

# INTENSIVE BEHAVIORAL THERAPY (IBT) FOR CARDIOVASCULAR DISEASE

1. Information here pertains to Medicare only. Medicaid and private payer guidelines and codes may vary.
2. Medicare Advantage Plan patients are entitled to the same benefits, but may be required to stay in a MAP provider network to prevent or keep low copays or payments on deductibles.

## *Intensive Behavioral Therapy (IBT) for Cardiovascular Disease is also known as Cardiovascular Disease Risk Reduction Visit*

### REQUIRED CONTENT:

- A. Encourage aspirin as age-appropriate.
- B. Screen for high blood pressure.
- C. Intensive dietary counseling for those with CVD risk factors (like HTN, high lipids, age), and other diet-related chronic disease.

### APPROACH:

Behavioral counseling for aspirin use and healthy diet to be consistent with USPSTF 5A Framework: Assess, Advise, Agree, Assist, Arrange.

<b>ICD-10 Code</b>	Any appropriate billable code is accepted. See the ICD-10-CM Tabular List of Diseases and Injuries in the latest ICD-10-CM Official Codes book as there are many notes to be adhered to for choosing a billable code.
<b>HCPCS Code</b>	G0446, annual face-to-face IBT for CVD, individual, 15 min.
<b>Eligible Providers</b>	Physician* or Non-Physician Practitioner**, Registered Dietitian billing “incident to”
<b>Locations</b>	Primary Care, Telehealth
<b>Who is Covered</b>	All men beneficiaries aged 45-79 and women aged 55-79. Medicare expects to cover close to 100% of Medicare beneficiaries, since only 4% are younger than this. (Blood pressure screen alone is covered separately for women aged 18-44 and men aged 18-54.)
<b>Frequency</b>	Once per Year
<b>Restrictions or Exceptions</b>	None. May be billed the same day as the AWV or IPPE.
<b>Beneficiary Pays</b>	No copay, Not applied to deductible

### MEDICARE DEFINITIONS:

- \* Physician who practices family medicine, internal medicine, obstetrics and gynecology, pediatrics, or geriatrics.
- \*\* Non-Physician Practitioner is a certified nurse midwife, nurse practitioner, clinical nurse specialist, or physician assistant.

### REFERENCE:

Cardiovascular Disease Services, Medicare Learning Network, ICN 907784, July 2012.

