

# Counseling to Prevent Tobacco Use

Medicare Part B Preventive Services

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# Today's Presenters

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# Objectives

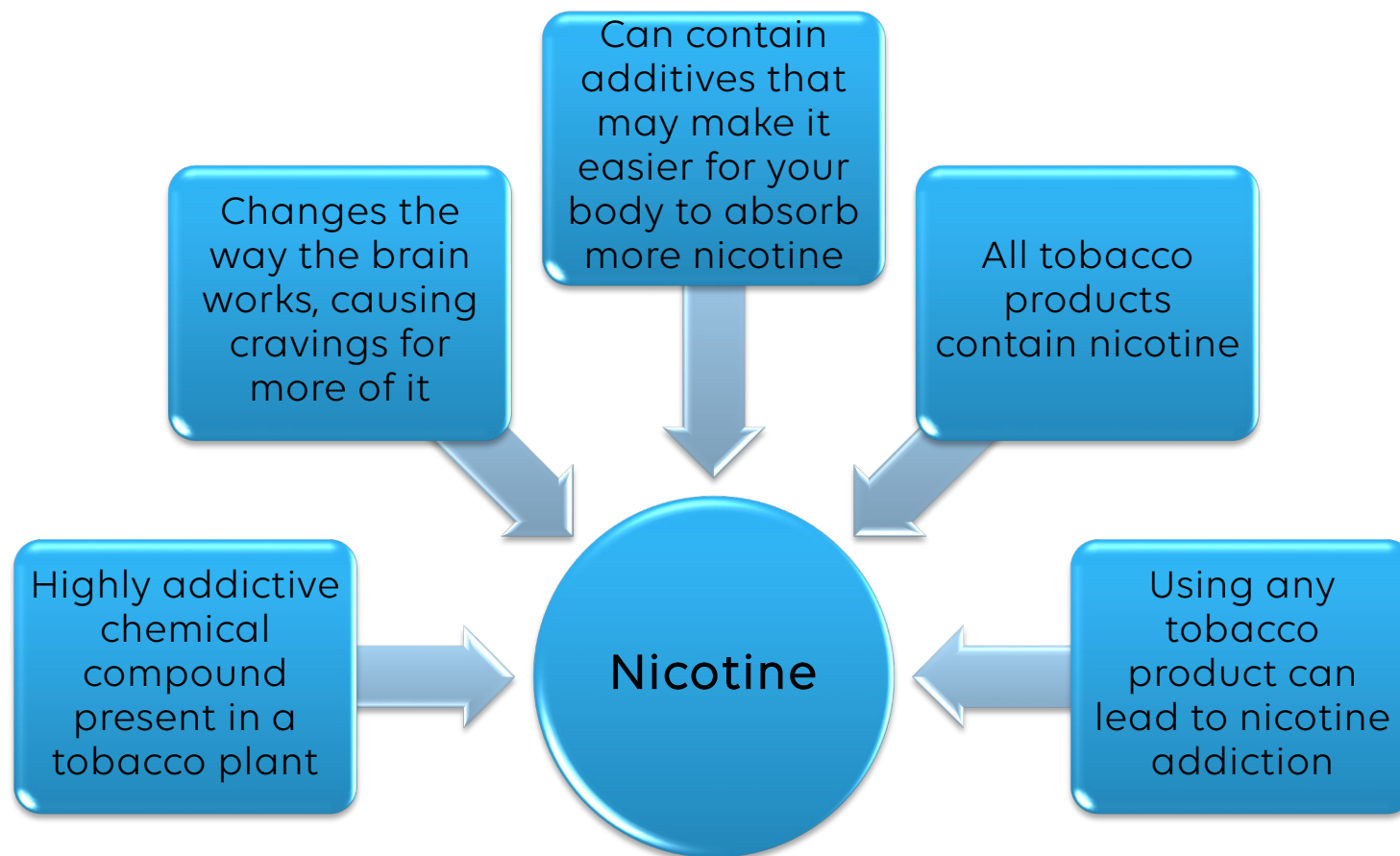
- After this session, attendees will be able to
  - Give examples of the types of tobacco/nicotine
  - Recognize when to offer counseling for tobacco cessation
  - Demonstrate an understanding of the health effects related to tobacco use
  - Apply knowledge of Medicare coverage guidelines for tobacco cessation
  - Identify Federal and State tobacco cessation resources

