

Biopsychosocial Treatment of Obesity

Effective Date September 1, 2021

Biopsychosocial Treatment of Obesity Overview



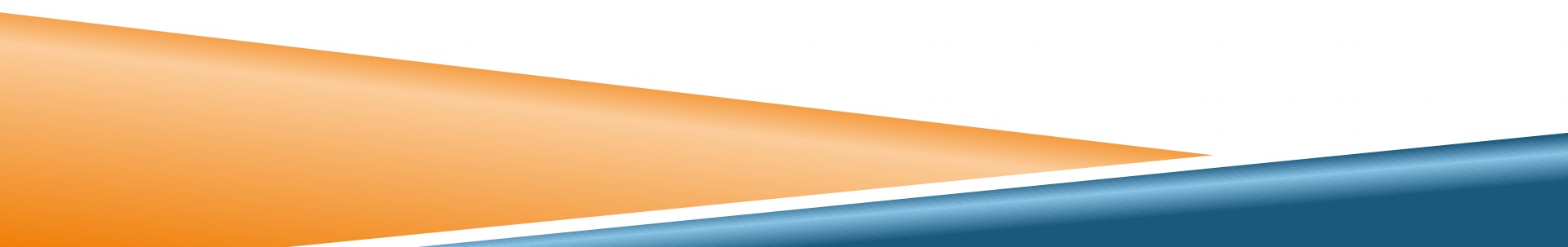
Biopsychosocial Treatment of Obesity

The overall goal of Biopsychosocial Treatment of Obesity Services is to improve health outcomes for the youth and adult populations by managing obesity and associated co-morbidities, including the prevention of comorbidities, such as diabetes.

The intent is to provide integrated medical nutrition and behavioral health services, coordinated by the primary care provider, to facilitate behavior changes to manage obesity and associated co-morbidities.

Biopsychosocial Treatment of Obesity Services Overview

Biopsychosocial Treatment of Obesity Services:

- Are structured utilizing the U. S. Preventive Services Task Force (USPSTF) recommendations.
 - Include Medical Nutrition Therapy and individual/family based and group behavioral health counseling sessions.
 - Are provided by licensed dietitians and behavioral health providers in collaboration with the prescribing provider.
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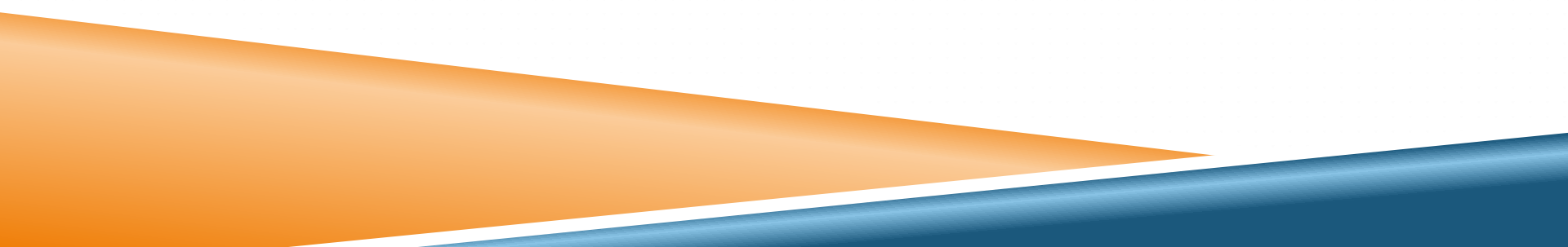
Integrated Services

Medical Nutrition Therapy (MNT) is a nutritional diagnostic therapy and counseling service.

- MNT includes, but is not limited to, a review of the participant's nutritional health, eating habits, and the development of a personalized nutrition treatment plan.

Intensive Behavioral Therapy (IBT) promotes sustained weight loss through intensive, multicomponent behavioral interventions for adult and youth participants.

IBT for youth participants includes multi-component family-based behavioral treatment interventions targeting both the parent/guardian and the youth.

