

Telehealth and Tobacco Counseling

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Objective

During this session, we'll focus on utilization of telehealth services when providing tobacco cessation counseling as well as Medicare coverage, coding, billing and documentation guidelines.



Agenda

Tobacco Facts and Statistics

Telehealth Benefits

Medicare Coverage

Intervention and Documentation

Resources

Tobacco Facts and Statistics

Tobacco Use Facts

- Leading cause of preventable morbidity and mortality in the U.S.
- Major contributor to the nation's increasing medical costs
- Estimated 30.8 million adults in the United States currently smoke cigarettes
- 14.1% of men, 11% of women
- Smoking costs the United States hundreds of billions of dollars each year
- More than 16 million Americans live with a smoking-related disease
- 4.5 million adults over 65 years of age smoke cigarettes
- Older smokers who quit can reduce their risk of death from major heart and lung diseases, and decrease their risk of osteoporosis
- Seven out of ten smokers want to quit smoking

Tobacco and Population Groups

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

Medicare Tobacco Counseling Telehealth Guidelines

Telehealth Benefits

- Telehealth helps improve access to healthcare for various populations, including communities that lack providers and patients with limited time or mobility
- Telehealth
 - Has the potential to reduce costs and improve the quality of care
 - Offers a mechanism to provide better follow up and a support for ongoing monitoring and adherence to tobacco cessation
 - Can help patients feel better supported by their health care provider as they attempt to quit smoking
 - Has the potential to provide another avenue for persons who use tobacco to access evidence-based cessation support
 - Allows tobacco counseling services to be billed on the same day as an E/M service

PHE Telehealth Coverage

- Any Medicare patient can access telehealth services
 - Previously, only patients living in rural areas or areas designated as a provider shortage area could access telehealth services
- Medicare patients can access telehealth from their homes (also known as originating site requirements)
 - Previously, patients could only access telehealth from a provider office
- Tobacco cessation counseling (HCPCS codes: 99406 and 99407) can be conducted via audio-only interaction
 - Previously, all telehealth encounters, including tobacco cessation counseling, had to have both an audio and visual component
- For details, see the [List of Telehealth Services](#)

Example Billing PHE Provisions

■ Professional Services

- HCPCS code 99406/99407
 - ✓ Applicable ICD
- POS Code – equal to what it would have been had the service been provided in-person
- Modifier 95 – indicating that you provided the service via telehealth (professional telehealth service from a distant site)
 - Continue to bill modifier 95 through the latter of the end of the year in which the PHE ends or CY2023

Rural Providers

- RHC/FQHC
 - Practitioners can provide distant site telehealth services - approved by Medicare as a distant site telehealth service under the physician fee schedule – from any location, including their home
 - ✓ For preventive services provided via telehealth that have cost sharing waived, RHCs must report G205 on claims with the CG and CS modifiers, and FQHCs must report G205 with the CS modifier on or after 1/2/2020–12/31/2024
- CAH: Critical access hospital method II claims should continue to bill with modifier GT

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
 - 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 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

Tobacco Counseling Telehealth Documentation

Documentation Requirements

- With telehealth services there are some required details that must be in the documentation
 - Statement that the service was provided using telemedicine
 - The location of the patient
 - The location of the provider
 - State if the service was audio only (at the patients request)
 - Name of all person(s) participating in the telemedicine service and their role in the encounter
 - Document start/stop time or total time for 99406/99407

Documentation Tips

- 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 counseling with the patient

Documentation

■ Example

- Today's (date) visit was completed virtually using audio/video modalities. The patient was at home, and I was at my office location. No additional parties were present for the visit and patient consent for the virtual care (audio-only) visit was received.
- "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. A goal was set to be smoke free within the next six weeks. I will follow up in one week to check progress."

Documentation

- Insufficient documentation
 - “I spent 11 minutes counseling the patient on tobacco use.”
 - “I counseled the patient on quitting, but he/she wasn’t ready to quit at this time.”

