

Implementing Medicare Wellness Visits in a Ryan White Clinic

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NATIONAL
RYAN WHITE
CONFERENCE
ON HIV CARE & TREATMENT

Background

- 60% of people in care at UPMCPS are >50 years of age
- 15% of people in care at UPMCPS are >65 years of age
- Some in care <65 years of age are medically disabled

Medicare Part B offers patients at no cost to them an Annual Wellness Visit (AWV)

Purpose of AWV: Prevent disease and disability by creating or updating a personalized prevention plan with the patient

- Recognized need to enhance screening for PWH as they age at a monthly HIV provider meeting
- Developed model of an Annual Wellness Visit to be conducted outside of routine HIV monitoring visits due to time constraints
- Engaged providers to refer patients to the APP for an AWW
- Identified all patients on Medicare by pulling a report
- Mailed AWW Flyer to all eligible patients announcing the new visit and encouraging patients to schedule an appointment

Annual Wellness Visit flyer mailed to eligible patients

To our PACT Patients!

**ARE YOU COVERED BY
MEDICARE OR MEDICARE
MANAGED CARE, LIKE UPMC
FOR LIFE*?**

If so, you may be eligible for a Medicare Annual Wellness Visit (AWV)

- There is no co-pay or deductible for Medicare Part B seniors
- In fact, your insurance company* may reward you to complete an annual wellness visit
- UPMC for Life will send you a \$30 prepaid Visa Gift Card when you complete your annual wellness visit by December 31, 2021

WHAT IS INCLUDED?

PREVENTION

1. Screening visit for changes in memory, daily function, home safety & activity level
2. Identify health risks
3. A personalized wellness plan to prevent disease and maintain health
4. Hearing, vision & memory screening**

**If visit conducted by video, we cannot perform these screenings

COMMUNICATION

- This is a "talk" visit to discuss your medications and medical problems and have your questions answered
- A family member or caregiver is welcome to attend with you to discuss any concerns
- Bring a list of all your medications

WHAT DO I DO NEXT?

To schedule your appointment, please call: 412-647-7228 and ask for a Medicare Annual Wellness Visit with Kate Codd-Palmer, Nurse Practitioner

You may request to be seen in person or by video using MyUPMC

Ahead of your visit, you may receive a questionnaire to complete to let your nurse practitioner know about your overall health and well-being, medicines, and daily life.

During your visit, you may have some basic health checks, like blood pressure, height/weight as well as vision and hearing tests. This is NOT a full physical exam.

UPMC LIFE CHANGING MEDICINE

Coding & Reimbursement

- G0438 – Annual Wellness Visit (AWV), Initial – Medicare reimbursement ranges from \$170 - \$204, depending on location of practice/clinic
- G0439 – AVW, Subsequent – Medicare reimbursement ranges from \$122 - \$171
- G0402 – Initial Preventive Physical Exam (IPPE) aka “Welcome to Medicare” – Medicare reimbursement ranges from \$160 - \$204
- Diagnosis Code: Medicare does not specify one; select one based on patient’s exam
- Resources:
 - <https://www.cms.gov/Outreach-and-Education/Medicare-Learning-Network-MLN/MLNProducts/preventive-services/medicare-wellness-visits.html>
 - <https://www.cms.gov/medicare/physician-fee-schedule/search?Y=0&T=4&HT=0&CT=3&H1=G0438&M=5>


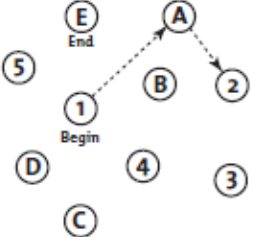



Components of a UPMCPS AWW

- 1 hour dedicated visit with APP (as per our Geriatric Center)
- Vital Signs
- Health Risk Assessment (completed by patient or with assistance by provider)
- Montreal Cognitive Assessment (MoCA)
- Hearing Exam
- Eye Exam
- Review of Preventive Measures

Health Risk Assessment Questionnaire

- Nutrition
- Alcohol
- Physical Activity
- Assessment of Falls and Fall Risk
- Health Status
- Cognition
- Medications (polypharmacy)
- Sexual Health
- Assessment for Urinary Incontinence
- Depression Screen
- Advanced Directives
- Assessment of Activities of Daily Living (ADL)
- Review of patient providers
- Review of Equipment/Supplies

