Sweet Tea* – The key to making your sweet teas healthier is by cutting down on the sugar. Alone, tea contains zero calories. Try substituting half of the sugar for Splenda or another sugar substitute. Another option is to leave half of the tea unsweetened and allow people to add their own sugar or sweetener.

