



Preventive Services: Intensive Behavioral Therapy for Obesity and Screening for Depression

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Today's Presenters

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Objectives

- After this session, attendees will be able to
 - Discuss the coverage guidelines for these preventive services
 - Properly bill Medicare for these services
 - Avoid common claim denials
 - Know where to go for more information

Agenda

- Intensive behavioral therapy for obesity
- Screening for depression

Intensive Behavioral Therapy for Obesity

Medicare Definition

- Intensive behavioral therapy
 - Screening for obesity in adults
 - Measurement of BMI calculated by dividing weight in kilograms by the square of height in meters (expressed in kg/m²)
 - Dietary (nutritional) assessment
 - Intensive behavioral counseling and behavioral therapy to promote sustained weight loss through high intensity interventions on diet and exercise
 - Should be consistent with 5-A framework highlighted by USPSTF

5-A Framework/Approach

- Assess

- Ask about/assess behavioral health risk(s) and factors affecting choice of behavior change goals/methods

- Advise

- Give clear, specific, and personalized behavior change advice, including information about personal health harms and benefits

5-A Framework/Approach

- Agree
 - Collaboratively select appropriate treatment goals and methods based on the patient's interest in and willingness to change the behavior
- Assist
 - Using behavior change techniques (self-help and/or counseling), aid the patient in achieving agreed-upon goals by acquiring the skills, confidence, and social/environmental supports for behavior change, supplemented with adjunctive medical treatments when appropriate

5-A Framework/Approach

- Arrange
 - Schedule follow-up contacts (in person or by telephone) to provide ongoing assistance/support and to adjust the treatment plan as needed, including referral to more intensive or specialized treatment

Guidelines

- Can be covered when performed by primary care providers to eligible beneficiaries
 - Beneficiaries who screen positive for obesity with BMI ≥ 30 kg/m²
- Patient must be competent and alert at time counseling provided
- Must be performed in primary care setting – POS 11, 19, 22, 49 and 71

Who Can Perform

- Physician with primary specialty designation of
 - Family practice (08)
 - General practice (01)
 - Geriatric medicine (38)
 - Internal medicine (11)
 - Obstetrics/gynecology (16)
 - Pediatric medicine (37)
- Qualified nonphysician practitioner
 - Certified clinical nurse specialist (89)
 - Nurse practitioner (50)
 - Physician assistant (97)

Coverage

- Maximum of 22 IBT for obesity sessions can be covered in 12-month period
 - One face-to-face visit every week for first month
 - One face-to-face visit every other week for months 2–6
 - One face-to-face visit every month for months 7–12
 - Only if beneficiary achieved weight reduction of at least 6.6 pounds (3 kg) during first six months of counseling

Coding

- HCPCS Code: G0447
 - Description: Face-to-face behavioral counseling for obesity, 15 minutes
- HCPCS Code: G0473
 - Description: Face-to-face behavioral counseling for obesity, group (2–10), 30 minutes

Diagnosis Coding

| ICD-10-CM | Description |
|-----------|----------------------------------|
| Z68.30 | Body Mass Index 30.0–30.9, adult |
| Z68.31 | Body Mass Index 31.0–31.9, adult |
| Z68.32 | Body Mass Index 32.0–32.9, adult |
| Z68.33 | Body Mass Index 33.0–33.9, adult |
| Z68.34 | Body Mass Index 34.0–34.9, adult |
| Z68.35 | Body Mass Index 35.0–35.9, adult |
| Z68.36 | Body Mass Index 36.0–36.9, adult |
| Z68.37 | Body Mass Index 37.0–37.9, adult |

Diagnosis Coding

| ICD-10-CM | Description |
|-----------|--------------------------------------|
| Z68.38 | Body Mass Index 38.0–38.9, adult |
| Z68.39 | Body Mass Index 39.0–39.9, adult |
| Z68.41 | Body Mass Index 40.0–44.9, adult |
| Z68.42 | Body Mass Index 45.0–49.9, adult |
| Z68.43 | Body Mass Index 50.0–59.9, adult |
| Z68.44 | Body Mass Index 60.0–69.9, adult |
| Z68.45 | Body Mass Index 70.0 and over, adult |

Diagnosis Coding

- Additional ICD-10 codes may apply
- See the [CMS ICD-10 web page](#) for individual CRs and the specific ICD-10-CM codes Medicare covers for this service