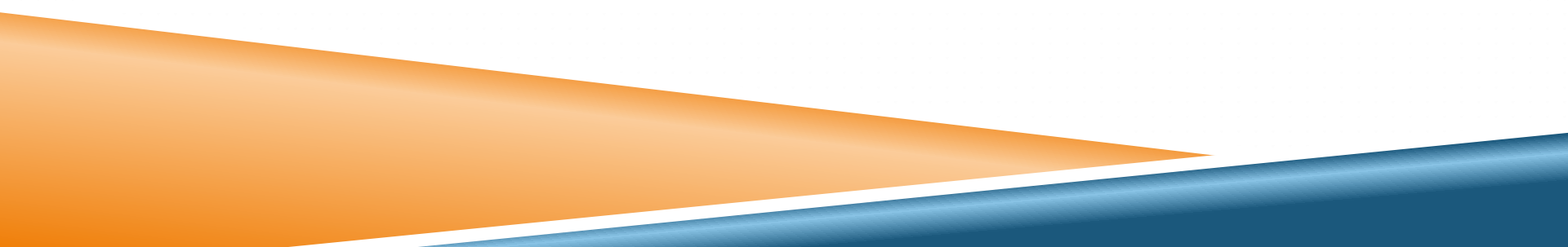


Biopsychosocial Treatment of Obesity

Youth Eligibility and Services

Youth Participant Eligibility Criteria

In order to qualify for youth services, a participant must meet the following eligibility criteria:

- Be 20 years of age and under;
 - Not currently pregnant;
 - Meet the definition of obese by having a body mass index (BMI) percentile equal to or greater than the 95th percentile for age and gender on the pediatric body mass index chart;
 - Not concurrently receiving other MO HealthNet reimbursed weight reduction services.
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Biopsychosocial Treatment of Obesity Youth Services

Biopsychosocial Treatment of Obesity for youth include individual/family sessions and group sessions.

- During the first 6 months, eligible youth receive the following services:
 - 1.75 hours of Medical Nutrition Therapy(MNT); and
 - 26 hours of Intensive Behavioral Therapy (IBT)
 - Individual/Family sessions- 4 hours
 - Group Sessions- 22 hours

Biopsychosocial Treatment of Obesity Youth Services

After the first 6 months of treatment, the participant must be evaluated. If criteria are met, the participant is eligible for an additional 6 months of services.

The additional 6 months of services include the following:

- An additional 0.5 hours of Medical Nutrition Therapy(MNT); and
- An additional 3 hours of Intensive Behavioral Therapy (IBT)
 - Individual/Family sessions - 1 hour
 - Group Sessions - 2 hours

Biopsychosocial Treatment of Obesity Youth Services

In order to be eligible for additional services (months 7 to 12) youth participants must meet the lesser of the 3 benchmarks listed below, at the end of the first 6 months of services.

- A BMI chart percentile less than the 95th percentile or 5% of body weight;
- For participants that had a BMI percentile at the beginning of treatment > 99th percentile, show a decrease 9 units in percentage above the ninety-fifth (95th) percentile; OR
- Weight stabilization (defined as ± 0.5 BMI units).

Biopsychosocial Treatment of Obesity Youth Services

If the weight loss threshold is not met:

- The prescribing provider shall perform the necessary lab work to rule out the presence of other conditions that may complicate efforts to reduce weight.

If another condition is present:

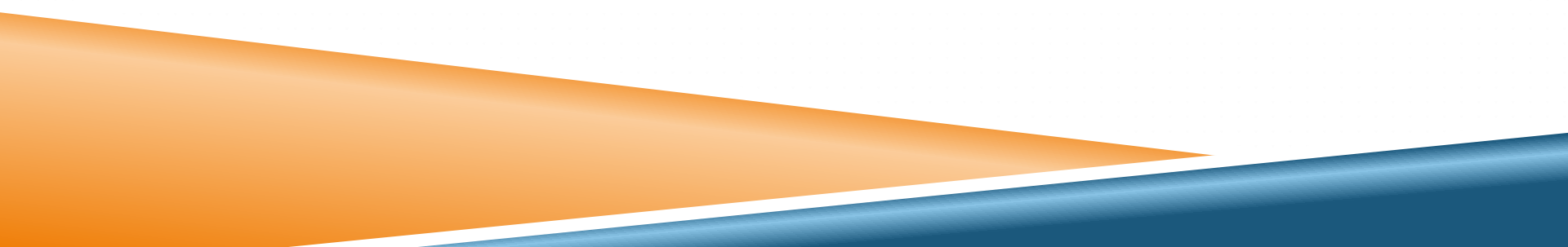
- The prescribing provider can request to continue with biopsychosocial treatment with medical treatment for the other identified condition(s).

