

## Medicare National Coverage Determination

**Topic:** Medicare Coverage of Intensive Behavioral Therapy for Obesity – Newly Covered Preventive Service.

**Decision:** Medicare will cover screening for obesity and counseling by primary care providers for prevention or early detection of illness or disability.

**What this means:** Covered visits to a primary care provider for screening and counseling for obesity includes:

- Screening for obesity in adults using measurement of body mass index (BMI), a measure of body fat based on height and weight;
- Dietary (nutritional) assessment; and
- Behavioral counseling to promote sustained weight loss.

Medicare covers:

- One face-to-face visit every week for the first month;
- One face-to-face visit every other week for months 2-6;
- One face-to-face visit every month for months 7-12, if you meet the weight loss requirement.

Rocky Mountain Health Plans (RMHP) will cover these screenings and behavioral counseling at \$0 copay when provided and billed by an RMHP provider. Original Medicare will cover these services when provided by a Medicare provider who is not a contracted RMHP provider at \$0 cost-sharing.

**Effective date:** November 29, 2011