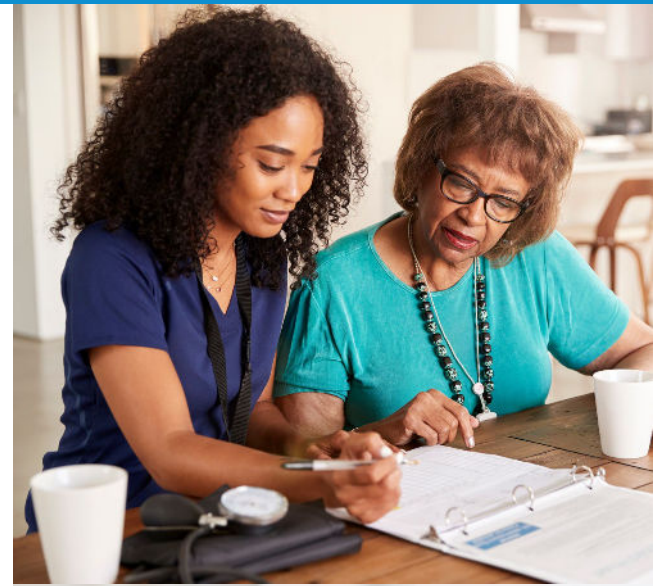


Counseling to Prevent Tobacco Use

Medicare Part B Preventive Services

October 2022





Today's Presenters

- Provider Outreach & Education Consultants
 - Mandy Collins, RN
 - Ashley Liddick

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Objectives

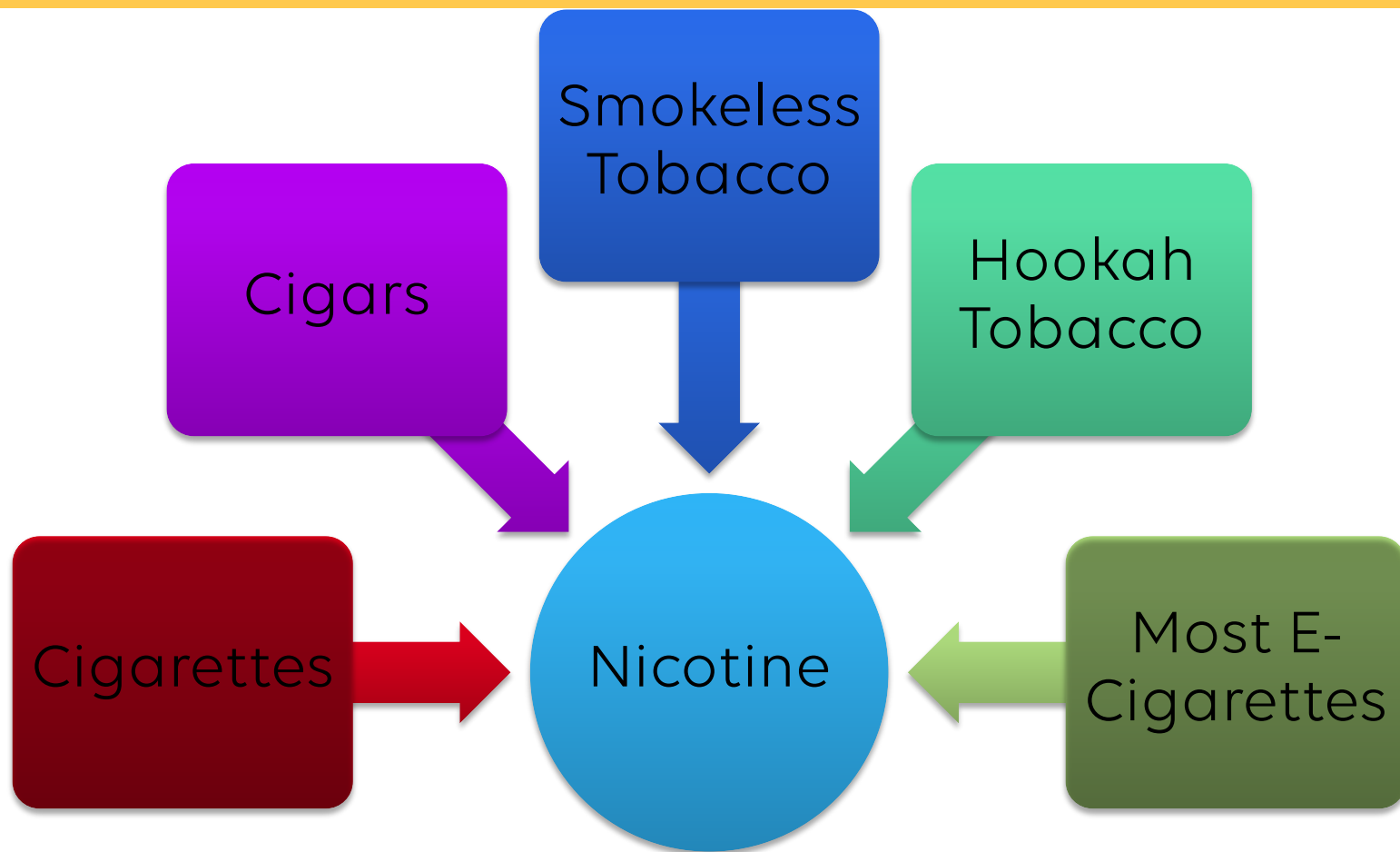
- After this session, attendees will be able to
 - Give examples of the types of tobacco/nicotine
 - Recognize when to offer counseling for tobacco cessation
 - Demonstrate an understanding of the health effects related to tobacco use
 - Apply knowledge of Medicare coverage guidelines for tobacco cessation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