Biopsychosocial Treatment of Obesity

Adult Eligibility and Services

Adult Participant Eligibility Criteria

In order to qualify for adult services, a participant must meet the following eligibility criteria:

- Be 21 years of age or older;
 - Not currently pregnant;
 - Meet the definition of obese by having a BMI equal to or greater than 30; and
 - Not concurrently receiving other MO HealthNet reimbursed weight reduction services.
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Biopsychosocial Treatment of Obesity Adult Services

Biopsychosocial Treatment of Obesity for Adults include individual sessions and group sessions.

During the first 6 months eligible adults receive the following services:

- 1.75 hours of Medical Nutrition Therapy(MNT); and
- 12 hours of Intensive Behavioral Therapy (IBT)
 - Individual sessions - 3 hours
 - Group Sessions - 9 hours

Biopsychosocial Treatment of Obesity Adult Services

After the first 6 months the participant is evaluated, and if criteria are met, the participant is eligible for an additional 6 months of services.

The additional 6 months of services include the following services:

- An additional 0.5 hours of Medical Nutrition Therapy(MNT), and
- An additional 3 hours of Intensive Behavioral Therapy (IBT)
 - Individual Sessions - 1 hour
 - Group Sessions - 2 hours

Biopsychosocial Treatment of Obesity Adult Services

Continuation Criteria (months 7-12) for adult participants include the following:

- The adult participant must meet the adult benchmark of a reduction in body weight of five (5) percent at the end of month six (6) of services.

If the weight loss threshold is not met:

- The prescribing provider shall perform the necessary lab work to rule out the presence of other conditions that may complicate efforts to reduce weight.

If another condition is present:

- The prescribing provider can request to continue with biopsychosocial treatment with medical treatment for the other identified condition(s).

Biopsychosocial Treatment of Obesity Services

Additional Biopsychosocial Treatment of Obesity services requested beyond the initial allocation (months 1-6):

- Must be prior authorized.
- Must be deemed medically necessary.

A participant who does not meet the Continuation Criteria for the additional six months of Biopsychosocial Treatment of Obesity services may after 12 months re-enroll for services if the participant meets eligibility criteria.

Biopsychosocial Treatment of Obesity

Provider Criteria

Provider Criteria

In order to provide MNT for obesity a provider is required to meet the following criteria:

- Be enrolled as a MO HealthNet Provider;
- Have a current license to practice as a Licensed Registered Dietitian or Registered Dietitian Nutritionist; and
- Obtain one of the following specialist certificates in order to provide MNT for treatment of obesity:
 - Certificate of Training in Adult Weight Management Program;
 - Certificate of Training in Obesity Interventions for Adults;
 - Certificate of Training in Child and Adolescent Weight Management; or
 - Completion of a qualified training program addressing obesity and weight management treatment.

Provider Criteria

A licensed provider may provide MNT without a certificate as listed on the previous slide if the provider has:

- Maintained a dietitian license credential for a minimum of two (2) years;
- A minimum of 2,000 hours of specialty practice experience delivering weight management behavioral treatment for individuals and/or families or youth within the past 5 years; and
- Documentation of a minimum of 6 hours of obesity or weight management CEUs or professional equivalent post receipt of license credential.

