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### Business Updates



#### **Appointment Accessibility Survey**

We are required by the National Committee for Quality Assurance (NCQA), the Office of the Insurance Commissioner (OIC) and the Centers for Medicare and Medicaid Services (CMS) to collect appointment accessibility data for primary care, women's health, and specialty providers. **You will receive the required appointment accessibility survey in the next week. Please respond to the survey within 7-14 business days.** Please note that the appointment accessibility survey emails are sent from [automation@app.smartsheet.com](mailto:automation@app.smartsheet.com) and providers must use this email to report their appointment access information. Thank you for partnering with us to provide this important information in a timely manner.



#### **Kaiser Permanente Attestation Portal for Contracted Medical Organizations**

The [Kaiser Permanente Attestation Portal](#) is live and actively in use in Affiliate Link, making it easier and more efficient to submit and manage contracted practitioner and practice location information with accuracy.

We appreciate everyone who has already made the transition to the new platform. If you're new to the portal, we've got you covered. See the [comprehensive flipbook](#) to walk you through the portal's features, helping you navigate it with confidence

We're actively working to onboard all contracted providers (excluding delegated) onto the attestation portal. If you'd like to get ahead of the transition, simply email [kpwa.provider-directory@kp.org](mailto:kpwa.provider-directory@kp.org) with your medical organization name and email address, and we'll add you to the system.



#### **Kaiser Permanente discontinuing PT/OT services at Riverfront Medical Center**

Starting May 30, 2025, Kaiser Permanente will no longer provide physical therapy and occupational therapy at our Spokane Riverfront Medical Center. Your patients requiring physical therapy or occupational therapy can find a network provider by visiting [Provider Directory](#) or calling Member Services at 1-888-901-4636 (TTY 1-800-833-6388 or 711) Monday through Friday, 8 a.m. to 5 p.m.

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### **Coverage when Medicare becomes effective in the middle of an inpatient stay**

Please note that, when Medicare Part A becomes effective and primary coverage in the middle of an inpatient confinement, providers are not allowed to bill any other parties for dates preceding the entitlement. Medicare will pay for all the claims as outlined in the [Medicare Claim Processing Manual, Publication 100-04, Chapter 3, Section 40](#). If Medicare Part A became effective during the time of the inpatient stay and if there is one full day of overlap, Medicare will pay for the entire stay.

## Clinical Updates



### **Consider vitamin K2 supplementation for nocturnal leg cramps**

By [Kathleen Paul, MD, MPH](#)

#### **Clinical question:**

Is there a safe and effective treatment for nocturnal leg cramps?

#### **Recommendations**

- Consider recommending oral vitamin K2 (menaquinone-7) supplementation at 180 mcg daily for patients with nocturnal leg cramps, which reduces the frequency, severity and duration of leg cramps compared to placebo when taken for 8 weeks.
- This treatment option is safe and well-tolerated for most patients but should be avoided in those taking blood thinners such as warfarin.

#### **Why did we choose this topic?**

Nocturnal leg cramps (NLCs) occur frequently; about 50–60% of adults report experiencing them, and among those, 20% experience bothersome and distressing symptoms that lead to seeking medical treatment. Historically, there have been few treatment options that were proven effective and safe for this condition.<sup>1</sup> Quinine used to be used commonly for leg cramps but is no longer used due to cardiac toxicity.<sup>2</sup> Other commonly recommended remedies, including magnesium and calcium channel blockers or other electrolyte supplements, have not been consistently shown to have benefit.<sup>2,3</sup>

A thorough history and physical exam including review of medications is usually adequate to make the initial diagnosis of nocturnal leg cramps and rule out other etiologies like restless leg syndrome or other underlying neurological conditions.<sup>1</sup> Routine lab testing is not typically of high value unless there is

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concern for systemic disease or adverse medication effects (e.g., electrolyte abnormalities due to diuretic use).

### What does the literature say?

A multicenter randomized, double-blind controlled trial conducted in China included 199 participants aged 65 or older with nocturnal leg cramps.<sup>4</sup> Participants were community-dwelling adults (54% female, mean age 72) who reported at least 2 more episodes of NLCs within the 2 weeks prior to enrollment. Participants were randomized to 180 mcg vitamin K2 or similar-appearing placebo daily for 8 weeks.

The main outcome was mean number of NLCs per week. At baseline, the mean number of NLCs per week was similar between the two groups (2.6 vs. 2.7). During the 8-week trial, the vitamin K2 group experienced fewer NLCs compared to the placebo group (0.96 vs. 3.63,  $p < 0.001$ ). The vitamin K2 group also experienced more of a reduction in mean severity of NLCs (-2.55 points vs. -1.24 points) and a reduced mean duration of NLCs (-0.9 minutes vs. -0.3 minutes). There were no reported adverse effects within the vitamin K2 group. Treatment compliance was 92.2% in the vitamin K group.

Vitamin K2 has previously been shown to reduce muscle cramps associated with hemodialysis,<sup>5</sup> but this is the first randomized controlled trial to show efficacy for NLCs in a community-dwelling older population.

