

Counseling to Prevent Tobacco Use

Medicare Part B Preventive Services

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Today's Presenters

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Objectives

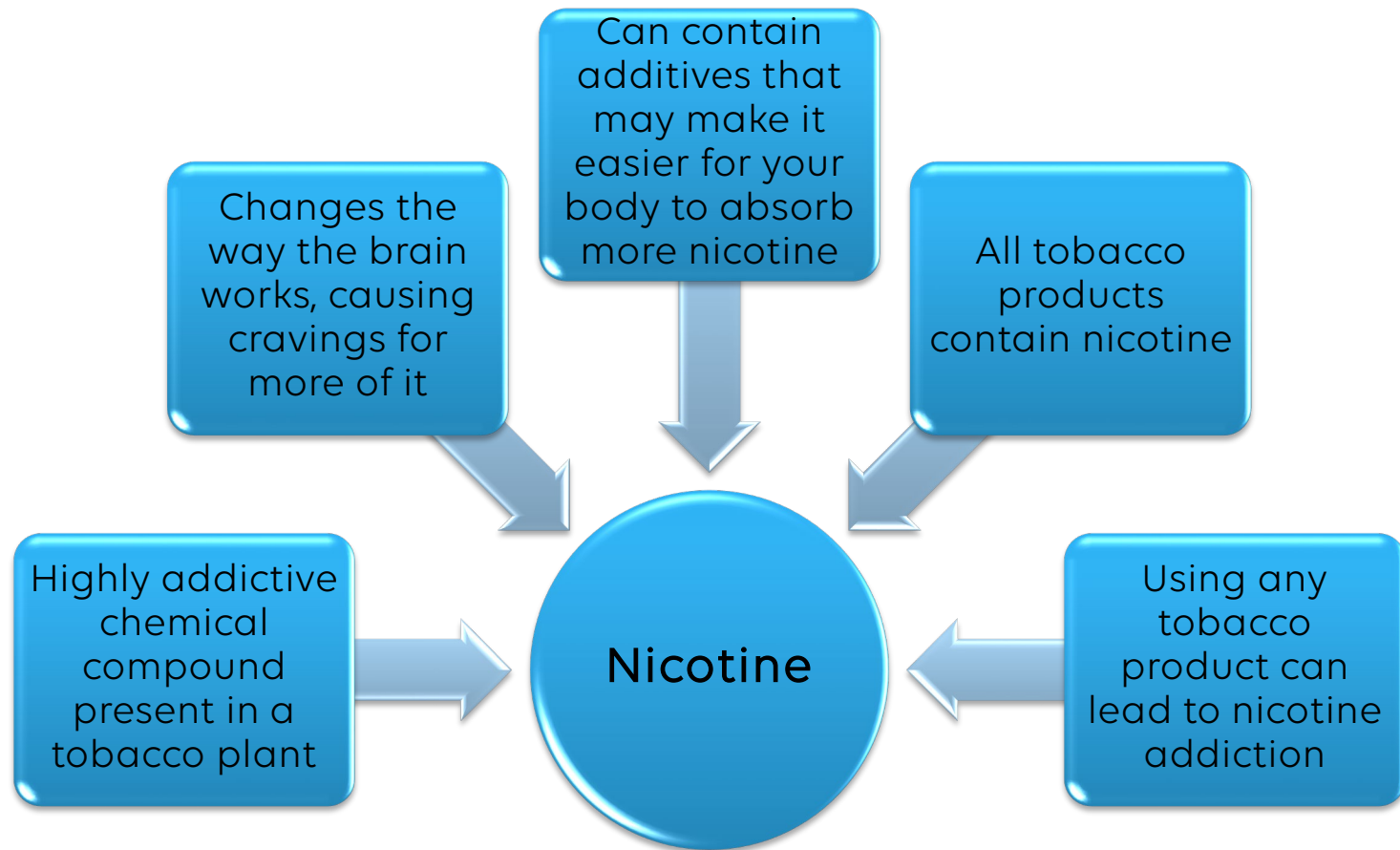
- After this session, attendees will be able to
 - Give examples of the types of tobacco/nicotine
 - Recognize when to offer counseling for tobacco cessation
 - Demonstrate an understanding of the health effects related to tobacco use
 - Apply knowledge of Medicare coverage guidelines for tobacco cessation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