Montreal Cognitive Assessment

VISUOSPATIAL / EXECUTIVE			Copy cube	Draw CLOCK (Ten past eleven) (3 points)	POINTS		
		[]	[]	[] Contour [] Numbers [] Hands		___/5	
NAMING					[]	___/3	
MEMORY	Read list of words, subject must repeat them. Do 2 trials. Do a recall after 5 minutes.	FACE	VELVET	CHURCH	DAISY	RED	No points
		1st trial					
		2nd trial					
ATTENTION	Read list of digits (1 digit/ sec). Subject has to repeat them in the forward order [] 2 1 8 5 4 Subject has to repeat them in the backward order [] 7 4 2						___/2
	Read list of letters. The subject must tap with his hand at each letter A. No points if 2 or more errors [] FBACMNAAJKLBAFAKDEAAAJAMOF AAB						___/1
	Serial 7 subtraction starting at 100 [] 93 [] 86 [] 79 [] 72 [] 65 4 or 5 correct subtractions: 3 pts, 2 or 3 correct: 2 pts, 1 correct: 1 pt, 0 correct: 0 pt						___/3
LANGUAGE	Repeat : I only know that John is the one to help today. [] The cat always hid under the couch when dogs were in the room. []						___/2
	Fluency / Name maximum number of words in one minute that begin with the letter F [] ____ (N ≥ 11 words)						___/1
ABSTRACTION	Similarity between e.g. banana - orange - fruit [] train - bicycle [] watch - ruler						___/2
DELAYED RECALL	Has to recall words WITH NO CUE	FACE	VELVET	CHURCH	DAISY	RED	Points for UNCLEID recall only
	Category cue	[]	[]	[]	[]	[]	
Optional	Multiple choice cue						
ORIENTATION	[] Date [] Month [] Year [] Day [] Place [] City						___/6

Earscan 3 Screening Audiometer (ES3S)

Whether being carried from location to location or being used at a fixed site, the Earscan® 3 Screening Audiometer's size makes it a perfect fit. This lightweight, truly portable audiometer is equally at home in the palm of your hand or taking up a fraction of the work space of other "portable" audiometers.

With the Automatic Screening function, simply set the frequencies and levels you want to test, and the audiometer will only test those specific frequencies and levels. This provides for a quick exam to ensure the test subject can hear at the specified level. The Earscan® 3 is a fully programmable audiometer, allowing customization of the entire test procedure, from the intensity step size to the frequencies selected for testing.

Operator to patient communication (talk over) is built in, allowing test instructions to be presented via the headset. Calibration is password protected to ensure the integrity of data. Built in calibration reminders ensure the validity of test results.

Data can be transferred to a printer via serial interface or to a PC via USB interface.



Eye Exam

20/200	E	1
20/100	F P	2
20/80	T O Z	3
20/63	L P E D	4
20/50	P E C F D	5
20/40	E D F C Z P	6
20/32	F E L O P Z D	7
20/25	D E F P O T E C	8
20/20	L E F O D P C T	9

Aggregate data of AWWs January 2020 through June 2022

- 35 patient visits
- 26 Unique patients
- Mean (average) Age 64
- Median Age 65
- Male 73%
- Female 27%
- Mean MoCA score=25
- Range 17-30
- Mean BMI=27
- Fall(s) in the last year=22%
- Active drug or alcohol abuse=27%

- Active Smoking=23%
- Hypercholesterolemia=69%
- Hypertension=69%
- Diabetes=13%
- Use of hearing aides=19%
- Bone Loss=19%
 - 2 males: osteopenia
 - 1 male: osteoporosis
 - 2 females: osteopenia
- Report of urinary symptoms=31%
 - 4 males Urinary incontinence
 - 1 male Post Micturition Dribble (PMD)
 - 1 male significant Nocturia >4x/night
 - 1 female with Uterine Prolapse
 - 1 male with alcohol use disorder and incontinence after alcohol use
- Report of 150 minutes of exercise/week=49%
- Referral to PT=8%
 - 1 strength training
 - 1 flexibility training

Lessons Learned and Next Steps

- Average MoCA score slightly lower than passing score of 26
 - Range 17-30 (average score=25)
 - Aging population: consider adopting MoCA into HIV Primary Care visit in addition to AWV where appropriate
- 27% of participants with current history of Drug or Alcohol Use Disorder
 - Incorporate: Harm reduction, Motivational Interviewing and appropriate referrals when accepted by patient
- 69% of patients with Hypertension and Hypercholesterolemia
 - Incorporate UPMCPS PharmD under Collaborative Agreement to help patients meet target goals, minimize polypharmacy

Lessons Learned and Next Steps

- 19% of patients utilize Hearing Aids
 - Screen patients over 50 years of age for hearing loss, refer to audiology as indicated or to APP for baseline evaluation
- 19% of patients with bone loss
 - Current recommendation for Bone Mineral Density (BMD) evaluation is for all HIV positive men and postmenopausal women at 50 years of age
 - Referral for BMD evaluation during PCP visit for those eligible
- 31% of patients with Urinary Symptoms
 - Consider screening all patients over 50 for urinary symptoms including incontinence and significant nocturia
- Continue to refer patients for AWW when eligible