

Medicare Part B Preventive Services: Intensive Behavioral Therapy for Obesity and Depression Screening

5/8/2025

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Objective

- 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

Today's Presenters

- Provider Outreach and Education Consultants
 - Gail Toussaint
 - Michelle Coleman, CPC





Agenda

- [Intensive Behavioral Therapy for Obesity](#)
- [Screening for Depression in Adults](#)
- [Resources](#)

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
- Agree
 - Collaboratively select appropriate treatment goals and methods based on the patient's interest in and willingness to change the behavior

5-A Framework/Approach

- 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
- 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 two–six
 - One face-to-face visit every month for months seven–twelve
 - 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	Description
Z68.30	BMI 30.0-30.9, adult
Z68.31	BMI 31.0-31.9, adult
Z68.32	BMI 32.0-32.9, adult
Z68.33	BMI 33.0-33.9, adult
Z68.34	BMI 34.0-34.9, adult
Z68.35	BMI 35.0-35.9, adult
Z68.36	BMI 36.0-36.9, adult
Z68.37	BMI 37.0-37.9, adult

ICD-10	Description
Z68.38	BMI 38.0-38.9, adult
Z68.39	BMI 39.0-39.9, adult
Z68.41	BMI 40.0-44.9, adult
Z68.42	BMI 45.0-49.9, adult
Z68.43	BMI 50.0-59.9, adult
Z68.44	BMI 60.0-69.9, adult
Z68.45	BMI 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)
 - The [American Psychological Association \(APA\) website](#) contains a list of various assessment tools

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 or via telehealth
 - Minimum level supports – clinical staff in primary care office who can
 - Advise physician of screening results
 - Facilitate and coordinate referrals to mental health treatment
- Telehealth
 - Use place of service (POS) code 10 when providing the service through telehealth and the patient is in their home
 - Use POS code 02 when providing the service through telehealth and the service is provided somewhere other than in the patient's home

Primary Care Setting Defined

- Covered places of service
 - Telehealth provided other than in patient's home - 2
 - Telehealth is used when the patient is in their private residence - 10
 - Office – 11
 - Off Campus- outpatient hospital – 19
 - Outpatient hospital – 22
 - Independent clinic – 49
 - State or local public health clinic – 71
- Not covered
 - Ambulatory surgical center
 - Emergency department
 - Hospice
 - IDTF
 - Inpatient hospital
 - Inpatient rehabilitation facility
 - Skilled nursing facility

Coding

- Procedure code
 - G0444: Annual depression screening, 5-15 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 AWV
 - Can be billed with subsequent AWV (G0439)

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

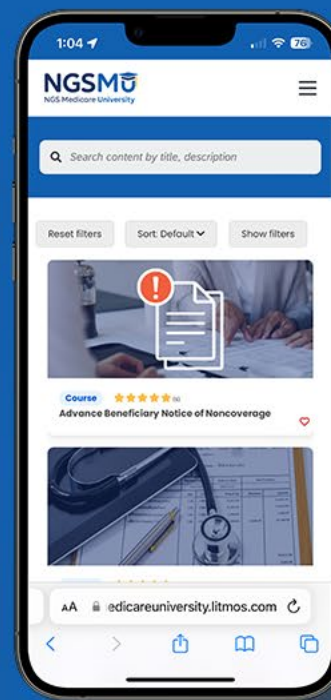
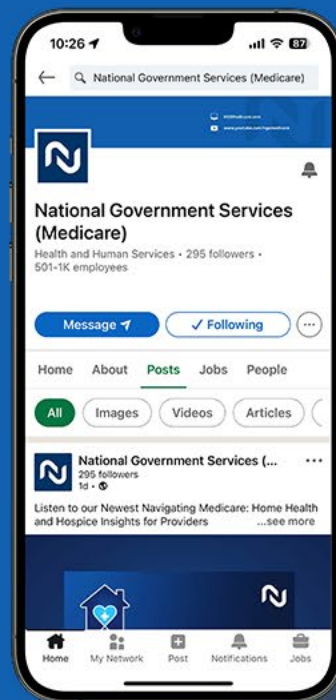
Common Claim Errors

- 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

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](#)
- [CMS IOM Publication 100-04, Medicare Claims Processing Manual, Chapter 18, Section 200](#)
- MLN® Educational Tool: [Medicare Preventive Services](#)
- [Medicare Preventive Services General Information](#)



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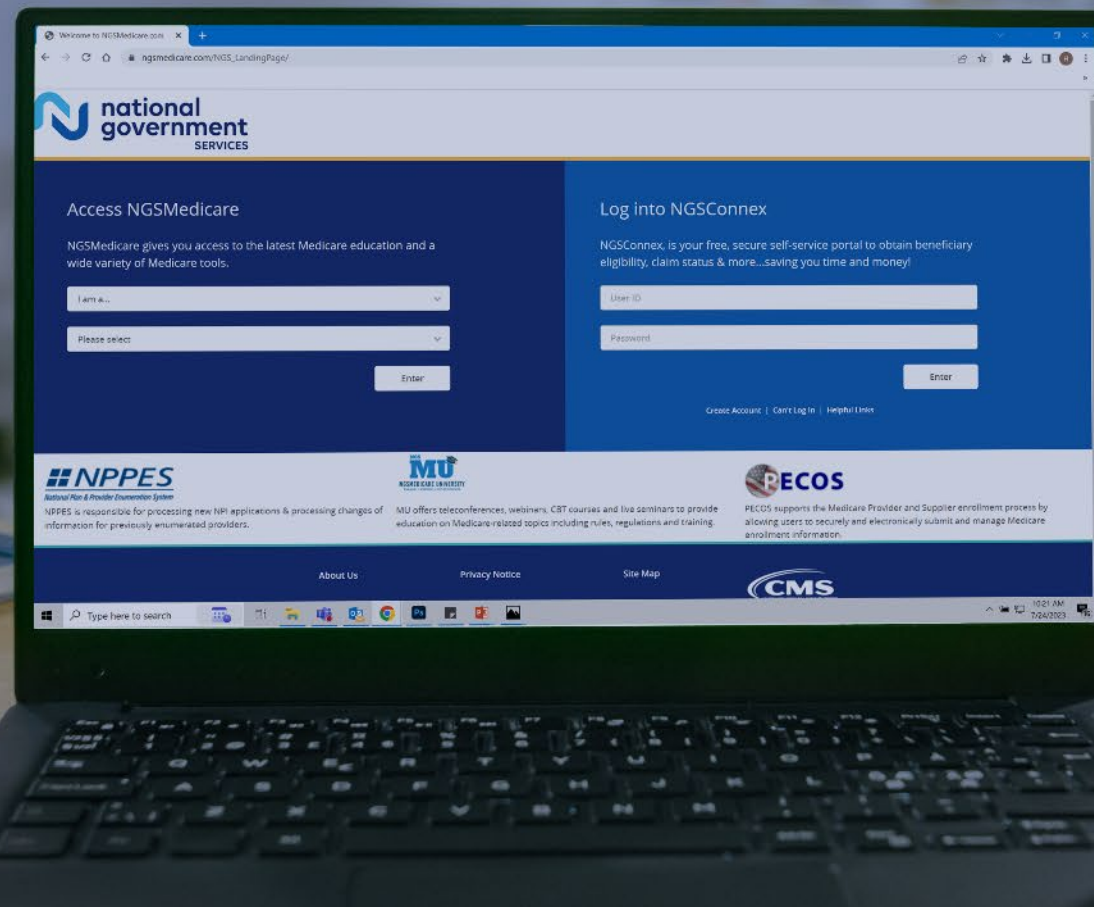


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