Documentation Requirements

- Medical records must document all coverage requirements
 - Including determination of weight loss at six-month visit

Cost Sharing and Payment

- Neither coinsurance nor Medicare Part B deductible applied to this benefit
- Service paid under MPFS
 - Nonparticipating provider reduction and limiting charge provisions apply

Common Claim Errors

- Beneficiary received more than 22 IBT for obesity sessions previous 12 months
- Beneficiary received IBT for obesity outside of primary care setting

Screening for Depression in Adults

Coverage

- Medicare covers annual screening for adults for depression
 - At least 11 months must have passed since last screening for depression
- Benefit does not require specific screening tool
 - At the clinician's discretion (No CMS specific recommendation)
 - Most commonly used instrument for depression – Patient Health Questionnaire (PHQ-9)

Coverage

- Does not include
 - Treatment options for depression or any diseases, complications or chronic conditions resulting from depression
 - Therapeutic interventions such as pharmacotherapy, combination therapy (counseling and medications)
 - Other interventions for depression
 - Self-help materials
 - Telephone calls
 - Web-based counseling

Coverage

- Must be performed in primary care setting with staff-assisted depression care supports
 - Minimum level supports – clinical staff in primary care office who can
 - Advise physician of screening results
 - Facilitate and coordinate referrals to mental health treatment

Primary Care Setting Defined

- Covered places of service
 - Office – 11
 - Off Campus- outpatient hospital – 19
 - Outpatient hospital – 22
 - Independent clinic – 49
 - State or local public health clinic – 71
- Also covered as Medicare telehealth service
- Not covered
 - Ambulatory surgical center
 - Emergency department
 - Hospice
 - Independent diagnostic testing facility
 - Inpatient hospital
 - Inpatient rehabilitation facility
 - Skilled nursing facility

Coding

- Procedure code
 - G0444: Annual depression screening, 15 minutes
 - Only one unit is payable per benefit period (11 full months must pass since last screening)
- Diagnosis code
 - No specific diagnosis code required when billing for this benefit
- Cannot be billed on same day as IPPE or first AWW
 - Can be billed with subsequent AWW

Documentation Requirements

- Medical records must document all coverage requirements
 - What risk factor(s) is the patient exhibiting?
 - Describe the type of loss if any, they are experiencing i.e. job status/financial difficulty, death of friends and loved ones, etc.
 - Be certain to include the tool used and the findings
 - Record the time spent for the screening (includes patient taking the assessment)

Cost Sharing and Payment

- Neither coinsurance nor Medicare Part B deductible applied to this benefit
- Service paid under MPFS
 - Nonparticipating provider reduction and limiting charge provisions apply

Common Claim Errors

- Patient received more than one screening for depression in last 12 months
 - RARC N362 – “The number of days or units of service exceeds our acceptable maximum.”
- Patient received screening for depression outside of primary care setting
 - RARC N428 – “Not covered when performed in this place of service.”
- Patient received screening for depression on same day as IPPE or first AWW

Resources

- [CMS IOM Publication 100-03, *Medicare National Coverage Determinations Manual*, Chapter 1, Part 4, Section 210.9](#)
- [CMS IOM Publication 100-04, *Medicare Claims Processing Manual*, Chapter 18, Section 190](#)

Resources

- MLN Educational Tool: [Medicare Preventive Services](#)
- [Medicare Preventive Services General Information](#)

Resources

- MLN Matters® [MM7641 Revised: Intensive Behavioral Therapy \(IBT\) for Obesity](#)
- [CMS IOM Publication 100-04, Medicare Claims Processing Manual, Chapter 18, Section 200](#)

Resources

- MLN Matters® [MM8874: Preventive and Screening Services – Update - Intensive Behavioral Therapy for Obesity, Screening Digital Tomosynthesis Mammography, and Anesthesia Associated with Screening Colonoscopy](#)

Resources

- MLN Matters® [MM7637 Revised: Screening for Depression in Adults](#)
- [CMS IOM Publication 100-04, Medicare Claims Processing Manual, Chapter 18, Section 190](#)
- [CMS IOM Publication 100-03, Medicare National Coverage Determinations Manual, Chapter 1, Part 4, Section 210.9](#)

Thank You!

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

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