Provider Criteria

To provide individual and/or group intensive behavioral therapy (IBT) and/or family-based behavioral treatment (FBT), a provider must have a current license to practice as one of the following provider types:

- Psychiatrist
- Clinical social worker
- Psychologist
- Professional counselor
- Marital and family therapist
- Psychiatric advanced practice registered nurses
- Registered dietitians are eligible to provide group IBT and/or FBT

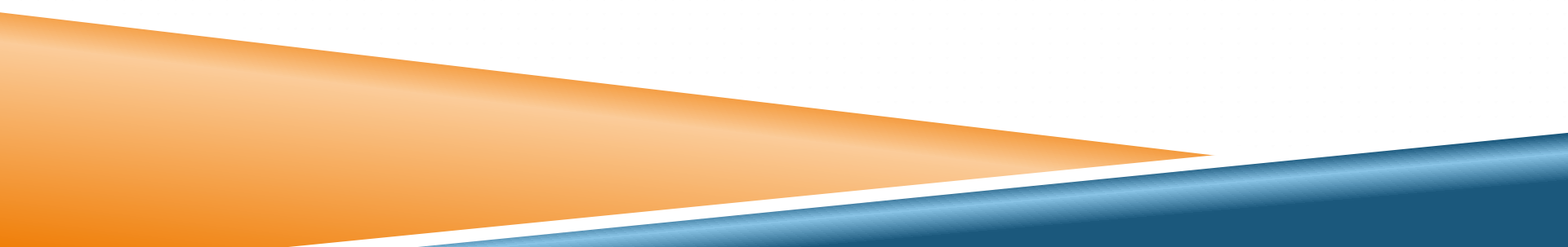
Provider Criteria

To provide individual and/or group intensive behavioral therapy (IBT) and/or family-based behavioral treatment (FBT), a provider must:

- Have a specialist certification for the participant population(s) served that was attained through completion of a qualified training program addressing obesity and weight management treatment.

Provider Criteria

A licensed provider may provide IBT without a certificate if the provider has:

- Maintained 1 of the aforementioned license credentials for a minimum of two 2 years;
 - Minimum of 2,000 hours of specialty practice experience delivering weight management behavioral treatment for individuals and/or families or youth within the past 5 years; and
 - Has documentation of a minimum of 6 hours of obesity or weight management CEUs or professional equivalent post receipt of license credential.
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Biopsychosocial Treatment of Obesity

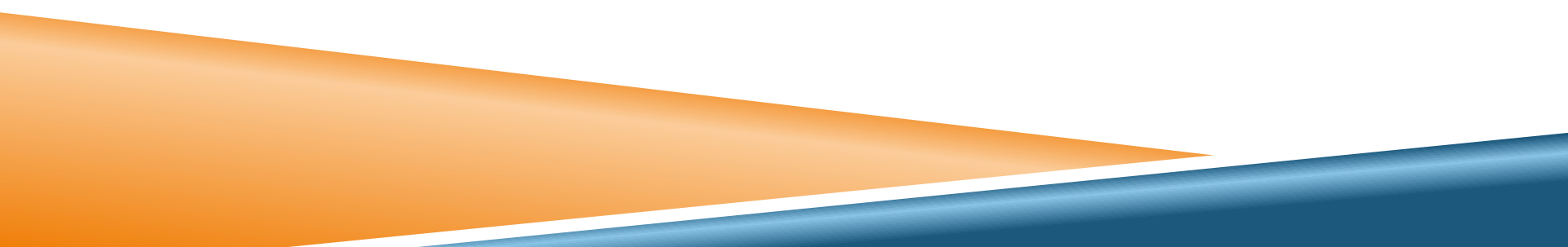
Provider Enrollment

Referral or Prescription Process for Services

Biopsychosocial Treatment of Obesity services require a referral or prescription in the participant's plan of care by a prescribing provider, and an approved prior authorization prior to starting the program.

A prescribing provider is defined as a licensed practitioner authorized to prescribe within their scope of practice either directly or by protocol consistent with their scope of practice under State law.

An additional prior authorization must be requested by the prescribing provider for the additional 6 months of services if the participant qualifies.



