



# MEDICAL ASSISTANCE BULLETIN

COMMONWEALTH OF PENNSYLVANIA • DEPARTMENT OF PUBLIC WELFARE

ISSUE DATE

November 1, 2007

EFFECTIVE DATE

November 1, 2007

NUMBER

99-07-19

SUBJECT

Childhood Nutrition and Weight Management Services for Recipients Under 21 Years of Age

A handwritten signature in cursive script, appearing to read "Michael Nardone".

By Michael Nardone, Deputy Secretary  
Office of Medical Assistance Programs

## PURPOSE

The purpose of this bulletin is to notify providers that effective November 1, 2007, the Medical Assistance (MA) Program is adding Childhood Nutrition and Weight Management Services for eligible MA recipients under 21 years of age to the MA Program Fee Schedule; and issue accompanying procedures and instructions.

## SCOPE

This MA bulletin applies to all physicians, certified registered nurse practitioners (CRNPs), registered nurses, nutritionists, outpatient hospitals, independent medical surgical clinics, Federally Qualified Health Centers (FQHCs) and Rural Health Clinics (RHCs) enrolled in the MA Program. Providers rendering services under the MA Managed Care delivery system should address any payment-related questions regarding Childhood Nutrition and Weight Management Services to the appropriate MA managed care organization.

## BACKGROUND:

In June 2005, the United States Department of Health and Human Services reported that approximately nine million children are overweight. Childhood obesity has been associated with an increase of health conditions such as high cholesterol, high blood pressure, type II diabetes, endocrine, pulmonary, orthopedic, and gastrointestinal/hepatic illnesses. At times, children who have other weight management problems, such as significant fluctuations in weight over a period of time, may also be susceptible to serious health complications. Although Early and Periodic Screening, Diagnosis and Treatment (EPSDT) screening services include discussion of nutrition and determination of the child's Body Mass Index (BMI), additional childhood weight management-related services to complement EPSDT services are needed to promote healthier lifestyles and better eating behaviors for eligible children.

COMMENTS AND QUESTIONS REGARDING THIS BULLETIN SHOULD BE DIRECTED TO:

The appropriate toll free number for your provider type

Visit the Office of Medical Assistance Programs website at [www.dpw.state.pa.us/omap](http://www.dpw.state.pa.us/omap)

## **DISCUSSION**

Childhood Nutrition and Weight Management Services consist of the following specific services: initial assessment, re-assessment, individual weight management counseling, family weight management counseling, group weight management counseling and nutritional counseling. The Department encourages providers to ensure that the child has had a recent EPSDT screening or physical exam, as appropriate, to help support the medical necessity for the initial assessment, re-assessment, and any additional Childhood Nutrition and Weight Management Services the child receives. Primary Care Providers or other providers who conduct the initial or re-assessment and refer the child for other Childhood Nutrition and Weight Management Services are recommended to coordinate those services with the rendering provider.

### **Initial Assessment and Re-assessment**

The purpose of the initial assessment is to determine the need for other Childhood Nutrition and Weight Management Services. The re-assessment gauges the progress made by the child in weight management-related treatment, to determine if Childhood Nutrition and Weight Management Services continue to be medically necessary and appropriate for the child, and whether the frequency, amount and duration of services should be adjusted. Based upon the comprehensive scope of the initial assessment and re-assessment, the Department expects that these activities will routinely take providers at least 30 minutes to complete. The initial assessment and re-assessment may typically include evaluation and discussion of:

- the child's daily caloric intake, including meals, snacks and beverages;
- frequency, location and content of the child's meals and snacks;
- the child's physical activity;
- the child's readiness to change behavior;
- the child's physical symptoms associated with weight management problems;
- the child's weight, height, BMI, BMI percentile, blood pressure and pulse; and
- the child's nutrition and weight management plan to address interventions and goals in coordination with the child, family, prescribing practitioner, and service provider(s).

