OMM - Thoracic Somatic Dysfunction

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Chief Academic Officer

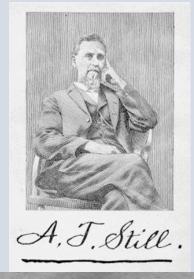
Director of Medical Education-CarePoint Health

Bayonne Medical Center & Christ Hospital

Family Medicine Residency Program Director-Christ Hospital

A few words about OMM....

- A. T. Still, M.D. D.O.
- His "Moment of Clarity" came on June 22, 1874
- Osteopathy is that science which consists of such exact, exhaustive, and verifiable knowledge of the structure and functions of the human mechanism, anatomical, physiological, and psychological, including the chemistry and physics of its known elements, as has made discoverable certain organic laws and remedial resources, within the body itself, by which nature under the scientific treatment peculiar to osteopathic practice, apart from all ordinary methods of extraneous, artificial, or medicinal stimulation, and in harmonious accord with its own mechanical principles, molecular activities, and metabolic processes, may recover from displacements, disorganizations, derangements, and consequent disease, and regain its normal equilibrium of form and function in health and strength



A few words about OMM....

• 1st class 1892- American School of Osteopathy 16 men, 5 women and a skeleton



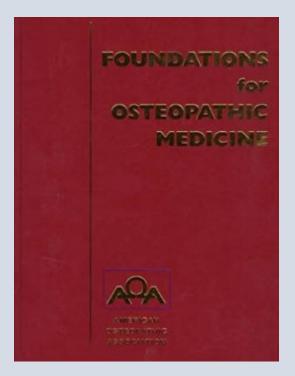


THE ORIGINAL CLASS IN OSTEOPATHY

Third Row-Dr. Fergus Davis, Mrs. M. S. Peters, Dr. E. C. Still, Nettie H. Bolles, Fred Still, Mamie Harter

A few words about OMM....

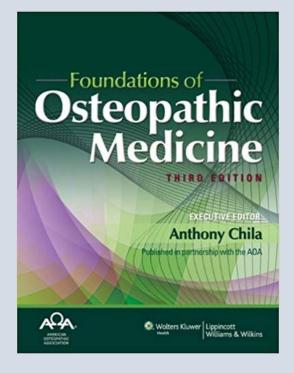
- ECOP Education Council on Osteopathic Principles 1984 "uniformity"
- AOA Foundations of Osteopathic Medicine
- The correct terminology is OMT- Osteopathic Manipulative Treatment



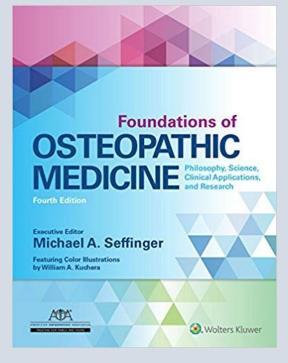
1st Ed. published 1997



2nd Ed. published 2003



3rd Ed. published 2011



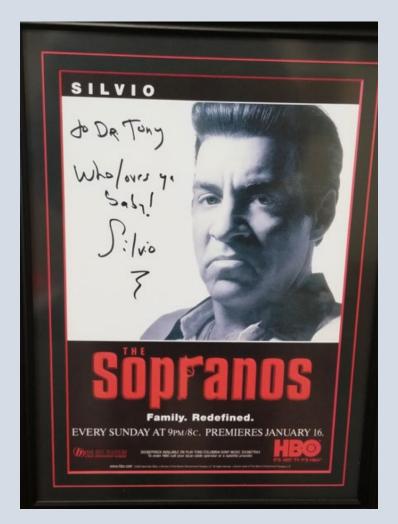
4th Ed. published 2018

A few words about OMT and me....

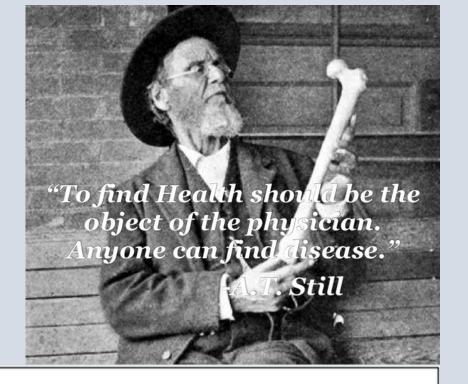
- Teaching at Atlantic Regional Osteopathic Convention since 1993
- Actively use OMT in the office.... Practical and when appropriate
- I use simple documentation...
- Run the OMT lectures at CarePoint Health....
- Always something to learn....







A few words about OMT....



Classical Osteopathic Philosophy

A.T. Still's fundamental concepts of osteopathy can be organized in terms of health, disease, and patient care.

Health

- 1. Health is a natural state of harmony.
- 2. The human body is a perfect machine created for health and activity.
- 3. A healthy state exists as long as there is normal flow of body fluids and nerve activity.

Disease

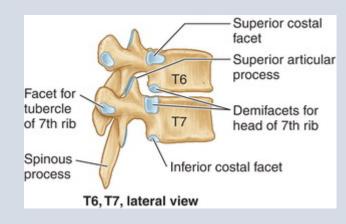
- 4. Disease is an effect of underlying, often multifactorial causes.
- 5. Illness is often caused by mechanical impediments to normal flow of body fluids and nerve activity.
- 6. Environmental, social, mental, and behavioral factors contribute to the etiology of disease and illness.