Provider Enrollment

New MHD Providers who want to participate in Biopsychosocial Treatment of Obesity services:

- To become a MHD enrolled provider, complete and submit an electronic application to Missouri Medicaid Audit and Compliance (MMAC):

<https://peu.momed.com/peu//momed/presentation/commongui/PeHome.jsp>

For enrollment questions, contact MMAC at:

- Email: mmac.providerenrollment@dss.mo.gov
- Website: www.mmac.com

Provider Enrollment

Currently enrolled MHD Providers who want to participate in Biopsychosocial Treatment of Obesity services:

- Must have proper credentials;
- Will need an additional provider specialty to bill for these services;
- Must enroll as a Biopsychosocial Treatment of Obesity provider.

MHD Managed Care Providers:

- Managed Care enrolled providers should contact their Managed Care Organization with questions regarding the Biopsychosocial Treatment of Obesity Services billing and reimbursement.

Missouri Medicaid Audit & Compliance

MMAC is the Department of Social Service's enrolling and auditing agency.

MMAC assists with inquiries regarding enrollment applications, changes to the provider master file (addresses, tax identification, ownership, individual's name, practice name, national provider identifier (NPI)).

MMAC conducts investigations into allegations of fraud, waste and abuse by providers.

Biopsychosocial Treatment of Obesity

Additional Information

Prior Authorization Process for Services

- To obtain a prior authorization, enrolled providers can call 800-392-8030, Option 7, or use the CyberAccess website, a web tool that automates this process for MO HealthNet providers.
- To become a CyberAccess user, contact the help desk at 888-581-9797 or 573-632-9797, or email cyberaccesshelpdesk@conduent.com
- Cyber Access helpful Tips:
<http://dss.mo.gov/cd/info/forms/reference/cyberaccess-helpful-tips.pdf>

Biopsychosocial Treatment of Obesity Services Resources

More information about the MO HealthNet coverage of the Obesity can be found in:

- Code of State Regulations- 13 CSR 70-25.140 [Biopsychosocial Treatment of Obesity for Youth and Adults](#)

Enrolled MO HealthNet providers will be available on the [MO HealthNet Fee-For-Service Provider Search](#) page in the future.

Questions regarding MO HealthNet Managed Care benefits should be directed to the participant's MO HealthNet Managed Care health plan.

MO HealthNet Billing Procedure Codes and Limits

Procedure Codes and Limits

Covered procedure codes are listed in the table below.

Procedure Code	Description	Reimbursement Rate
Medical Nutrition Therapy		
97802	Medical nutrition therapy; initial assessment and intervention, individual, face-to-face with the patient, each 15 minutes	\$23.53
97803	Medical nutrition therapy; re-assessment and intervention, individual, face-to-face with the patient, each 15 minutes	\$20.41

Procedure Codes and Limits

Covered procedure codes are listed in the table below.

Procedure Code	Description	Modifier	Reimbursement Rate
Behavioral Therapy			
G0447	Face-to-face behavioral counseling for obesity, 15 minutes		\$16.48
G0447	Face-to-face behavioral counseling for obesity, 15 minutes	AH	\$16.48
G0447	Face-to-face behavioral counseling for obesity, 15 minutes	SA	\$16.48

Procedure Codes and Limits

Covered procedure codes are listed in the table below.

Procedure Code	Description	Modifier	Reimbursement Rate
Behavioral Therapy			
G0447	Face-to-face behavioral counseling for obesity, 15 minutes	AJ	\$12.84
G0447	Face-to-face behavioral counseling for obesity, 15 minutes	UD	\$12.84
G0447	Face-to-face behavioral counseling for obesity, 15 minutes	HE	\$12.84
G0447	Face-to-face behavioral counseling for obesity, 15 minutes	AE	\$12.84
G0473	Face-to-face behavioral counseling for obesity, group (2–10), 30 minutes		\$11.48

Procedure Codes and Limits

Covered procedure codes are listed in the table below.

Procedure Code	Description	Modifier	Reimbursement Rate
Behavioral Therapy			
G0473	Face-to-face behavioral counseling for obesity, group (2–10), 30 minutes	AH	\$11.48
G0473	Face-to-face behavioral counseling for obesity, group (2–10), 30 minutes	SA	\$11.48
G0473	Face-to-face behavioral counseling for obesity, group (2–10), 30 minutes	AJ	\$8.01
G0473	Face-to-face behavioral counseling for obesity, group (2–10), 30 minutes	UD	\$8.01

Procedure Codes and Limits

Covered procedure codes are listed in the table below.