Vitamin K2 (menaquinone-7) is generally regarded as a safe supplement, and there is no upper limit of intake set by the World Health Organization; however, because it is a fat-soluble vitamin, it could theoretically accumulate over time. The current study lasted only 8 weeks but did not identify any adverse effects. Notably, vitamin K2 is contraindicated in patients on warfarin therapy as it may interfere with the blood thinning effects of warfarin. The exact mechanism by which vitamin K2 may reduce muscle cramps is not yet known.

### References

1. Allen RE, Kirby KA. [Nocturnal leg cramps](#). *Am Fam Physician*. 2012;86(4):350-355.
2. Abdulla AJ, Jones PW, Pearce VR. [Leg cramps in the elderly: prevalence, drug and disease associations](#). *Int J Clin Pract*. 1999;53(7):494-496.
3. Roguin Maor N, Alperin M, Shturman E, et al. [Effect of Magnesium Oxide Supplementation on Nocturnal Leg Cramps: A Randomized Clinical Trial](#). *JAMA Intern Med*. 2017;177(5):617- 623. doi:10.1001/jamainternmed.2016.9261
4. Tan J, Zhu R, Li Y, et al. [Vitamin K2 in Managing Nocturnal Leg Cramps: A Randomized Clinical Trial](#). *JAMA Intern Med*. 2024;184(12):1443-1447. doi:10.1001/jamainternmed.2024.5726
5. Xu D, Yang A, Ren R, Shan Z, Li YM, Tan J. [Vitamin K2 as a potential therapeutic candidate for the prevention of muscle cramps in hemodialysis patients: A prospective multicenter, randomized, controlled, crossover pilot trial](#). *Nutrition*. 2022;97:111608. doi:10.1016/j.nut.2022.111608

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### Kaiser Permanente Washington Health Research Institute News



#### [Researchers begin trial of combined COVID-19 and flu vaccine](#)

KPWHRI is starting a clinical trial of a combination COVID-19 and flu vaccine developed by Pfizer and BioNTech. The trial, taking place at KPWHRI and other research sites across the United States, will evaluate whether the combination vaccine is safe and can help the body produce antibodies against both viruses.



#### [Researchers have a proven prescription for reducing suicide rates](#)

In a new multistate study, the Zero Suicide Model reduced suicide rates by 25%. Nearly every person who dies by suicide visits a doctor's office within a year of their death. A new body of research suggests that by adopting a specific protocol, health systems can reduce suicide rates among those patients by 25%.

### Provider Notices



Notices can be viewed on our [Provider Notices](#) page on the [Kaiser Permanente provider site](#). Please check our provider site on a regular basis for provider manual changes and updates.

We communicate changes to the [Provider Manual](#) in the [Provider eNews](#) for your convenience. However, it is your responsibility to remain updated on any changes by visiting our site regularly for updates on our policies and procedures.

- [Mental health & wellness provider network support transitioning back to Kaiser Permanente](#)
- [Teprotumumab-trbw \(Tepezza\) updated prior authorization criteria](#)
- [Spesolimab-sbzo \(Spevigo\) updated prior authorization criteria](#)
- [DaxibotulinumtoxinA-lanm \(Daxxify\) updated prior authorization criteria](#)
- [Daratumumab \(Darzalex Faspro\) updated prior authorization criteria](#)
- [Tralokinumab-ldrm \(Adbry\) not covered under the medical benefit](#)
- [Avacincaptad pegol intravitreal solution \(Izervay\) updated prior authorization criteria](#)
- [Changes to medical necessity review criteria for low vision aides & devices](#)
- [Changes to medical necessity review criteria for PSMA PET](#)
- [Changes to medical necessity review criteria for bunionectomy](#)

# Provider E-News

## Provider Services Department



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- [Changes to medical necessity review criteria for treatments for GERD](#)
- [Changes to medical necessity review criteria for radiofrequency neurotomy](#)
- [Changes to medical necessity review criteria for restorative and cosmetic procedures](#)
- [Changes to medical necessity review criteria for psychoanalysis for mental health disorders](#)

### EFT Deposit & Check Mailing Dates



#### 2025 EFT Deposit & Check Mail Dates

Provider reimbursement checks are scheduled to be deposited ACH or mailed on the following dates. Mailed checks should arrive within approximately 3 business days.

January 9, 16, 24, 30

July 8, 10, 17, 24, 31

February 6, 13, 21, 27

August 7, 14, 21, 28

March 6, 13, 20, 27

September 5, 11, 18, 25

April 5, 10, 17, 24

October 2, 9, 16, 23, 30

May 3, 8, 15, 22, 30

November 6, 13, 20, 28

June 5, 12, 19, 26

December 4, 11, 18, 26

#### Kaiser Permanente Holidays

##### New Year's Day

Monday, January 1

##### Martin Luther King Jr. Day

Monday, January 20

##### Presidents' Day

Monday, February 17

##### Memorial Day

Monday, May 26

##### Independence Day

Thursday, July 4

##### Labor Day

Monday, September 1

##### Thanksgiving

Thursday, November 27

##### Christmas

Wednesday, December 25

### Provider Resources



Submit a [Provider Update Form](#) to inform us of changes to your practice.



View our [Provider Directory](#).



Learn more about our [Specialty Services](#).



Read our latest [Formulary Decision Highlights](#).

# Provider E-News

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View our 7 formularies on our [Formulary](#) page or [ePocrates](#).



Register for one of our many [Continuing Medical Education](#) offerings.