Agenda

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

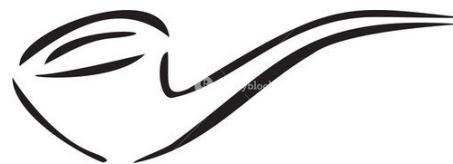
Tobacco and Nicotine

What Is Nicotine?



How Do People Use Tobacco?

- Smoke
 - cigarettes, cigars, bidis, and kreteks
- Chew
 - chewing tobacco, snuff, dip, and snus
- Electronic Cigarettes
 - e-cigarettes or e-vaporizers



Smokeless Tobacco

- Predominantly used orally (chewed, sucked, dipped, or held in the mouth)
- Insufficient attention
- Used in a variety of forms in at least 70 countries and by more than 300 million people
- Causes serious health effects and addiction

E-Cigarettes

- E-cigs, electronic nicotine delivery systems (ENDS), alternative nicotine delivery systems (ANDS), e-hookahs, mods, vape pens, vaporizers, vapes, and tank systems
 - Available in many shapes and sizes
 - Can look like cigarettes, cigars, pipes, pens, USB flash drives

*E-cigarettes do not contain tobacco, but many of them contain nicotine, which comes from tobacco. Because of this, the FDA classifies them as "tobacco products."

Tobacco Use Facts

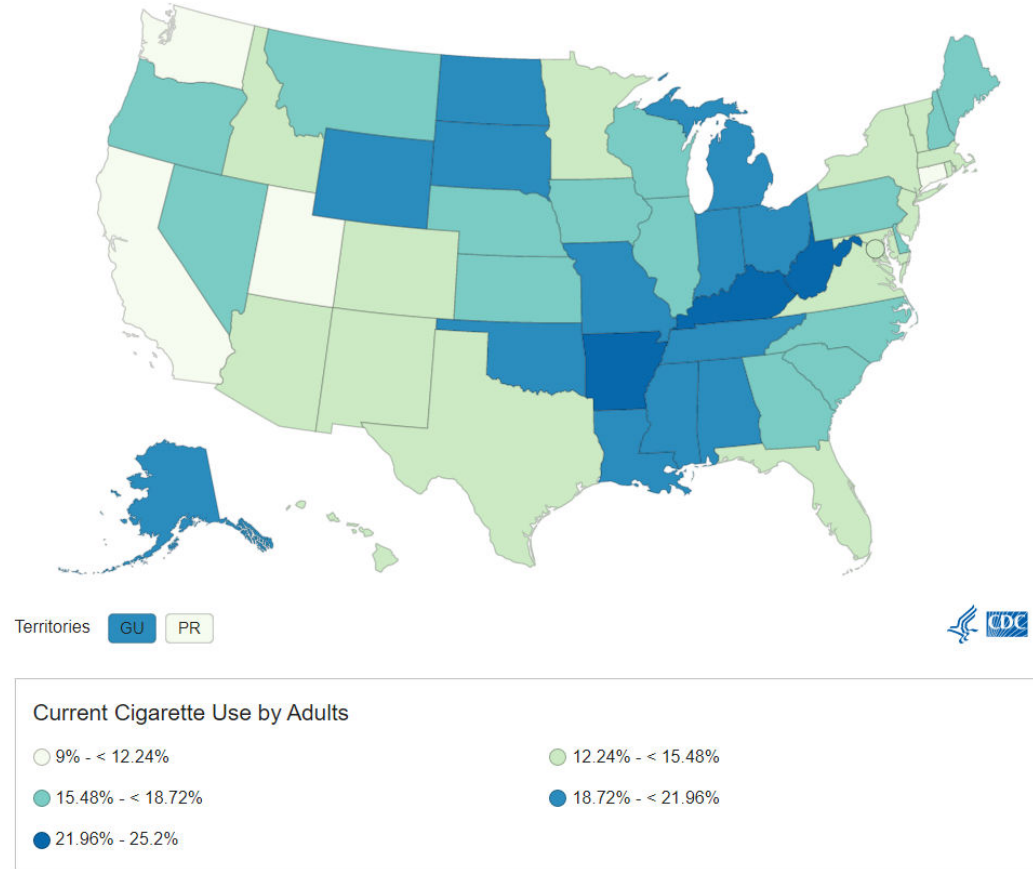
- Leading cause of preventable morbidity and mortality in the U.S.
- Major contributor to the nation's increasing medical costs
- More than 45 million U.S. adults continue to smoke
- Approximately 1,200 die prematurely each day from tobacco-related diseases
- 4.5 million adults over 65 years of age smoke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



[CDC Map of Current Cigarette Use Among Adults](#)