Resources

Telehealth Resources

- [Telehealth.HHS.gov](https://telehealth.hhs.gov)
- CMS [List of Telehealth Services](#)
- [Telehealth policy changes after the COVID-19 public health emergency](#)
- [Billing for telehealth](#)

CMS Internet-Only Manuals

- [CMS IOM Publication 100-04, Medicare Claims Processing Manual, Chapter 12, Section 190](#)
- [CMS IOM Publication 100-02, Medicare Benefit Policy Manual, Chapter 15](#)

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
- NGS Medicare Topics – Tobacco Cessation
 - [Tobacco Cessation Telehealth Guide](#)
 - [Telehealth Services](#)

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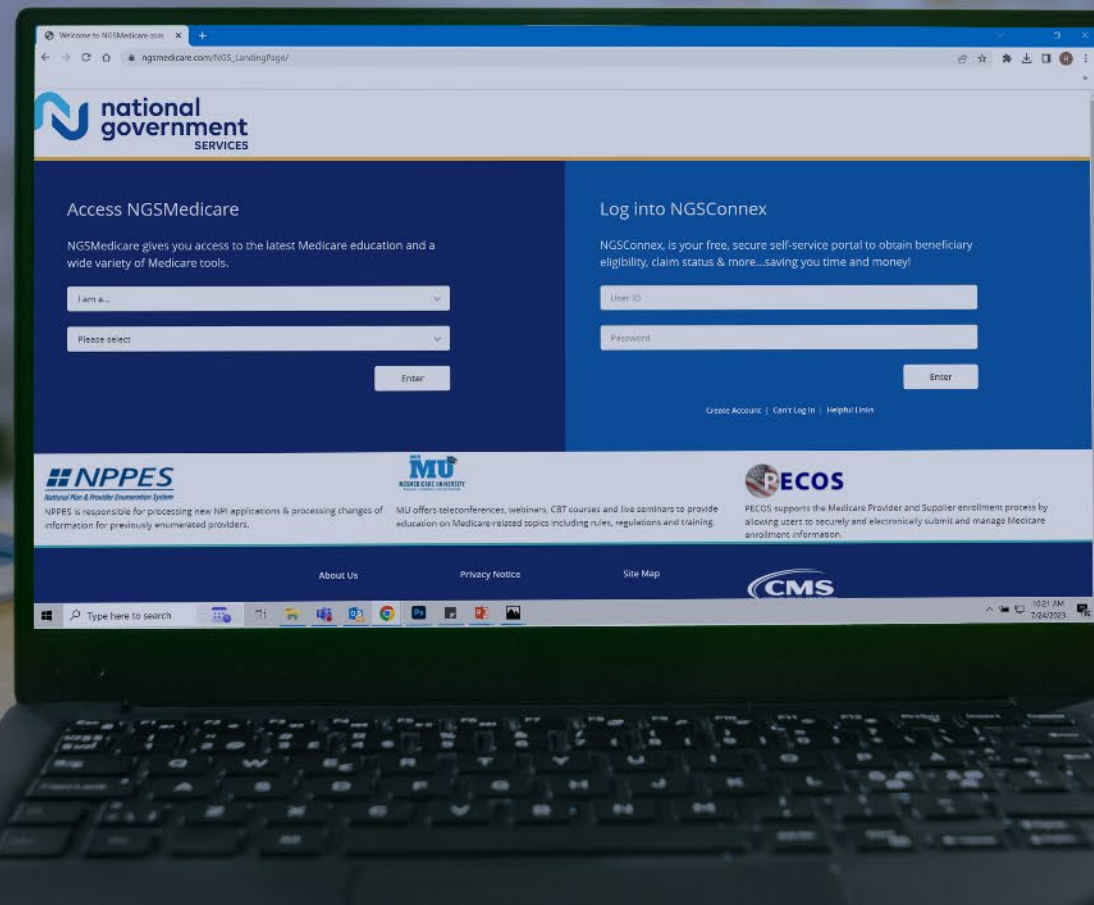


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