

Medicare National Coverage Determination

Topic: Medicare Coverage of Intensive Behavioral Therapy for Cardiovascular Disease (Heart Disease) . Newly Covered Preventive Service.

Decision: Medicare will cover one face-to-face visit for the purpose of reducing your risk of cardiovascular disease (heart disease).

What this means: A covered visit to a primary care provider to reduce the risk of cardiovascular disease may consist of the following:

- encouraging aspirin use for men age 45-79 years and women 55-79 years;
- screening for high blood pressure in adults age 18 years and older; and
- counseling to promote a healthy diet for adults with high cholesterol, high blood pressure, age, and other known risk factors.

Rocky Mountain Health Plans (RMHP) will cover this therapy visit at \$0 copay when it is provided in a primary care setting. Original Medicare will cover these services when obtained from a Medicare provider who is not a contracted RMHP provider with \$0 cost-sharing.

Effective date: November 8, 2011