

Intensive Behavioral Therapy for Obesity

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Definitions

1. **Body mass index (BMI)** — a screening test calculated by dividing weight in kilograms by the square of height in meters (expressed in kg/m^2)
2. **Obesity** — $\text{BMI} \geq 30 \text{ kg}/\text{m}^2$
3. **Intensive behavioral therapy (IBT)** — multicomponent behavioral modality utilized for the prevention or early detection of illness or disability; components for obesity include:
 - a. BMI screening
 - b. Intensive behavioral counseling and behavioral therapy to promote sustained weight loss through high intensity interventions that affect diet, nutrition, physical activity/exercise
 - c. Behavioral management activities (e.g., self-monitoring setting weight-loss goals)
 - d. Addressing barriers to change
 - e. Strategizing how to maintain lifestyle changes
4. **US Preventive Services Task Force (USPSTF) 5-A framework**

Assess	Ask about/assess behavioral health risk(s) and factors affecting choice of behavior change goals/methods.
Advise	Give clear, specific, and personalized behavior change advice, including information about personal health harms and benefits.
Agree	Collaboratively select appropriate treatment goals and methods based on the patient's interest in and willingness to change the behavior.
Assist	Using behavior change techniques (self-help and/or counseling), aid the patient in achieving agreed-upon goals by acquiring the skills, confidence, and social/environmental supports for behavior change, supplemented with adjunctive medical treatments when appropriate.

Arrange	Schedule follow-up contacts (in person or by telephone) to provide ongoing assistance/support and to adjust the treatment plan as needed, including referral to more intensive or specialized treatment.
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Guideline

Members with a BMI of ≥ 30 (or > 25 with additional cardiovascular risk factors) who are competent and alert, are eligible for face-to-face IBT provided by a qualified primary care physician (or other primary care practitioner) in a primary care setting.¹ The intensive behavioral intervention should be consistent with the 5-A framework established by the USPSTF (defined above:

1. Month 1: One visit per week
2. Months 2–6: One visit every other week
3. Months 7–12: One visit per month (eligibility to be determined at 6-month visit)*

* Weight-loss and BMI are reassessed at 6 months. Additional visits are authorized (at a rate of one per month for an additional 6) if a documented weight loss of ≥ 3 kg is achieved during this period. (Members not meeting this requirement are reassessed for their readiness to change; a BMI is obtained after an additional 6-month period)

Limitations/Exclusions

Settings excluded from IBT coverage:

1. Ambulatory surgical centers
2. Emergency departments
3. Independent diagnostic testing facilities
4. Inpatient facilities (e.g., hospice, hospital, rehabilitation or skilled nursing)

Applicable ICD-10 Diagnosis Codes

Z68.30	Body mass index (BMI) 30.0-30.9, adult
Z68.31	Body mass index (BMI) 31.0-31.9, adult
Z68.32	Body mass index (BMI) 32.0-32.9, adult
Z68.33	Body mass index (BMI) 33.0-33.9, adult
Z68.34	Body mass index (BMI) 34.0-34.9, adult
Z68.35	Body mass index (BMI) 35.0-35.9, adult
Z68.36	Body mass index (BMI) 36.0-36.9, adult
Z68.37	Body mass index (BMI) 37.0-37.9, adult
Z68.38	Body mass index (BMI) 38.0-38.9, adult
Z68.39	Body mass index (BMI) 39.0-39.9, adult
Z68.41	Body mass index (BMI) 40.0-44.9, adult
Z68.42	Body mass index (BMI) 45.0-49.9, adult
Z68.43	Body mass index (BMI) 50-59.9, adult
Z68.44	Body mass index (BMI) 60.0-69.9, adult
Z68.45	Body mass index (BMI) 70 or greater, adult

¹ Primary care setting is defined as one in which there is a provision of integrated, accessible health care services by clinicians who are accountable for addressing a large majority of personal health care needs, developing a sustained partnership with members and practicing in the context of family and community.

Z68.53	Body mass index (BMI) pediatric, 85th percentile to less than 95th percentile for age
Z68.54	Body mass index (BMI) pediatric, greater than or equal to 95th percentile for age

Applicable Procedure Codes

G0447	Face-to-face behavioral counseling for obesity, 15 minutes
G0473	Face-to-face behavioral counseling for obesity, group (2-10), 30 minutes (New code effective 01/01/2015)

Revision History

11/13/2015	Added covered indication for BMI > 25
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References

Centers for Medicaid and Medicare Services. National Coverage Determination for Intensive Behavioral Therapy for Obesity. November 2011. <http://www.cms.gov/medicare-coverage-database/details/ncd-details.aspx?NCDId=353&ncdver=1&DocID=210.12&bc=gAAAAAgAAAA&>. Accessed November 23, 2016.

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US Preventive Services Task Force. Screening for and Management of Obesity in Adults. Clinical Summary of U.S. Preventive Services Task Force Recommendation. June 2012. <http://www.uspreventiveservicestaskforce.org/uspstf11/obeseadult/obesenum.htm>. Accessed November 23, 2016.