# Agenda

- Types of tobacco/nicotine
- Tobacco facts and statistics
- Health effects
- Medicare counseling coverage
- Documentation
- Resources

# Tobacco and Nicotine

# What Is Nicotine?





# How Is Nicotine Used?

## SOME PRODUCTS THAT YOU SMOKE OR INHALE:



**CIGARETTES**



**CIGARS**



**VAPING DEVICES**



**HOOKAHS**

## SMOKELESS PRODUCTS:



**CHEWING TOBACCO**



**SNUFF**

*Ground tobacco that can be sniffed or put between your cheek and gums*



**DIP**

*Wet snuff that is chewed*



**SNUS**

*Small pouch of wet snuff*

# Tobacco Use Facts

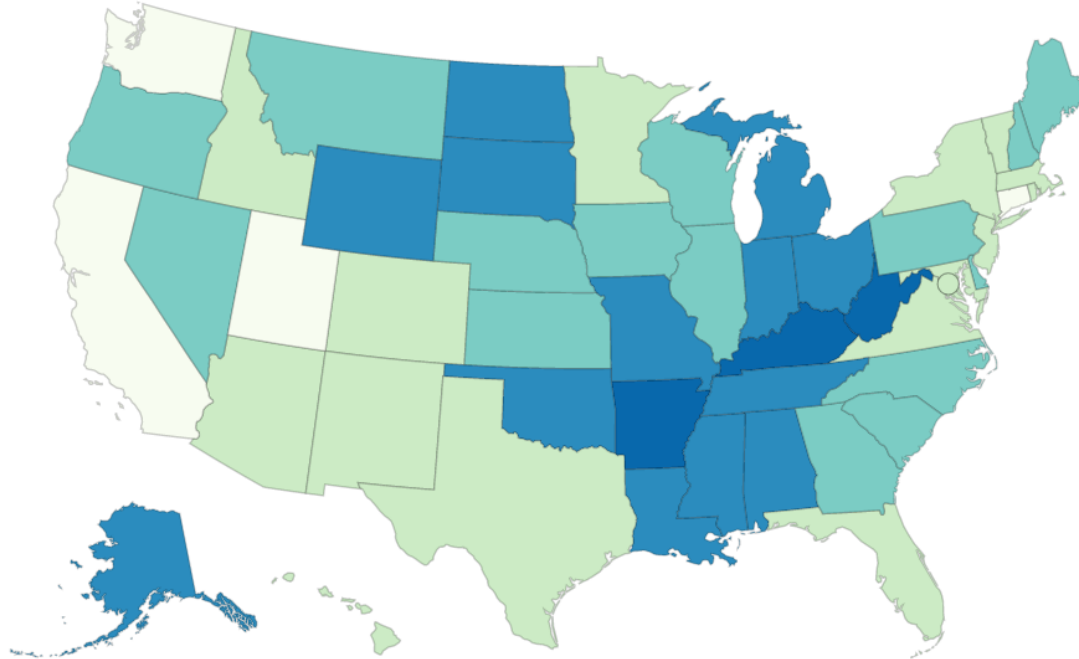
- Leading cause of preventable morbidity and mortality in the U.S.
- Major contributor to the nation's increasing medical costs
- More than 45 million U.S. adults continue to smoke
- Approximately 1,200 die prematurely each day from tobacco-related diseases
- 4.5 million adults over 65 years of age smoke cigarettes
- Older smokers who quit can reduce their risk of death from coronary heart disease, chronic obstructive lung disease and lung cancer, as well as decrease their risk of osteoporosis
- Seven out of ten smokers want to quit smoking

# U.S. Adult Smoking Cessation Behaviors

- Four out of every nine adult cigarette smokers who saw a health professional during the past year did not receive advice to quit
- In 2015, 57.2% of adult smokers (18.8 million) who had seen a health professional in the past year reported receiving advice to quit
- Even brief advice to quit (<3 minutes) from a physician improves cessation rates and is highly cost-effective

# Centers for Disease Control and Prevention

Current Cigarette Use Among Adults (Behavior Risk Factor Surveillance System) 2018



