



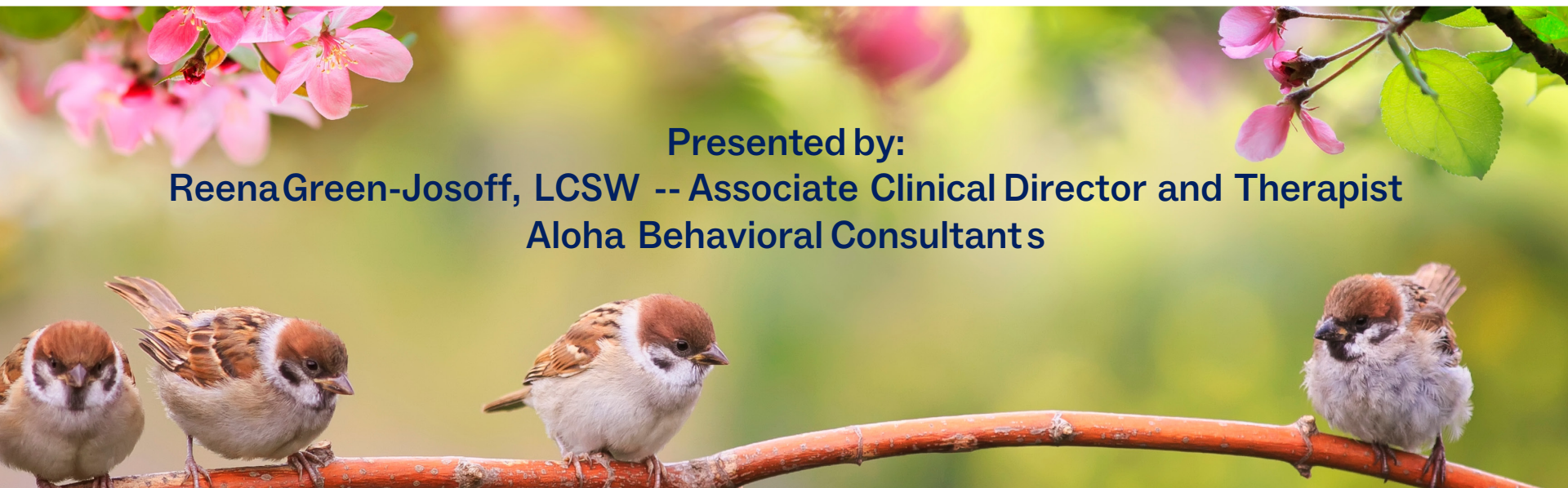
*Quality Provider Program
Spring Gather & Grow Conference
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Social Determinants of Health (SDoH)

Identifying patient needs and connecting them with community resources

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What are Social Determinants of Health (SDoH)?



**SDoH are
psychosocial
stressors that
impact the health
and quality of life
of your patients.**



Economic Stability



Health Care Access and Quality



**Social and Community Context
Neighborhood and Built Environment**



Education Access and Quality

Impact of SDoH

Primary Factors (CMS)

- **Food insecurity:** Limited access to food
- **Housing instability:** Unsafe or unreliable living conditions
- **Utility needs:** Lack of essential services (heating, cooling)
- **Transportation issues:** Barriers to reliable transportation.
- **Violence exposure:** Experiencing or being at risk of violence.

Differences in social, economic, and environmental factors significantly influence health. People with higher socioeconomic status generally experience better health outcomes.

Secondary Factors (CMS)

- **Education:** Lower education levels linked to poorer health.
- **Support networks:** Limited family and social support.
- **Income & employment:** Financial instability reduces access to care.
- **Risky behaviors:** Smoking, substance use, and poor diet lead to higher risk factors.



"When we think of social determinants of health, the thing to remember is that your zip code often has more to do with your health than your genetic code."

*Dr. Sharon Goldfarb
CEO & Owner of Achieve
Innovations*

Use of SDoH by Your Providers

The list of related Z codes can be long and overwhelming.

