Getting Reimbursed: Updates on Billing and Documentation for Health Behavior Assessment & Intervention (HBAI) Services in 2020

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American Psychological Association Services, Inc.

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Objectives

- Understand the H&B code set review & revision process
- Introduce the 2020 Health Behavior Assessment and Intervention Services
  - Review of the new CPT® codes, descriptions, and coding structure
  - Explanation of how the existing codes crosswalk to the new codes
- Apply the new codes using clinical examples
- Review coding guidelines, payment policies and reimbursement values
Introduction to the 2020 Health Behavior Assessment and Intervention (HBAI) CPT® Code Family

Stephen Gillaspy, PhD
Meghann Dugan-Haas
HBAI Services

• Used to identify and address the psychological, behavioral, emotional, cognitive, and interpersonal factors important to the assessment, treatment, or management of physical health problems.

• Patient’s *primary* diagnosis is physical in nature.

• Assessment and intervention focused on factors complicating medical conditions and treatments.
Health Behavior Assessment

• Includes evaluation of the patient’s responses to disease, illness or injury, outlook, coping strategies, motivation, and adherence to medical treatment.

• Conducted though completion of three (3) required elements:
  • Health-focused clinical interview;
  • Behavioral observation; and
  • Clinical decision making.
CPT code 96150:
Health and behavior initial assessment, each 15 minutes face-to-face with the patient

CPT code 96151:
Health and behavior re-assessment, each 15 minutes face-to-face with the patient
2020 Changes to Assessment Services

New/Revised Code Effective January 1, 2020

CPT® code 96156; Health behavior assessment, or re-assessment (i.e., health-focused clinical interview, behavioral observations, clinical decision making)
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<tbody>
<tr>
<td>96150</td>
<td><strong>Health and behavior assessment</strong> (e.g., health-focused clinical interview, behavioral observations, psychophysiological monitoring, health-oriented questionnaires), each 15 minutes face-to-face with the patient; initial assessment</td>
<td></td>
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<tr>
<td>96151</td>
<td><strong>Health and behavior assessment</strong> (eg, health-focused clinical interview, behavioral observations, psychophysiological monitoring, health-oriented questionnaires), each 15 minutes face-to-face with the patient; re-assessment</td>
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<td><strong>Health behavior assessment, or re-assessment</strong> (i.e., health-focused clinical interview, behavioral observations, clinical decision making)</td>
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Health Behavior Intervention

• Includes promotion of functional improvement, minimizing psychological and/or psychosocial barriers to recovery, and management of and improved coping with medical conditions.

• These services emphasize active patient/family engagement and involvement.
Health Behavior Intervention (Cont’d)

Intervention services may be provided to:

• An individual;
• A group of 2 or more patients;
• A family, with the patient present; or
• A family, without the patient present.
2020 Structural Changes to Health Behavior Intervention Services

- In 2020, Health Behavior Intervention Services will the reported using the modernized base/add-on coding system.

- **Base Codes**: Stand-alone codes to describe the primary service.

- **Add-On Codes**: Describe additional work and time associated with the primary service but can only be reported with the corresponding base code.
Three (3) parts of a typical CPT® code:

- **Pre-Service Work**: QHP Work Performed Prior To the Patient Visit (Non-Face-to-Face Services)
- **Intra-Service Work**: QHP Work Performed During the Patient Visit (Face-to-Face Services)
- **Post-Service Work**: QHP Work Performed After the Patient Visit (Non-Face-to-Face Services)
Billing a base code multiple times = “Double dipping”

Pre- and Post-service activities performed only once; therefore, should only be billed once using the base code.

- **Pre-Service Work**
- **Intra-Service Work**
- **Post-Service Work**
Structure of an Add-On Code

- Pre- and post-service activities, and their associated RUV values, are removed from add-on codes
- Allows for accurate reimbursement when reported in multiple units

**ADD-ON CODE**
(Possibly used multiple times)

1. **Pre-Service Work**
   - QHP Work Performed **Prior To** the Patient Visit
     - *(Non-Face-to-Face Services)*

2. **Intra-Service Work**
   - QHP Work Performed **During** the Patient Visit
     - *(Face-to-Face Services)*

3. **Post-Service Work**
   - QHP Work Performed **After** the Patient Visit
     - *(Non-Face-to-Face Services)*
I’m doing the same amount of work for the entirety of the Intervention.

Why am I being paid less for my subsequent time performing the service?
Health Behavior Intervention
Base and Add-On Codes

**BASE CODE**
Single unit reported for first 30 minutes

- **Pre-Service Work**
  - Review of patient records & Results of prior health behavior assessment(s)
- **Intra-Service Work**
- **Post-Service Work**

**ADD-ON CODE**
Multiple units reported for each additional 15 minutes

- **Intra-Service Work**
- **Post-Service Work**

Intervention Service
Coordinate/provide feedback to interdisciplinary team & family
“CPT Time Rule”

For time-based codes, the CPT code set states that the following standards shall apply to time measurement:

- A unit of time is attained when the midpoint is passed.

- For example, 30 minutes is attained when 16 minutes have elapsed (more than midway between zero and 30 minutes).

- A 15-minute add-on unit is attained when at least 8 additional minutes have elapsed.
When performing a health behavior individual intervention, the first 30 minutes of service is billed with CPT® code 96158.

However, if the service is not complete, the provider must perform at least an additional 8 minutes of work to bill the first unit of the add-on code 96159.