Territories **GU** PR



## Current Cigarette Use by Adults

9% - < 12.24%

12.24% - < 15.48%

15.48% - < 18.72%

18.72% - < 21.96%

21.96% - 25.2%

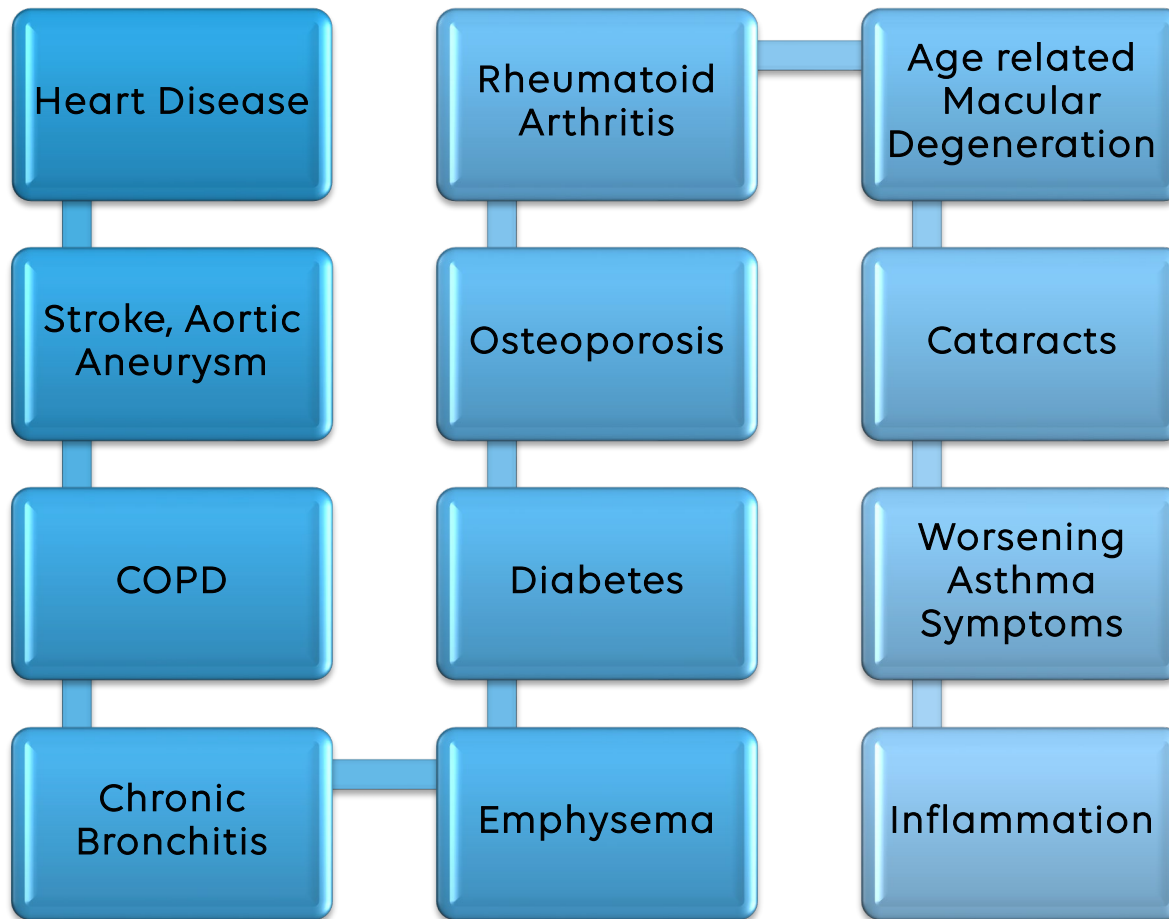
# Tobacco Populations

- Smoking disproportionately affects those most in need
  - Poor
  - Homeless
  - Racial minorities
  - LGBT persons
  - Mental illness
  - Substance use disorders