### **Individual, Group, and Family Weight Management Counseling**

Weight management counseling services assist children who have weight management problems to set behavioral goals and develop intervention techniques. The Department encourages weight management counseling providers to address recommended topics during the counseling sessions, including (as appropriate):

#### **Caloric Intake:**

- Location of meals;
- Number and frequency of meals;
- Snacks;

- Beverages;
- Use of a food diary; and
- Review of food diary entries.

#### Physical Activity:

- Level and frequency of physical activity;
- Work and social history; and
- Level and frequency of sedentary activities.

Individual weight management counseling is provided to the individual child and is focused on the child's specific, personal unique needs, and nutrition and weight management goals.

Group weight management counseling is provided to children in a group setting for at least two but no more than 10 children. Group weight management counseling benefits members of the group by the interaction that occurs with other group members discussing the difficulties surrounding weight management.

Family weight management counseling is provided to the child and other members of the child's family. Family weight management counseling focuses on the development of family weight management goals and behaviors in order to maximize the child's goals, strategies, and eating behaviors. The child must be present during the weight management counseling session.

### **Nutritional Counseling**

Nutritional counseling is provided to the individual child and focuses on proper nutrition and eating behaviors so the child may better achieve his or her weight management goals and maintain good health. The Department encourages nutritionists to address recommended topics during the child's counseling session, including (as appropriate):

- the impact of nutrition;
- actions needed to promote an adequate, balanced diet;
- maintenance and prevention of vitamin/mineral deficiencies;
- avoidance of drugs/alcohol;
- food management including shopping, storage, and preparation;
- monitoring of previously recommended dietary interventions;
- special nutrition needs and the value of supplements;
- relationship of medications to diet; and
- the child's nutritional care plan.

### **PROCEDURES**

Effective November 1, 2007, the Department will make payment to physicians, CRNPs, registered nurses, nutritionists, outpatient hospitals, independent medical

surgical clinics, FQHCs and RHCs enrolled in the MA Program for specific Childhood Nutrition and Weight Management Services when the services are medically necessary and rendered to MA recipients under 21 years of age who are overweight, obese or experiencing weight management problems. Providers must document the medical necessity for any Childhood Nutrition and Weight Management Service in the child's medical record, in accordance with 55 Pa.Code § 1101.51 (relating to ongoing responsibilities of providers).

### **Fee Schedule Modifications**

The Department is adding the following three procedure codes and accompanying modifiers to the MA Program Fee Schedule:

<b>Procedure Code</b>	<b>Procedure Description</b>	<b>Informational Modifier</b>
96151	Health and behavior assessment (e.g. health-focused clinical interview, behavioral observations, psychophysiological monitoring, health-oriented questionnaires) each 15 minutes, face-to-face with the patient; <b>re-assessment</b> .	TJ
96153	Health and behavior intervention, each 15 minutes, face-to-face; <b>group</b> (2 or more patients).	TJ
96154	Health and behavior intervention, each 15 minutes, face-to-face; <b>family</b> (with the patient present).	TJ

The Department is also adding modifiers to the following procedure codes:

<b>Procedure Code</b>	<b>Procedure Description</b>	<b>Pricing Modifier</b>	<b>Informational Modifier</b>
96150	Health and behavior assessment (e.g. health-focused clinical interview, behavioral observations, psychophysiological monitoring, health-oriented questionnaires) each 15 minutes, face-to-face with the patient; <b>initial assessment</b> .	U3	TJ
96152	Health and behavior intervention, each 15 minutes, face-to-face; <b>individual</b> .	U3	TJ
S9470	Nutritional counseling, dietitian visit	U3	TJ
T1015	<b>*** Clinic visit defined as=</b> Health and behavior assessment (e.g. health-focused clinical interview, behavioral observations, psychophysiological monitoring, health-oriented questionnaires), face-to-face with patient; <b>initial assessment</b>		TJ
T1015	<b>*** Clinic visit defined as=</b> Health and behavior assessment (e.g. health-focused clinical interview, behavioral observations, psychophysiological monitoring,		TS

	health-oriented questionnaires), face-to-face with patient; <b>re-assessment</b>		
T1015	*** <b>Clinic visit defined as=</b> Health and behavior intervention, face-to-face; <b>individual</b>		TJ TS
T1015	*** <b>Clinic visit defined as=</b> Health and behavior intervention, face-to-face; <b>group</b> (2 or more patients)		TT
T1015	*** <b>Clinic visit defined as=</b> Health and behavior intervention, face-to-face; <b>family</b> (with the patient present)		HR
T1015	*** <b>Clinic visit defined as=</b> Nutritional counseling, dietitian visit		AE