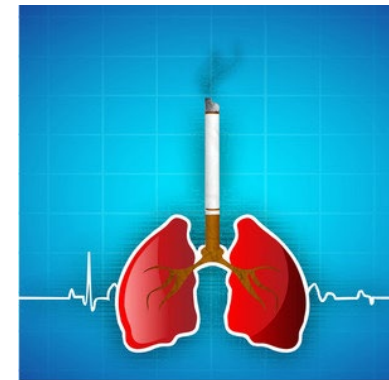
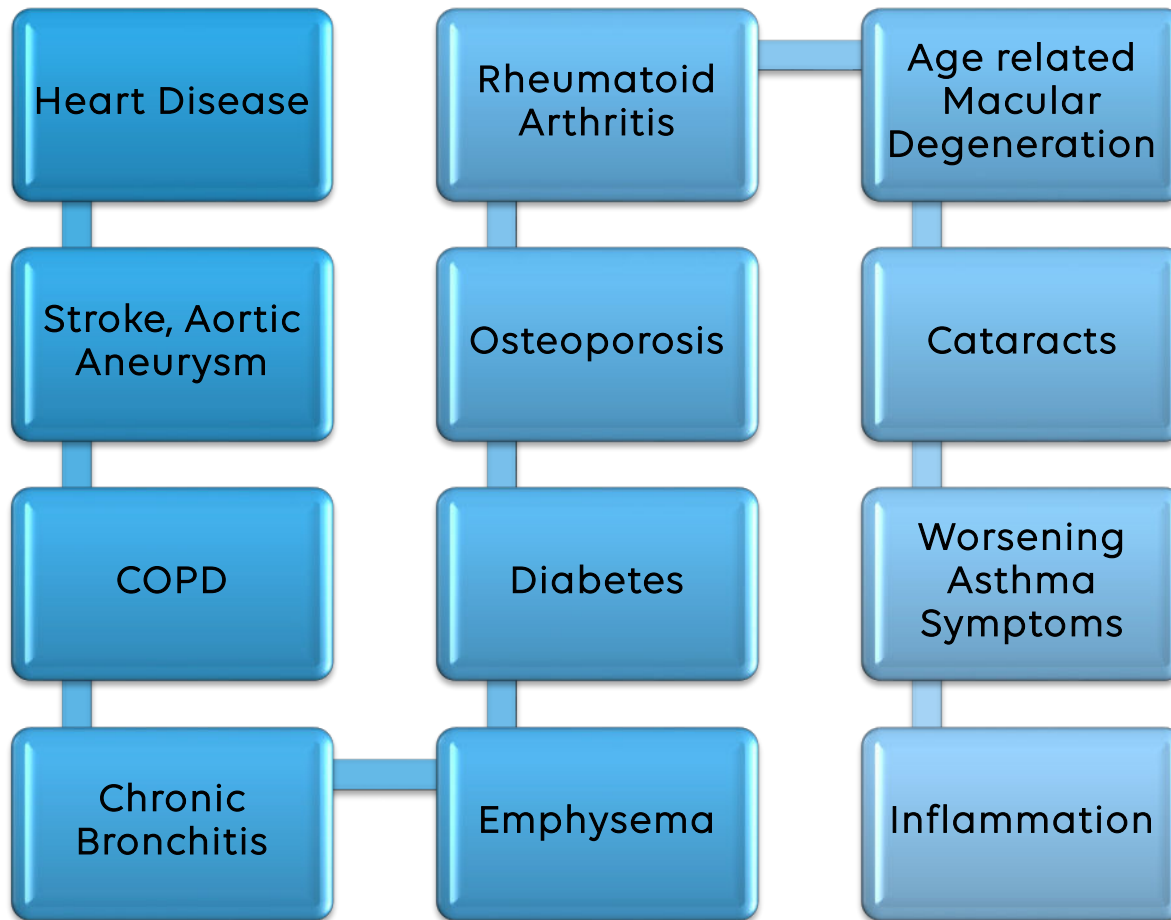
Tobacco Populations

- As tobacco use is the leading preventable cause of mortality in the U.S., differential rates of smoking and use of other tobacco products is a significant contributor to health disparities among some of the most vulnerable people in our society
 - Mental disorders—substance abuse disorders
 - Living below the poverty line
 - Low education attainment

