

Wellness Wednesday: Intensive Behavioral Therapy for Obesity

8/4/2021



Today's Presenters

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Objectives

- Provide an overview of Medicare preventive service: IBT for obesity
- Encourage providers to promote and educate beneficiaries in life-saving preventive services and screenings
- Assist providers in billing so that claim denials can be avoided

Agenda

- Overview of Medicare's Preventive Services Program
- IBT for obesity
- Wrap Up
 - Resources and References
 - Questions

Preventive Services Overview

- CMS recognizes the importance of disease prevention, early detection and lifestyle modifications that support the health of Medicare beneficiaries
- Medicare pays for many preventive benefits, including educating Medicare beneficiaries about potentially life-saving services and screenings



Medicare Preventive Services

✕ Select a Service	FAQs	Resources
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Alcohol Misuse Screening & Counseling	Annual Wellness Visit	Bone Mass Measurements	Cardiovascular Disease Screening Tests	Cervical Cancer Screening	Colorectal Cancer Screening	Counseling to Prevent Tobacco Use
Depression Screening	Diabetes Screening	Diabetes Self-Management Training	Flu Shot & Administration	Glaucoma Screening	Hepatitis B Screening	Hepatitis B Shot & Administration
Hepatitis C Screening	HIV Screening	IBT for Cardiovascular Disease	IBT for Obesity	Initial Preventive Physical Exam	Lung Cancer Screening	Mammography Screening
Medical Nutrition Therapy	Medicare Diabetes Prevention Program	Pap Tests Screening	Pneumococcal Shot & Administration	Prolonged Preventive Services	Prostate Cancer Screening	STI Screening & HIBC to Prevent STIs
Screening Pelvic Exams	Ultrasound AAA Screening					

▶ Quick Start

Eliminate Health Disparities

MLN006559 May 2021



Deductible and Coinsurance Waived for Certain Preventive Services

- For DOS on/after 1/1/2011
 - Medicare deductible and coinsurance waived for preventive services included in this presentation
 - [CR 7012, “Waiver of Coinsurance and Deductible for Preventive Services, Section 4104 of Patient Protection and Affordable Health Care Act, Removal of Barriers to Preventive Services in Medicare”](#)

Did You Know

- A beneficiary must be enrolled in Medicare Part B in order to be covered for any Medicare preventive services.

Centers for Disease Control and Prevention

- One of major operating components of DHHS
- Nation's premier health promotion, prevention and preparedness agency
 - Supports state, local, federal health departments
 - Implements measures to decrease leading causes of death
 - Reforms health policies

Polling Question #1

- What is your role in the Medicare Program for your facility?
 - Biller
 - Clinician
 - Intake/admissions
 - Compliance
 - Administrator

Polling Question #2

- How many years of Medicare experience do you have?
 - I am new to Medicare
 - 1–5 years
 - 6–10 years
 - Over 10 years

Polling Question #3

- How experienced are you with performing, documenting, and/or billing Medicare preventive services?
 - This is all new to me!
 - I am semi-comfortable but ready to learn more
 - I am pretty comfortable but will benefit from this as a refresher course

IBT for Obesity



Benefits of IBT for Obesity

- Decreases risk for mortality and morbidity
- Promotes modest sustained weight loss
 - When combined with behavioral interventions
- Avoids obesity-related diseases
 - CVD
 - Musculoskeletal conditions
 - Diabetes
- Stresses importance of making informed food choices and developing sound eating and physical activity habits

Background

- CDC reported that obesity rates in the US increased dramatically over the past 30 years
- Per CR 7641, Medicare covers IBT for obesity
 - Effective for DOS on or after 11/29/2011

Components of IBT for Obesity

- Measurement of BMI
 - $\text{Kg} \div \text{square height in meters (m}^2\text{)}$
- Dietary assessment
- Behavioral counseling and therapy to promote sustained weight loss

5 'A' Approach for IBT

- Assess behavioral health risks
- Advise about behavior changes
- Agree with appropriate treatment goals and methods
- Assist in achieving goals
- Arrange ongoing support, adjustment to treatment plan

Who Is Covered

- BMI \geq 30 kg/m²
- Beneficiary must be competent and alert at time of counseling
- Provided in primary care setting

Primary Care Settings

- Physician's offices
- Outpatient hospital
- Independent clinic
- State or local public health clinic
- Does not apply to
 - Inpatient hospital settings
 - SNF
 - IRF
 - Hospice

Who Can Perform

- Primary care physician
- Primary care practitioner
 - NP
 - CNS
 - PA

Frequency of Coverage

- One face-to-face IBT visit per week
 - First month
- One face-to-face IBT visit every other week
 - Months 2–6
- At six month IBT visit
 - Reassess obesity, determine weight loss
- If beneficiary meets 3 kg weight loss requirement, one face-to-face IBT visit every month
 - Months 7–12
- Maximum of 22 sessions in 12-month period

Frequency of Coverage

- If beneficiary does not meet 3 kg weight loss requirement at six month IBT visit
 - Reassessment of readiness to change and BMI appropriate after additional six month period

Documentation

- Document all coverage requirements met
- Reassessment of obesity, determination of weight loss at six-month IBT visit

Claim Billing Requirements

- Report applicable TOB
 - 13X – Hospital outpatient
 - 85X – CAH
 - 71X – RHC
 - 77X – FQHC
- Report appropriate diagnosis code (see next slides)