Procedure Code	Description	Modifier	Reimbursement Rate
Behavioral Therapy			
G0473	Face-to-face behavioral counseling for obesity, group (2–10), 30 minutes	HE	\$8.01
G0473	Face-to-face behavioral counseling for obesity, group (2–10), 30 minutes	AE	\$8.01

Procedure Codes and Limits

LIMITS

Months 1-6:

Medical Nutrition Therapy Assessments by Registered Dietitian for Youth and Adults

Initial Assessment- 3 units (15 minutes = 1 unit) 45 minutes

Re-assessment- 4 units (15 minutes = 1 unit) 1 hour

Behavioral Counseling for Youth

Individual/Family- 16 units (15 minutes = 1 unit) 4 hours

Group Sessions- 44 units (30 minutes = 1 unit) 22 hours

Behavioral Counseling for Adults

Individual/Family- 12 units (15 minutes = 1 unit) 3 hours

Group Sessions- 18 units (30 minutes = 1 unit) 9 hours

Procedure Codes and Limits

Months 7-12:

Medical Nutrition Therapy Assessments by Registered Dietitian for Youth and Adults

Re-assessment- 2 units (15 minutes = 1 unit) 30 minutes

Behavioral Counseling for Youth and Adults

Individual/Family- 4 units (15 minutes = 1unit) 1 hour

Group Sessions- 4 units (30 minutes = 1 unit) 2 hours

MO HealthNet Resources

Technical Help Desk

The eMOMED technical help desk provides technical support and assistance for issues with the eMOMED website.

The help desk establishes required electronic claims and remittance advice formats, network communication, and HIPAA trading partner agreements.

eMOMED Technical Help Desk **(573) 635-3559**

Email: internethelpdesk@momed.com

Provider Communications Unit

Primary Contact:

- Contact with inquiries, concerns or questions regarding proper claim filing, claim resolution and disposition, and participant eligibility verification.
- Phone: (573) 751-2896
- Email via MHD Web portal – Communication Management
<https://www.emomed.com>
- Mail: Provider Communications Unit
PO Box 5500
Jefferson City, MO 65102-2500

Contact Information for Billing

Constituent Education Unit:

Phone: (573) 751-6683; or

Email: MHD.provtrain@dss.mo.gov

Inquiries regarding billing, education and training assistance.

Register for training:

<http://dss.mo.gov/mhd/providers/education/>

Cyber Access – Section 14.4

Register for CyberAccess by contacting:

Help Desk: **888-581-9797** or **573-632-9797**

email: cyberaccesshelpdesk@conduent.com

Cyber Access Helpful Tips:


<http://dss.mo.gov/cd/info/forms/reference/cyberaccess-helpful-tips.pdf>

Pharmacy and Medical Pre-Certification Help Desk:

For assistance with Pre-certs, PA's, Drug PA's, and EO
call **(800) 392-8030**

Managed Care Plans

For providers who have questions regarding coverage for the Managed Care participants they may contact the Managed Care Plans directly at:




home state health.

1-855-694-HOME (4663)
Email
Home State Health website [↗](#)



HealthyBlue

833-388-1407
Healthy Blue website [↗](#)



UnitedHealthcare®

1-866-292-0359
• Provider Relations email
• Network Mgmt email

Or contact:

Managed Care Provider Communications:

Email: MHD.MCCommunications@dss.mo.gov

Provider Resource Web links

- **MHD Provider Information Page:**

<http://dss.mo.gov/mhd/providers/>

- **Provider Bulletins:**

<http://dss.mo.gov/mhd/providers/pages/bulletins.htm>

- **Hot Tips:**

<http://dss.mo.gov/mhd/providers/pages/provtips.htm>

- **MHD Provider Manuals:**

<http://manuals.momed.com/manuals/>

Q & A

You have

Questions

We have

Answers