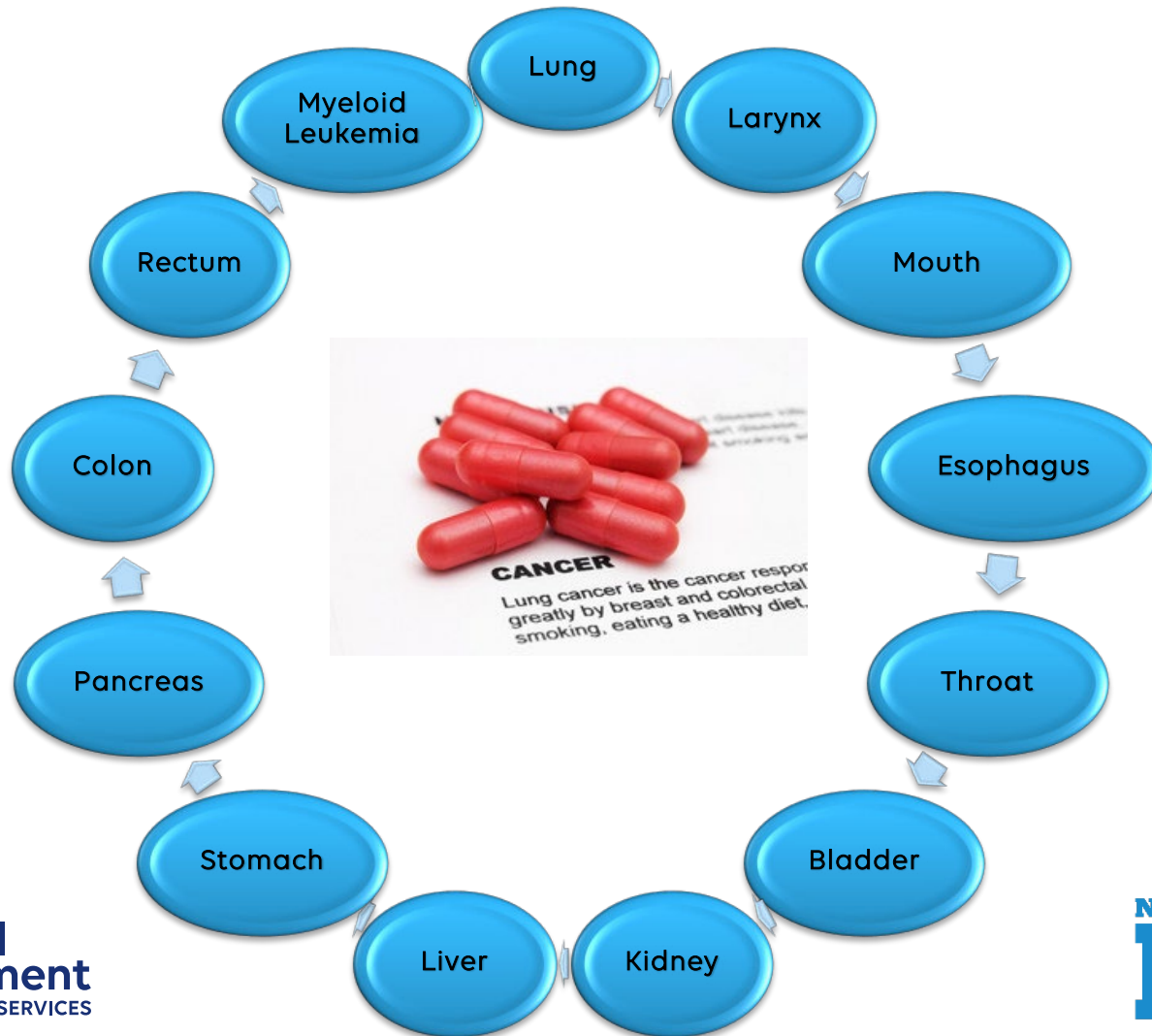


Tobacco and Health Effects

Health Effects



Tobacco Use And Cancer



Health Benefits of Quitting

- **Improves** health and increases life expectancy
- **Lowers** risk of 12 types of cancer
- **Lowers** risk of CV diseases
- **Lowers** risk of COPD
- **Benefits** people who have already been diagnosed with Coronary Artery Disease or COPD
- **Benefits** people of any age-even people who have smoked for years or have smoked heavily



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

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

Applicable Part B Specialty Types

- Physician
- Physician assistant
- Nurse practitioner
- *Clinical nurse specialist*
- Clinical psychologist
- LCSW

Billing

- 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

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

Rural Health Clinics and Federally Qualified Health Centers

Tobacco-Use Cessation Counseling Services

- RHC
 - Qualifies as stand-alone billable encounter
 - Report claim line
 - Billable encounter revenue code 052X; appropriate HCPCS/CPT code; actual charges
 - If provided on same DOS as other billable encounter, report as incident to

Tobacco-Use Cessation Counseling Services

- FQHC
 - Qualifies as stand-alone billable encounter
 - Report payment code line
 - Billable encounter revenue code 052X; appropriate payment code; facility's payment code charges
 - Report qualifying visit HCPCS line
 - Billable encounter revenue code 052X; appropriate HCPCS/CPT code; actual charges
 - If provided on same DOS as other billable encounter, report as incident to

Documentation

What To Ask

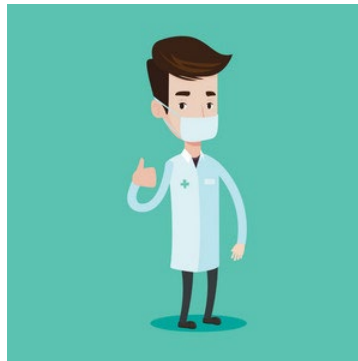


Documentation

- 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](#)

Thank You!

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