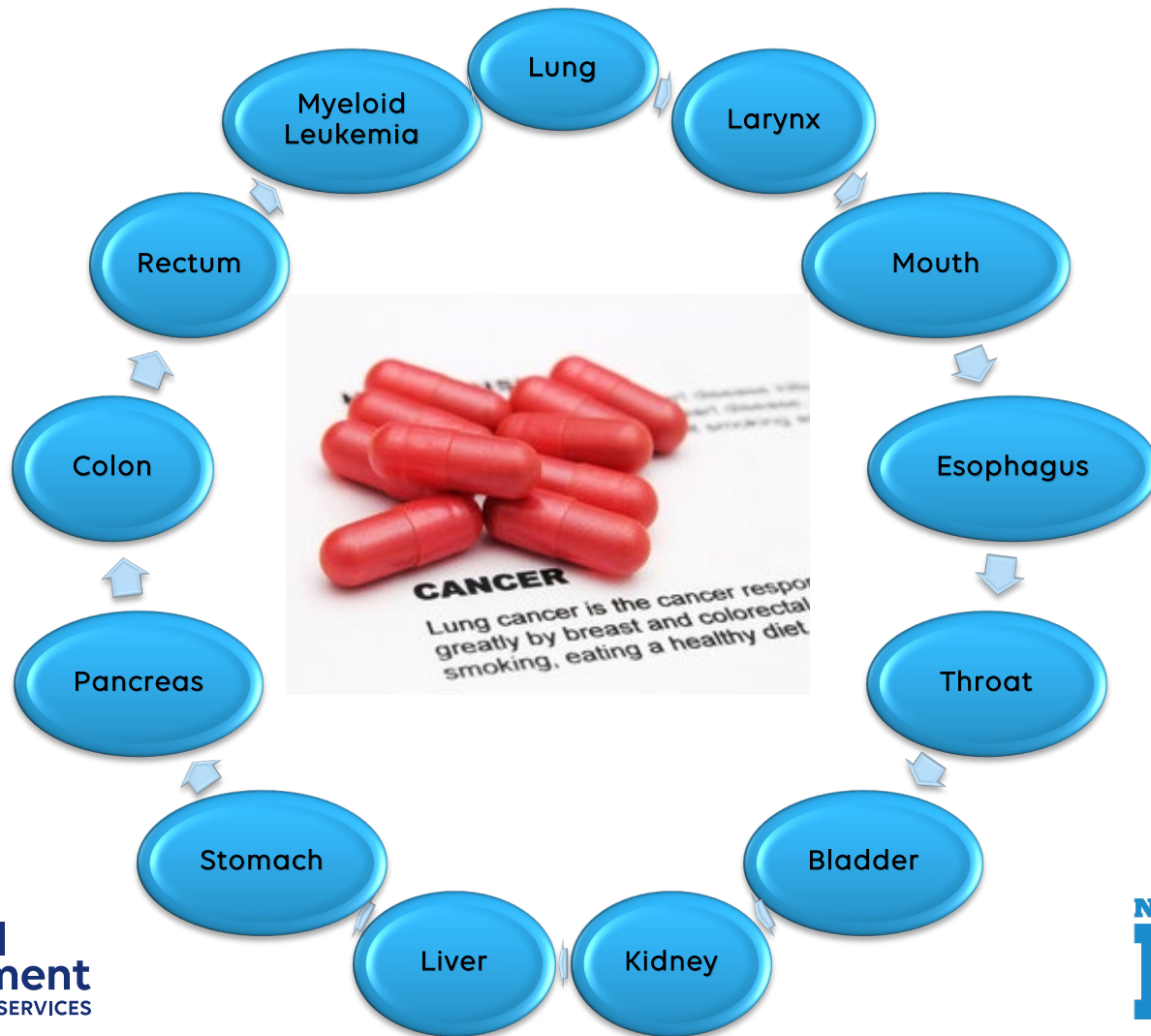


# Tobacco and Health Effects

# Health Effects



# Tobacco Use And Cancer





# Health Benefits of Quitting

Time After Quitting	Health Benefits
Minutes	Heart rate drops
24 Hours	Nicotine level in blood drops to zero
Several days	Carbon monoxide levels in blood drop
1-12 Months	Coughing and shortness of breath decrease
1-2 Years	Risk of heart attack drops sharply
3-6 Years	Added risk of coronary heart disease drops by half
5-10 Years	Added risks of cancers of mouth, throat and voice box drops by half, risk of stroke decreases
10 Years	Risk of lung cancer drops by half; risks of bladder, esophagus and kidney cancer decreases
15 Years	Risk of coronary heart disease drops
20 Years	Risk of cancer of mouth, throat, voice box, pancreatic, and cervical cancer drops to that of someone who doesn't smoke

# Counseling To Prevent Tobacco Use

# Coverage

- Medicare will cover tobacco cessation counseling for outpatient and hospitalized Medicare beneficiaries
  - Who use tobacco, regardless of whether they have signs or symptoms of tobacco-related disease
  - Who are competent and alert at the time that counseling is provided and
  - Whose counseling is furnished by a qualified physician or other Medicare-recognized practitioner

