

# INTENSIVE BEHAVIORAL THERAPY (IBT) FOR OBESITY

1. Information here pertains to Medicare only. Medicaid and private payer guidelines and codes may vary.
2. Beneficiaries who have Medicare Advantage Plans are entitled to the same preventive service. For maximum coverage, however, MAPs may require member beneficiaries to obtain the preventive services from providers enrolled in the MAP network. If the service is obtained from an out-of-network provider, the member beneficiary may have a higher copayment.

<b>Content</b>	Obesity Screen, Dietary/Nutritional Assmt, Intensive behavioral exercise and dietary interventions to promote sustained weight loss.
<b>ICD-10 Codes</b>	Z68.30-Z68.45
<b>HCPCS/CPT Codes</b>	G0447 Individual, 15 min G0473 Group 2-10 Patients, 30 min
<b>Eligible Providers</b>	Primary care physician* or non-physician practitioner**, appropriate staff such as registered dietitian billing “incident to,” primary care physician. The visits would be billed under the physician or non-physician practitioner’s provider number (PIN or NPI).
<b>Locations</b>	*** Physician Office, Outpatient Hospital, Independent, Local/State Public Health Clinic, Telehealth
<b>Beneficiary Eligibility Criteria</b>	Beneficiaries with obesity, defined as a Body Mass Index (BMI) equal to or greater than 30 kg/m <sup>2</sup> , who are competent and alert at the time that counseling is provided.
<b>Frequency</b>	Month 1 1x/wk, Months 2-6 1x q 2 wks, If Patient loss => 3.3 kg, Then Months 7-12 1x/mo. If not, wait >=6 months more to reassess readiness
<b>Restrictions or Exceptions</b>	<ul style="list-style-type: none"> <li>• Max 22 visits per 12-month period. If Patient still obese, new order needed every 12 months.</li> <li>• Can bill the same day as Initial Preventive Physical Exam or Annual Wellness Visit.</li> <li>• Cannot bill for other primary care services on same day. Cannot bill for DSMT or MNT the same day.</li> </ul>
<b>Beneficiary Pays</b>	No copay nor deductible

## MEDICARE DEFINITIONS:

- \*Physician who practices family medicine, internal medicine, obstetrics and gynecology, pediatrics, or geriatrics.
- \*\*Non-Physician Practitioner is a nurse practitioner, clinical nurse specialist, or physician assistant.
- \*\*\*Also covered in rural health clinics, federally qualified health centers, critical access hospitals, skilled nursing, and swing bed, see Medicare Billing Information for Rural Providers and Suppliers, ICN 006762, August 2014.

## REFERENCE:

Intensive Behavioral Therapy (IBT) for Obesity, MLN, ICN 907800, August 2012,  
<http://www.physiciansfirst.com/uploads/images/documents/ibtobesity.pdf>

