2013 UPDATE ON PREVENTION & SCREENING IN THE ELDERLY
West Virginia Geriatrics Society
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Objective
Providers will understand their responsibility in promoting & providing Medicare Preventive Services
Overview

Medicare Preventive Services

Centers for Medicare and Medicaid Services
Your Guide to Medicare’s Preventive Services
Medicare Preventive Services:

- Find problems early, when tx works best
- Covered by Medicare Part B
- Coverage based on age, gender, & medical history
Patient Protection and the Affordable Care Act of 2010

“Obamacare”
“Welcome to Medicare Exam”

[Initial Preventive Physical Exam (IPPE)]

• Optional, one-time comprehensive exam within first 12 months of Medicare Part B coverage
• Review of medical and social history
• Height, Wt., Blood pressure and body mass index
• Simple vision test
“Welcome to Medicare Exam”

• Review risk factors for depression
• Review of functional ability and safety
• Education & counsel about health promotion & prevention
• Provided a written plan (checklist)
• Does not include clinical lab tests.
“Welcome to Medicare”

• Who can perform the exam?
• Specific elements must be met to bill
• Underutilized and criticized
Annual Wellness Visit (AWV)

• Covered after first 12 mths. of Part B coverage
• Preventive visit, NOT a “routine physical checkup”
• Allowed once every 12 months
• No co-pay or deductible
Annual Wellness Visit (AWV)

• Health Risk Assessment
• Review of medical & family history
• List of current providers & medications
• Review of depression risk factors
• Functional and safety assessment
• Physical Exam: ht., wt., BMI, BP
• Cognitive assessment
Annual Wellness Visit (AWV)

- Written screening schedule
- Personalized health advice
- Referrals for health education and preventive counseling
Cardiovascular Screening

• Who?
• What? Blood test: Lipid profile - total cholesterol, HDL, triglycerides
• When? Once every 5 years
• No co-payment or deductible
Cardiovascular Disease (CVD) Behavioral Therapy

• One CVD risk reduction visit per year
• Consists of:
  1. Encourage aspirin use if benefits outweigh risks
  2. Screen for high blood pressure
  3. Intensive behavioral counseling to promote healthy diet
Diabetes Screening

Who? Risk factors for diabetes or dx with pre-diabetes
What? Fasting blood glucose test
When?
1. If pre-diabetes = 2 screenings/yr
2. If no prev. tested or no pre-diabetes with prev. test = 1 screening/yr

No co-pay or deductible
Diabetes Self-Management Training

• Who? Those diagnosed with Diabetes
• What? 10 hours of initial training within a continuous 12 month period
• Copayment/coinsurance applies
• Deductible applies
Diabetes Supplies

• Blood sugar testing supplies
• Insulin and related supplies
  • Insulin pumps
  • Special foot care
  • Therapeutic shoes
• Deductible applies; beneficiary pays 20% of Medicare-approved amt.
• Medical Nutrition Therapy
Bone Mass Measurements

Bone mass measurement covered once every 24 months or more often if medically necessary, indicated below:

1. Based on medical history
2. Female who is estrogen-deficient
3. Individual with vertebral abnormalities
4. Steroid therapy for more than 3 months
5. Hyperparathyroidis
6. Taking FDA-approved osteoporosis drug therapy

No copayment or deductible
Glaucoma Examination
Exam covered once every 12 months if high risk:
• Diabetes
• Family history of glaucoma
• African-American age ≥ 50
• Hispanic ≥ 65
Copayment/deductible applies
Alcohol Misuse
Screening and Counseling

Annual screening:
• Up to 4 face-to-face counseling sessions if you
  ▪ Misuse alcohol
  ▪ Are not alcohol dependent
  ▪ Are competent and alert when counseled
• Counseling must be provided by a qualified primary care provider and in a primary care setting.
Depression Screening

• Annual screening (up to 15 min)
• Screening in primary care setting
• Various screening tools are available
• Copayment/deductible waived
Human Immunodeficiency Virus Screening (HIV)

• Covered for:
  ▪ Pregnant women
  ▪ People at increased risk for the infection
  ▪ Anyone who asks for the test

• Covered once every 12 months
• No cost for the test
• Pay 20% of the doctor’s visit
Obesity Screening and Counseling

Obesity = BMI ≥ 30kg/m²

Intensive behavioral therapy consists of

• Screening for obesity using BMI measurement
• Dietary assessment
• Intensive behavioral counseling and therapy

Coverage includes:

• One face-to-face visit every week for first month
• Then every other week for months 2-6
• Then every month for months 7-12
• Must lose 6.6 lbs first 6 mths. to continue
Vaccinations

• Influenza “Flu”
• Pneumococcal
• Hepatitis B
• Copayment/Deductible waived
Vaccinations cont.

Zoster/Shingles

• Not covered by Part B
• Covered by Medicare Part D
• People who had chickenpox in the past are at risk for developing shingles
• Check with plan for cost
Counseling to Prevent Tobacco Use

• Whether or not diagnosed with a tobacco-related disease, Medicare covers Cessation counseling:
  ▪ Two attempts of up to 8 sessions per year
  ▪ Inpatient or outpatient
  ▪ Intermediate or intensive
  ▪ No copayment or deductible in asymptomatic beneficiaries billed for certain service
  ▪ 20% after Part B deductible for other codes
Medicare Kidney Disease Education Benefit

- People with Stage IV chronic kidney disease
- Part B covers up to 6 sessions of education
- Help prevent/delay the need for dialysis
- Provides information about treatment options
Thank you!