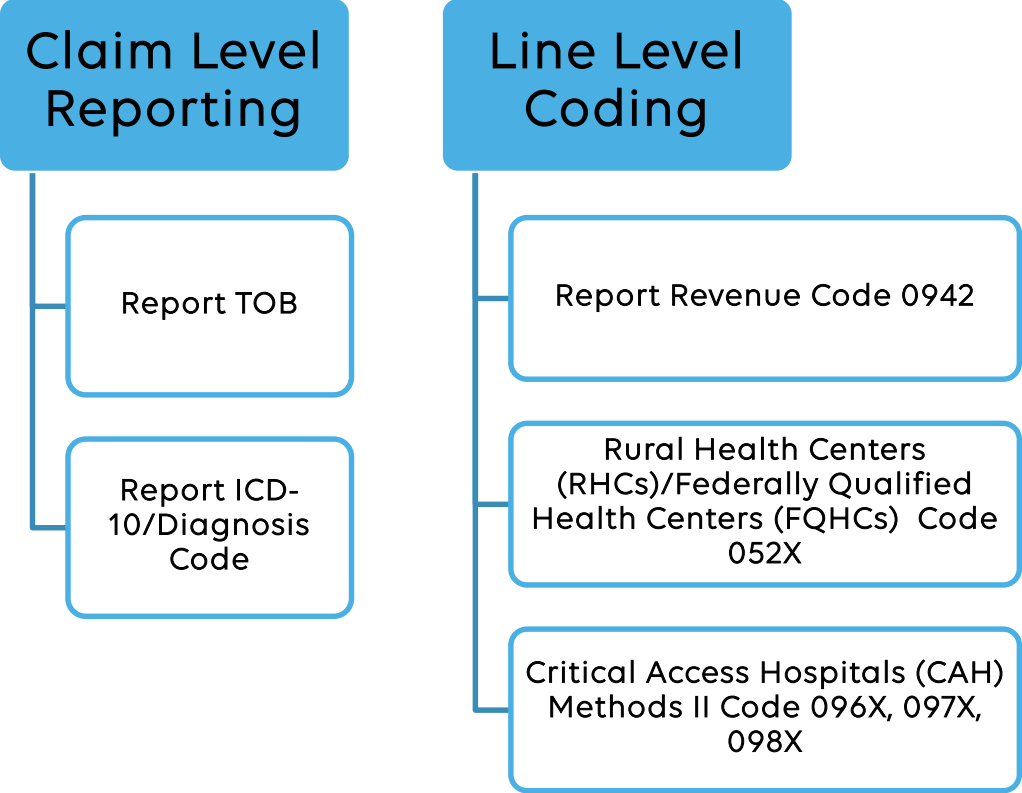
# Applicable Provider Types

- Physician
- Physician assistant
- Nurse practitioner
- Clinical nurse specialist
- Clinical psychologist
- LCSW
- ❖ *When these services are provided by a clinical nurse specialist in the RHC/FQHC setting, they are considered "incident to" and do not constitute a billable visit.*

# Frequency

- Counseling to prevent tobacco use
  - Two individual tobacco cessation counseling attempts per year
    - Each attempt may include a maximum of four intermediate or intensive sessions, with a total benefit covering up to eight sessions per year
      - Intermediate: greater than three minutes up to ten minutes
      - Intensive: greater than ten minutes
- Coinsurance and deductible are waived

# Billing Requirements



- Report Appropriate HCPCS: 99406/99407

# Type of Bill

Facility Type	TOB
Hospital Inpatient	12X
Hospital Outpatient	13X
SNF Ancillary	22X
SNF Outpatient	23X
CAH	85X
RHC (additional billing instructions on slide 25)	71X
FQHC (additional billing instructions on slide 26)	77X

# Billing HCPCS and ICD-10 Codes

## ■ Codes

- 99406: Smoking and tobacco-use cessation counseling visit; intermediate, greater than three minutes up to ten minutes
- 99407: Smoking and tobacco cessation counseling visit; intensive, greater than ten minutes
- ICD-10: F17.210, F17.211, F17.213, F17.218, F17.219, F17.220, F17.221, F17.223, F17.228, F17.229, F17.290, F17.291, F17.293, F17.298, F17.299, T65.211A, T65.212A, T65.213A, T65.214A, T65.221A, T65.222A, T65.223A, T65.224A, T65.291A, T65.292A, T65.293A, T65.294A, and Z87.891
- [Medicare Coverage – General Information ICD-10](#)
  - for individual CRs and coding translations for ICD-10



# Additional Billing Instructions for RHC

- Tobacco-use cessation counseling services qualify as stand-alone billable encounters
  - Report claim line
    - Billable encounter revenue code 052X; CPT code 99406 or 99407; actual charges
- If provided on same date of service as other billable encounter, report as incident-to service