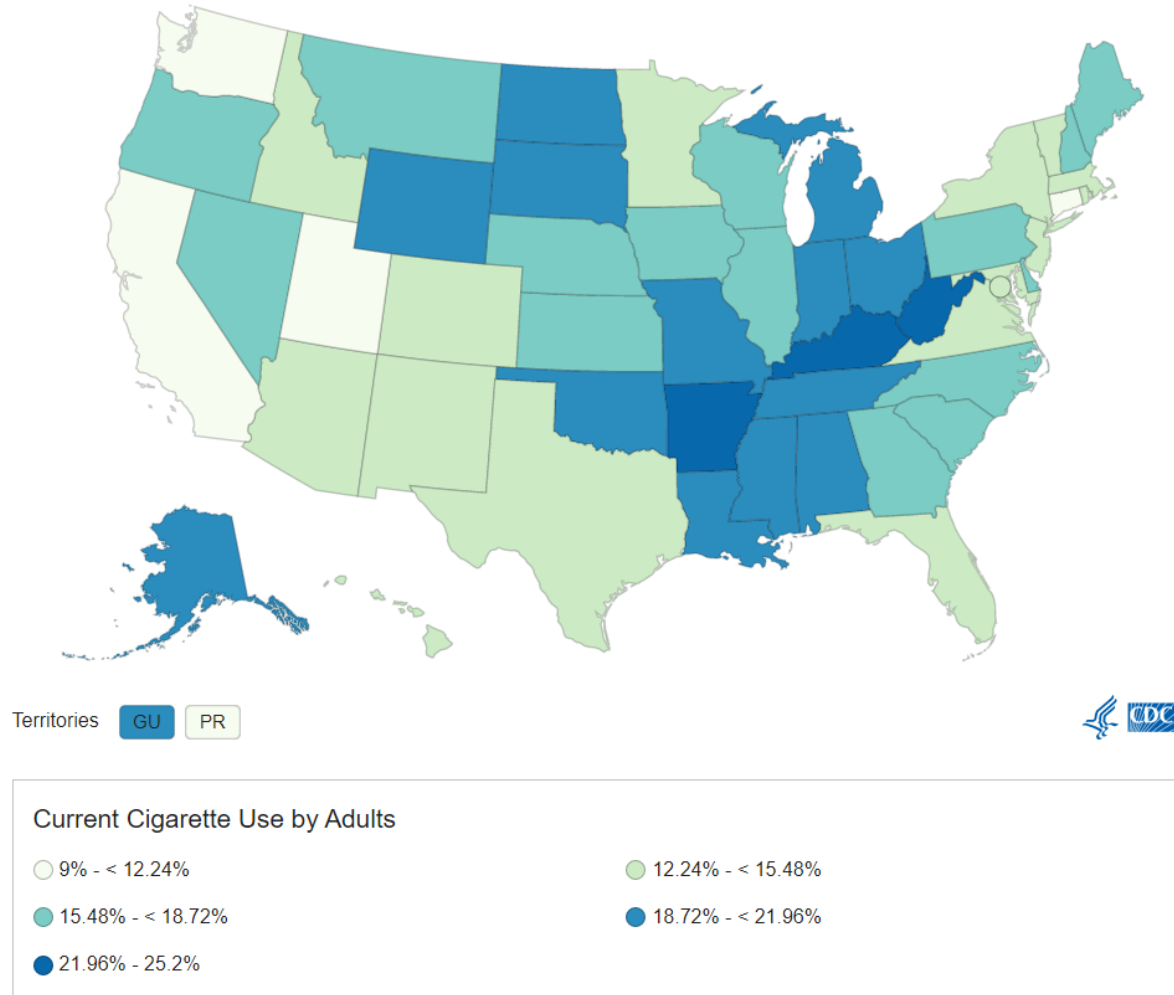
- Leading cause of preventable morbidity and mortality in the U.S.
- Major contributor to the nation's increasing medical costs
- More than 45 million U.S. adults continue to smoke
- Approximately 1,200 die prematurely each day from tobacco-related diseases
- 4.5 million adults over 65 years of age smoke 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