### **Billing Procedures**

Physicians, CRNPs, outpatient hospital clinics, independent medical surgical clinics, FQHCs and RHCs enrolled in the MA Program may bill for initial assessments and re-assessments.

Physicians, CRNPs, registered nurses, outpatient hospital clinics, independent medical surgical clinics, FQHCs and RHCs enrolled in the MA Program may bill for individual, group and family weight management counseling.

Nutritionists enrolled in the MA Program may bill for nutritional counseling. Outpatient hospital clinics, FQHCs and RHCs enrolled in the MA Program may bill for nutritional counseling performed by a licensed dietitian-nutritionist employed by the facility.

The procedure codes and code descriptions, provider types and specialties that may bill for the services, modifiers, fees, and limits for Childhood Nutrition and Weight Management Services are shown on the attached chart. When billing for the initial assessment and re-assessment, providers should include on their claim form the appropriate five-digit diagnosis code 278.00 through 278.02 in conjunction with the accompanying V-code from the table below:

V85.54 (obesity)	BMI $\geq$ 95 <sup>th</sup> percentile and above
V85.53 (obesity)	BMI 85 <sup>th</sup> < 95 <sup>th</sup> percentile
V85.52 (obesity)	BMI 5 <sup>th</sup> < 85 <sup>th</sup> percentile

### **Payment Limitations**

Payment limitations for Childhood Nutrition and Weight Management Services are as follows:

- Providers may bill for a physical exam or complete EPSDT screen and an initial assessment or re-assessment rendered to a child on the same day.
- Providers may bill for an office visit or clinic visit and a Childhood Nutrition and Weight Management Service rendered to a child on the same day if the

child is not being seen solely for a Childhood Nutrition and Weight Management Service.

- Providers may bill for an initial assessment or re-assessment and individual, group, or family weight management counseling rendered to a child on the same day.
- An initial assessment is at least 30 minutes in duration, per assessment. Initial assessments are limited to 3 assessments per child per 365 consecutive day period.
- A re-assessment is at least 30 minutes in duration, per re-assessment. Re-assessments are limited to 4 re-assessments per child per 365 consecutive day period.
- Weight management counseling services are initially limited to a combined total of 24 15-minute units of service or clinic visits, for individual, group, and family weight management counseling per child per 365 consecutive day period.

If an individual child requires additional Childhood Nutrition and Weight Management Services beyond the service limits, providers may request a Program Exception (also known as an 1150 Administrative Waiver). To request a Program Exception, providers should complete an Outpatient Services Authorization Request form (MA 97) and mail it to the Department at the appropriate address indicated on the form. When completing the Program Exception request, providers should include detailed justification and rationale supporting the necessity of the additional services.

### **Enrollment of Nutritionists**

A nutritionist who possesses current licensure as a dietitian-nutritionist from the Department of State and current certification from the Commission on Dietetic Registration (CDR), the credentialing agency for The American Dietetic Association (ADA), may apply to enroll as a provider of nutritional counseling. Interested persons may obtain an enrollment application by:

- visiting the Department's website at <http://www.dpw.state.pa.us/omap/promise/enroll/omappromiseenroll.asp>;
- calling 1-800-537-8862; or
- writing to: DPW Enrollment Unit  
PO Box 8045  
Harrisburg, PA 17105

Nutritionists currently enrolled in the MA Program to provide nutritional consultation services under the Aids Waiver Program may provide the nutritional counseling component of Childhood Nutrition and Weight Management Services without submitting another enrollment application.

**Attachment: Childhood Nutrition and Weight Management Services MA Program  
Fee Schedule**