# Additional Billing Instructions for FQHC

- Tobacco-use cessation counseling services qualify as stand-alone billable encounters
  - Report payment code line
    - Billable encounter revenue code 052X; payment code G0467; facilities payment code charges
    - Report payment code line
  - Report qualifying visit HCPCS line
    - Billable encounter revenue code 052X; CPT code 99406 or 99407; actual charges
- If provided on same date of service as other billable encounter, report as incident-to service

# Method of Payment

Facility Type	Method of Payment
Hospital	OPPS/MPFS
SNF	MPFS
RHC	AIR
FQHC	PPS
CAH Method I	101% reasonable cost for TC
CAH Method II	101% reasonable cost for TC, plus 115% MPFSDB for PC

# Other Medicare Coverage

- Medicare Part D - Prescription Drug Coverage
  - Plans should cover: NRT Inhaler, NRT Nasal Spray, Bupropion/ Zyban, Varenicline (Chantix)
  - Over-the-counter medications are excluded from coverage by law
  - Cost sharing is allowed; overall limits by set annually by the CMS
  - Barrier can exist; no regulation limit barriers to treatment

# Documentation

# What To Ask

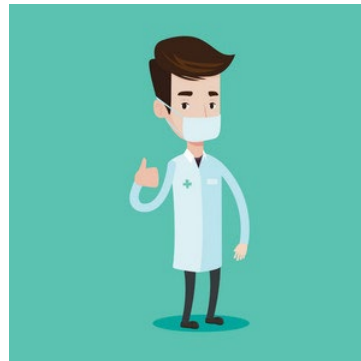


# Documentation

- ✓ Type or method of tobacco use (cigarettes, pipe, chewing tobacco, etc.)
- ✓ Amount of use (i.e., asking if the use qualifies as dependence)
- ✓ Impact (personal considering comorbidities)
- ✓ Impact (family, friends, health, social, financial, etc.)
- ✓ Methods and skills for cessation
- ✓ Resources available
- ✓ Willingness to attempt to quit
- ✓ If the patient is willing to attempt to quit, agreement on plan of approach
- ✓ Implementation date
- ✓ Method of follow-up
- ✓ Documentation of exact time spent in face-to-face counseling with the patient

# Documentation

- Example
  - “We spent 15 minutes today discussing the patient’s current one-pack per day cigarette dependence; the effects of smoking on her diabetes and family (secondhand smoke); and a counseling plan for quitting. After discussing pharmacotherapy options, the patient elected to begin starter-pack Chantix and use the gradual quit approach.”





# Documentation

- Don't use
  - "I spent 11 minutes counseling the patient on tobacco use."



# CMS Resources

- CMS [Preventive Services](#) web page
  - Provider Resources
    - References
    - Educational Tools
    - Booklets and Posters
    - MLN Matters® Articles and Fact Sheets
    - Other Government Websites
  - Announcements

# CMS Internet-Only Manuals

- [CMS Manuals](#)
  - Regulations and Guidance > Manuals > [Internet-Only Manuals \(IOMs\)](#)
- [CMS IOM Publication 100-04, Medicare Claims Processing Manual, Chapter 32, Section 12](#)
- [CMS IOM Publication 100-03, Medicare National Coverage Determinations Manual, Part 4, Section 210.4.1](#)
- [CMS IOM Publication 100-04, Medicare Claims Processing Manual, Chapter 9 - Rural Health Clinics/Federally Qualified Health Centers](#)
- MLN<sup>®</sup> Educational Tool [Medicare Preventive Services Quick Reference Guide](#)

# Tobacco Cessation Program Resources

- [CDC information on smoking and tobacco use](#)
- [NCI's tobacco and cancer information resources](#)
- [Smokefree.gov](#)
- [Million Hearts](#)
- [American Lung Association – Stay Away from Tobacco](#)
- [American Cancer Society – Great American Smokeout](#)

# National Government Services Website Resources

## Accessing Webinar Materials/Presentations

Available on [our website](#)

- Select your provider type and applicable state, click on enter
- From the drop down menu, click on **Education** for manuals, job aids and to access Medicare University
- From the drop down menu, click **Events** to view and register for upcoming webinars

## Materials from prior webinars are available on our website

- Click on **Events** from the drop down, scroll towards the bottom of the page for past events

# Thank You!

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