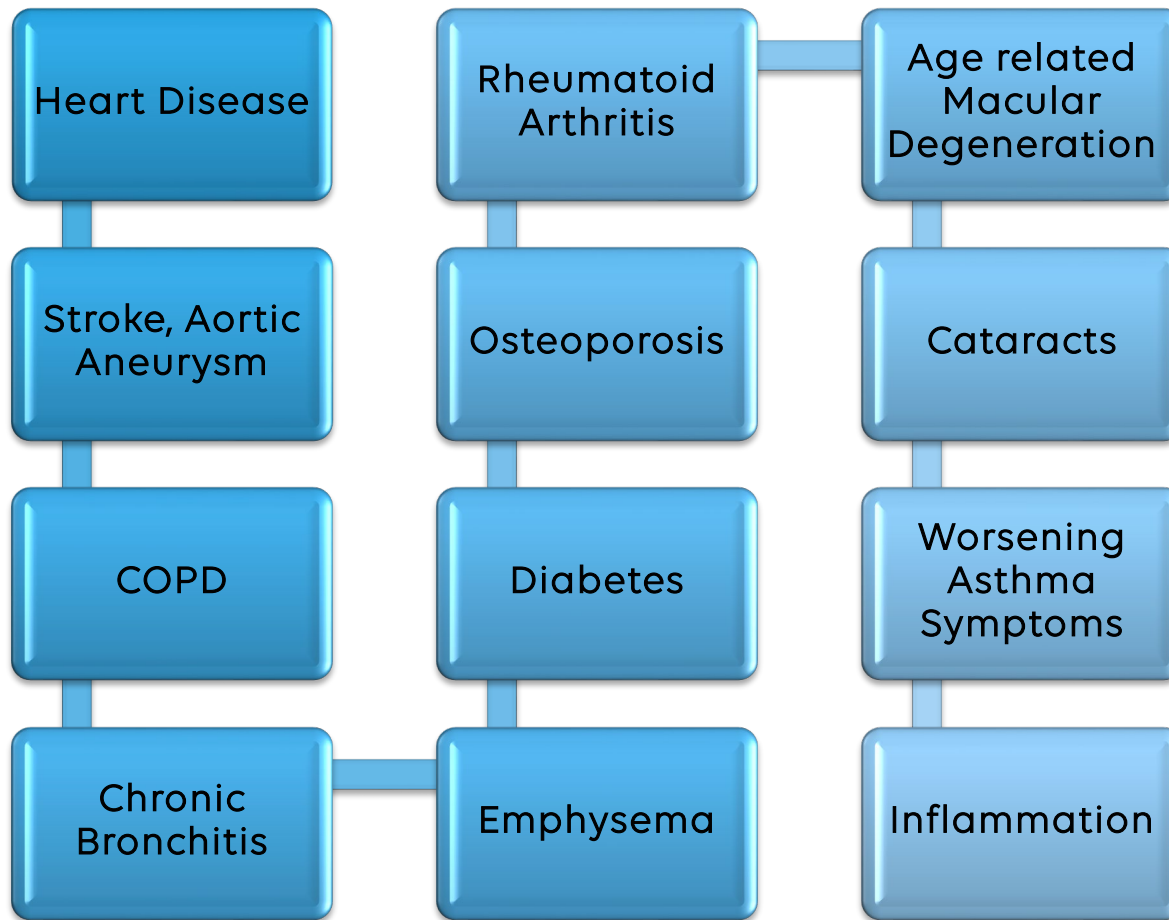
Tobacco Populations

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

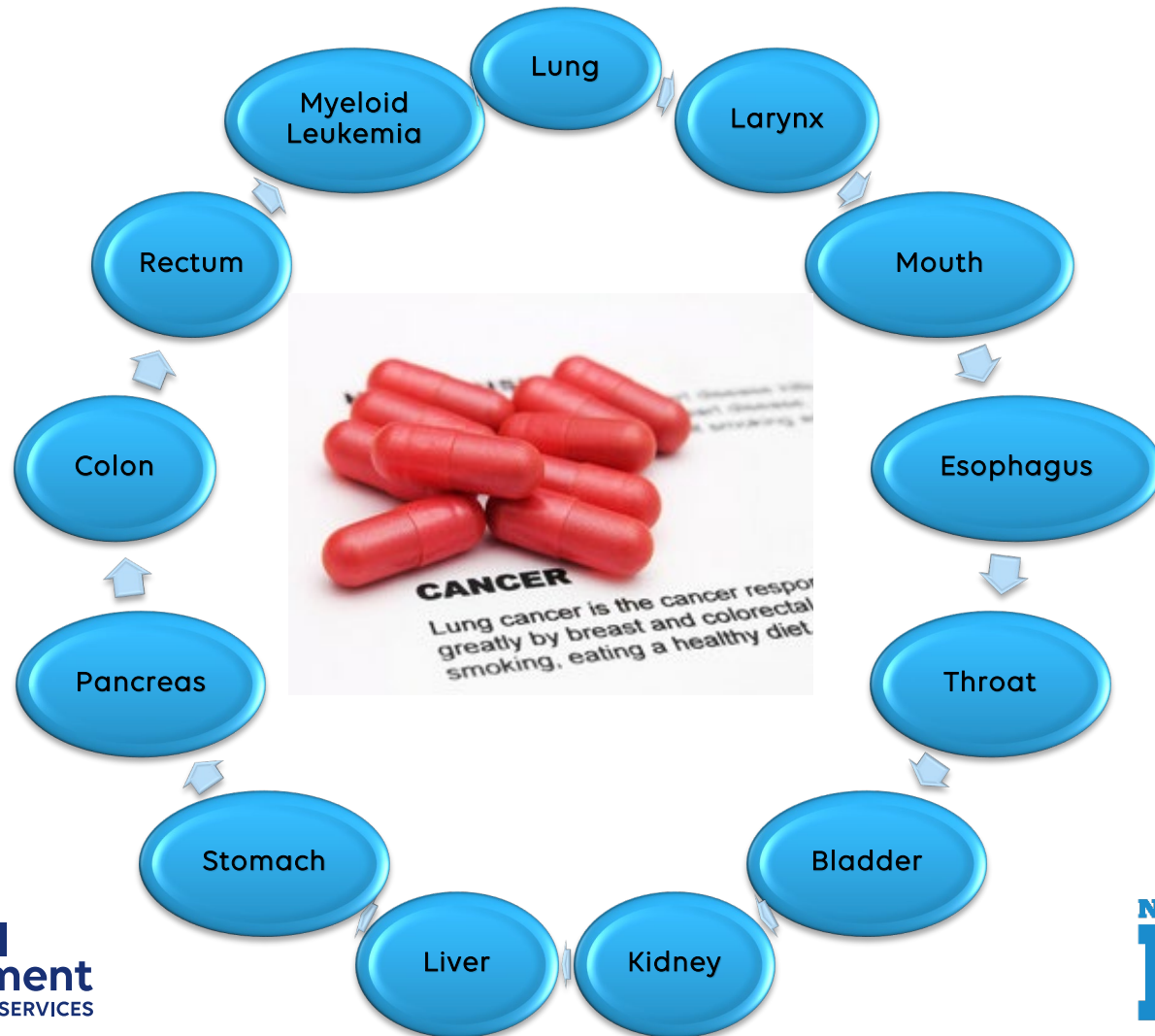


Tobacco and Health Effects

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

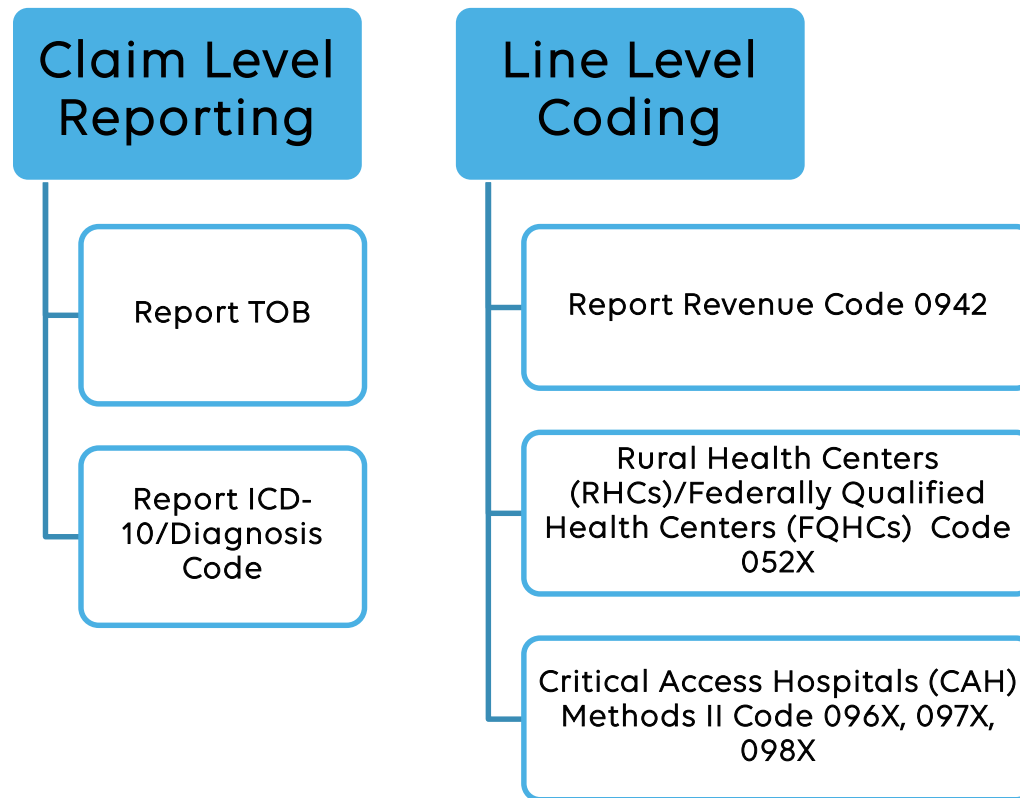
Applicable Provider Types

- 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

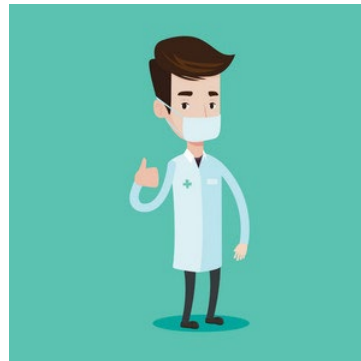


Documentation

- ✓ 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[®] 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?