These rules apply to all time-based intervention codes in the new code set; however, it is important to pay close attention to the units of time stated in each code descriptor as they vary from 15 to 30 minutes.
Deleted H&B Intervention Services
(Effective 1/1/2020)

CPT code 96152:  
*Health and behavior intervention, each 15 minutes, face-to-face; individual*
2020 Changes to Intervention Services

Individual Intervention New/Revised Codes

Effective January 1, 2020

CPT® code 96158:
Health behavior intervention, individual, face-to-face; initial 30 minutes

CPT® code 96159:
Health behavior intervention, individual, face-to-face; each additional 15 minutes
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<tbody>
<tr>
<td>96152</td>
<td>Health and behavior intervention, each 15 minutes, face-to-face; individual</td>
<td>96158</td>
<td>Health behavior intervention, individual, face-to-face; initial 30 minutes</td>
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<td></td>
<td>+ 96159</td>
<td>Health behavior intervention, individual, face-to-face; each additional 15 minutes (List separately in addition to code for primary service)</td>
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Deleted H&B Intervention Services  
(Effective 1/1/2020)

CPT code 96153:  
Health and behavior intervention, each  
15 minutes, face-to-face; group (2 or  
more patients)
2020 Changes to Intervention Services

Group Intervention New/Revised Codes
Effective January 1, 2020

CPT® code 96164:
Health behavior intervention, group (2 or more patients), face-to-face; initial 30 minutes

CPT® code 96165:
Health behavior intervention, group (2 or more patients), face-to-face; each additional 15 minutes
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<tr>
<th>Health &amp; Behavior Group Intervention</th>
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<tr>
<td><strong>2019 CPT Code</strong></td>
<td><strong>2020 CPT Code</strong></td>
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<tr>
<td>96153</td>
<td>96164</td>
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<tr>
<td>Health and behavior intervention, each 15 minutes, face-to-face; group (2 or more patients)</td>
<td>Health behavior intervention, group (2 or more patients), face-to-face; initial 30 minutes</td>
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<tr>
<td>+ 96165</td>
<td>+ 96165</td>
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<tr>
<td>Health behavior intervention, group (2 or more patients), face-to-face; each additional 15 minutes (List separately in addition to code for primary service)</td>
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Deleted H&B Intervention Services (Effective 1/1/2020)

CPT code 96154:

*Health and behavior intervention, each 15 minutes, face-to-face; family (with the patient present)*
CPT® code 96167:

Health behavior intervention, family (with patient present), face-to-face; initial 30 minutes

CPT® code 96168:

Health behavior intervention, family (with patient present), face-to-face; each additional 15 minutes
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<tr>
<td>96154</td>
<td>Health and behavior intervention, each 15 minutes, face-to-face; family (with the patient present)</td>
<td>96167</td>
<td>Health behavior intervention, family (with the patient present), face-to-face; initial 30 minutes</td>
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<td></td>
<td>+ 96168</td>
<td>Health behavior intervention, family (with the patient present), face-to-face; each additional 15 minutes (List separately in addition to code for primary service)</td>
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Deleted H&B Intervention Services (Effective 1/1/2020)

CPT code 96155:

Health and behavior intervention, each 15 minutes, face-to-face; family (without the patient present)
2020 Changes to Intervention Services

Family Intervention (without patient) New/Revised Codes

*Effective January 1, 2020*

**CPT® code 96170:**

*Health behavior intervention, family (without patient present), face-to-face; initial 30 minutes*

**CPT® code 96171:**

*Health behavior intervention, family (without patient present), face-to-face; each additional 15 minutes*
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<tr>
<td>96154</td>
<td>Health and behavior intervention, each 15 minutes, face-to-face; family (without the patient present)</td>
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<tr>
<td>96170</td>
<td>Health behavior intervention, family (without the patient present), face-to-face; initial 30 minutes</td>
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<tr>
<td>+ 96171</td>
<td>Health behavior intervention, family (without the patient present), face-to-face; each additional 15 minutes (List separately in addition to code for primary service)</td>
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2020 Health Behavior Assessment and Intervention Resources

Stephen Gillaspy, PhD
Meghann Dugan-Haas
### APA HBAI Resources

- Visit the Reimbursement section of APA Service, Inc.’s website to access all news and resources related to the new/revised HBAI code set:
  - [www.apaservices.org/practice/reimbursement/health-codes](http://www.apaservices.org/practice/reimbursement/health-codes)

- Currently you will find the following educational items as well as links to APA published articles:
  - [Descriptors for 2020 Health Behavior Assessment and Intervention Services CPT Codes for Psychologists](http://example.com/2020Descriptors)
  - [Descriptors and Work Relative Value Units (wRVUs) 2020 Health Behavior Assessment and Intervention Services CPT Codes for Psychologists](http://example.com/2020DescriptorswRVUs)
  - [Crosswalk for 2020 Health Behavior Assessment and Intervention Services CPT Codes](http://example.com/2020Crosswalk)
APA HBAI Resources (Cont’d)

• Stay tuned to APA publications for new information and resources to assist you and your staff with transitioning and implementing the new HBAI codes by January 1, 2020.

• Additional APA resources are forthcoming, including:
  • 2020 Health Behavior Assessment and Intervention Billing and Coding Guide
  • FAQs
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• For issues related to billing codes and Medicare, contact the Office of Health Care Finance at ohcf@apa.org.

• For issues with Medicaid or private insurers, contact the Office of Legal and Regulatory Affairs at praclegal@apa.org.