- Break it down to those codes that apply it to your practice
- Create a cheat sheet of the top 25 that are most applicable to your practice
- Explore how to investigate the exploration of needs into your conversation with your patients.





Social Determinants of Health (Z Codes) Cheat Sheet

Social Determinants of Health (SDOH) are factors that can affect a patient's overall well-being. For accurate patient diagnosis and effective billing, it is important to include relevant SDOH (Z codes) in patient documentation.

General Guidelines:

- **Add appropriate Z codes** to the patient's diagnosis and include them when billing the session.
- **Update Select Health Patients Quarterly:** If applicable, update the Z codes every quarter. Mark previously used codes as **Inactive** to keep track of the ones already used without cluttering the billing list.
- **Applicable Z Codes:** Use codes in the range **Z55 - Z85**.

Top Z Codes in Each Category:

Category	Billing Code	Description(summary)	Billing Code	Description(summary)
Education & Literacy	Z55.3	Underachievement in School	Z55.4	Educational Maladjustment
Employment & Occupation	Z56.0	Unemployment	Z56.3	Stressful Work Schedule
	Z56.6	Other Physical or Mental Strain Related to Work		
Housing & Economic Circumstances	Z59.01	Sheltered Homelessness	Z59.2	Discord with Neighbors
	Z59.41	Food Insecurity	Z59.6	Low Income
	Z59.82	Transportation Insecurities	Z59.86	Financial Insecurities
Social Environment	Z60.0	Phase of Life Problems	Z60.2	Problems Related to Living Alone
	Z60.8	Other Problems Related to Social Environment		
Family & Personal Circumstances	Z62.XXX	Abuse or Parental Separation	Z62.820	Parent/Child Conflict
	Z62.891	Sibling Rivalry	Z63.XXX	Problems with Spouse, Partner, or Family Member
	Z63.72	Alcoholism or Drug Abuse in the Family		



How to Nail it Every Time

- Discover the area of needs for your patients.
- As an area is identified, narrow down to a more specific need.
- A simple, 30-second conversation with your patients can help you assess their SDoH.
- Making this less uncomfortable for your patients helps them feel heard. This makes it more likely for them be more forth coming with information.

Continue Education for Providers throughout the year

1. Focus on 1 or 2 social determinants monthly or quarterly and discuss with your providers how the SDoH relate to your patients and practice.
2. Provide relatable examples:
 - Z56.2 Threat of job loss for patients currently experiencing job insecurity
 - OR
 - Z55.3 Underachievement in school for school age patients that are struggling in the academic setting.
3. Provide a quick reminder for your providers at the beginning of the new month or quarter to review the status of the SDoH and update them to what is currently applicable.



Ensure that all providers know how to document their SDoH.



Educate providers on how to document these in your EHR.



Get reminders from billing that SDoH cannot be the primary diagnosis.



Encourage providers to update these quarterly.



Use formal screening tools (e.g., “SEEK” or “Social Check”) completed by the provider and patient to help determine SDoH and track positive or negative progress.

How do you
support your
patients now
that their needs
have been
identified?

Call 211 for resources available to your patient.

Use Select Health case managers for more complex patients

Create your own resource guide.

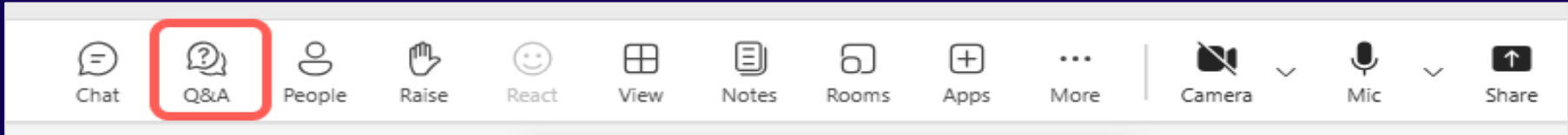
Have interns and volunteers assist in maintaining resource lists.

Make resource information easily accessible to your providers and educate them on those resources to help patients in their area.



Questions?

Please use the Q&A tab at the top of the screen to ask questions.



Thank You!

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