ICD-10 Diagnosis Coding

Code	Description	Code	Description
Z68.30	BMI 30.0–30.9, adult	Z68.38	BMI 38.0–38.9, adult
Z68.31	BMI 31.0–31.9, adult	Z68.39	BMI 39.0–39.9, adult
Z68.32	BMI 32.0–32.9, adult	Z68.41	BMI 40.0–44.9, adult
Z68.33	BMI 33.0–33.9, adult	Z68.42	BMI 45.0–49.9, adult
Z68.34	BMI 34.0–34.9, adult	Z68.43	BMI 50.0–59.9, adult
Z68.35	BMI 35.0–35.9, adult	Z68.44	BMI 60.0–69.9, adult
Z68.36	BMI 36.0–36.9, adult	Z68.45	BMI 70 and over, adult
Z68.37	BMI 37.0–37.9, adult		

Line Item Billing Requirements

- Report appropriate revenue code
- Report HCPCS code
 - G0447 (Face-to-face behavioral counseling for obesity, 15 min), **or**
 - G0473 (Face-to-face behavioral counseling for obesity, group [2–10], 30 min)
 - TOB 13X or 85X only

Additional Information for RHC and FQHC

- IBT for obesity does not generate a stand-alone billable encounter
 - Payment included in all-inclusive encounter rate/PPS payment
 - Report HCPCS G0447 on additional line with nonbillable revenue code and associated charges
- RHCs and FQHCs do not qualify for group sessions
 - Do not report HCPCS G0473

Payment

Facility	Payment
Hospital outpatient	OPPS
RHC	AIR
FQHC	PPS
CAH Method I & II	101% reasonable cost for TC
CAH Method II	Additional 115% MPFS nonfacility rate for PC

Beneficiary Cost-Sharing

- Deductible waived
- Coinsurance/copayment waived
- Affordable Care Act Section 4104

Why Claims are Denied

- Beneficiary received more than 22 sessions in 12-month period
- IBT performed outside primary care setting

BEHAVIORAL SERVICES

IP-REC CN 0000000000 NM XXXXXX IT X DB 00000000 SX X INT 13201

ALCOHOL ABUSE: (G0442) NEXT ELIG PROF: 10/14/2011

REM

ALCOHOL SCREENING: (G0443) NEXT ELIG PROF: SVCNOELG

00

ADULT DEPRESSION: (G0444) NEXT ELIG TECH: 10/14/2011

NEXT ELIG PROF: 10/14/2011

IBT FOR CVD: (G0446) NEXT ELIG TECH: 11/08/2011

NEXT ELIG PROF: 11/08/2011

REM

OBESITY: (G0447) NEXT ELIG TECH: 11/29/2011

22

NEXT ELIG PROF: 11/29/2011

22

OBESITY: (G0473) NEXT ELIG TECH: 01/01/2015

22

NEXT ELIG PROF: 01/01/2015

22

Polling Question #4

- Mr. H, a SNF resident, has a BMI of 25 kg/m². Medicare will cover up to 22 intensive behavioral counseling sessions.
 - True
 - False

What You Should Do Now

- Share this presentation with other internal staff members
- Talk to your patients about the importance of taking advantage of Medicare preventive services
- Update system with correct coding information
- Update any internal procedure to include verifying the patient's eligibility to receive preventive services to avoid costly, time-consuming claim errors

References and Resources



CMS References

- [Internet-Only Manuals \(IOMs\)](#)
- [National Coverage Determinations](#)
- [Preventive Services web page](#)
- [Change Requests](#)
- [MLN Matters Articles](#)
- [MLN Products & Multimedia](#)

CMS Resources

- CMS IOM Publications
 - 100-03, *Medicare National Coverage Determinations (NCD) Manual*, Chapter 1
 - Section 210.12 – Intensive Behavioral Therapy for Obesity
 - 100-04, *Medicare Claims Processing Manual*, Chapter 18
 - Section 200 – Intensive Behavioral Therapy for Obesity

CMS Resources

- CR/MM 7641: Intensive Behavioral Therapy for Obesity
- CR/MM 8874: Preventive and Screening Services Update – Intensive Behavioral Therapy for Obesity, Screening Digital Tomosynthesis Mammography, and Anesthesia Associated with Screening Colonoscopy
- MLN ICN 907800: Intensive Behavioral Therapy for Obesity

What is the HIPAA Eligibility Transaction System (HETS)?

- HETS provides Medicare beneficiary eligibility
 - Prepare accurate claims
 - Determine beneficiary liability
 - Check eligibility for specific services
 - Available 24/7
- Medicare Help Desk
 - mcare@cms.hhs.gov
 - 1-866-324-7315

HETS Replacing CWF Eligibility Transactions

- CMS began revoking direct access to CWF eligibility transactions HIQA, HIQH, ELGA, ELGH effective 2/1/2020
 - Large vendors, clearinghouses
- MAC contacts providers with direct access to CWF and HETS
 - CMS will discontinue direct access to CWF transactions once notified by MAC
- MAC contacts providers without access to HETS to discuss alternative ways to access beneficiary eligibility
 - CMS will not discontinue direct access until there is a solution and transition
- CMS is not discontinuing access through FISS DDE
- CMS expects to remove all direct access to CWF eligibility transactions HIQA, HIQH, ELGA, ELGH by December 2021
- [CWF Eligibility Sunset](#)

Additional HETS Resources

- [HETS Desktop \(HDT\) Identity Management \(IDM\) System User Guide](#)
- [HIPAA Eligibility Transaction System \(HETS\) Health Care Eligibility Benefit Inquiry and Response \(270/271\) 5010 Companion Guide](#)

Thank You!

- Follow-up email
 - Attendees will be provided a Medicare University Course Code
- Questions?

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