Patient Care

- 7. The human body provides all the chemicals necessary for the needs of its tissues and organs.
- 8. Removal of mechanical impediments allows optimal body fluid flow, nerve function, and restoration of health.
- 9. Environmental, cultural, social, mental, and behavioral factors need to be addressed as part of any management plan.
- 10. Any management plan should realistically meet the needs of the individual patient.

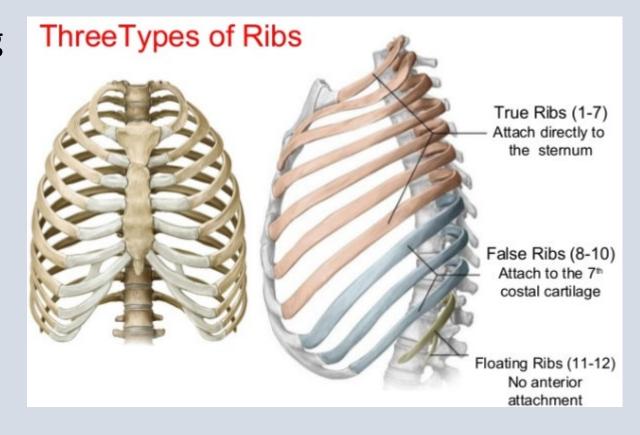
- It cannot be considered separate from the other body regions, since such dysfunction is always interdependent and it is bounded by the cervical and lumbar spine (interconnected).
- 12 Thoracic Vertebra
 - Spinous Process angles

T1-T3	Over the body of corresponding vertebra
T4-6	Over the intervertebral space below
T7-9	Over the body of the vertebra below
T10-12	Over the body of the corresponding vertebra





- Main motion of T-spine: Rotation
 - Upper and middle thoracic: Rotation> flexion/extension> side bending
 - Lower Thoracic: flexion/ extension> side bending> rotation
- 12 Ribs: 3 types- True/False/Floating
 - Bucket-Handle Motion -- Characteristic rib motion, primarily of the lower ribs, that occurs during respiration. The effect is to increase the transverse diameter of the thorax during inspiration. This involves ribs 7-10
 - Pump-Handle Rib Motion -- Characteristic rib motion, primarily of the upper ribs, that occurs during respiration. The effect is to increase the anteroposterior diameter of the thorax during inspiration. This primarily effects ribs 1-6.
 - Caliper motion: Ribs 11, 12



• The muscles of the thoracic spinal area are involved in

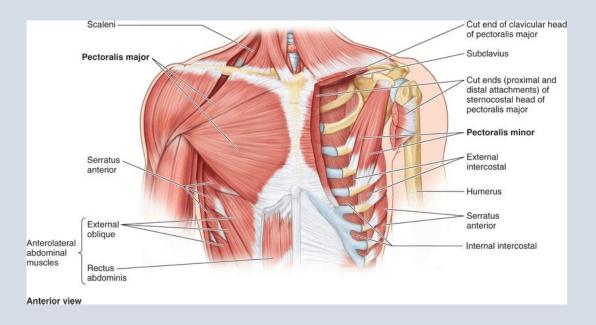
the following:

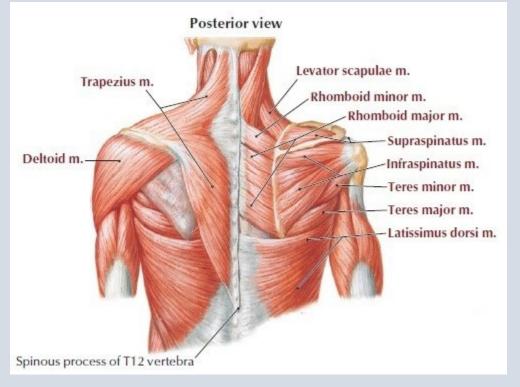
- Posture
- Head and neck control
- Locomotion
- Stabilization of the extremities
- Visceral function

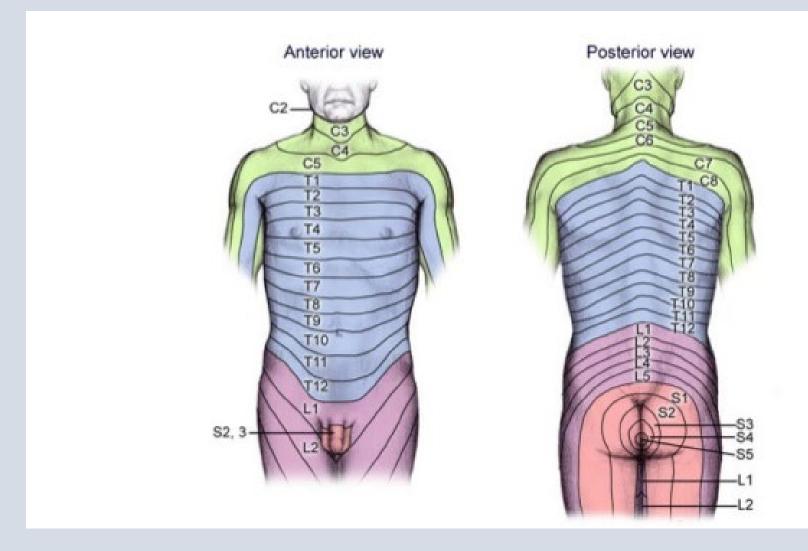
Regional Thoracic Muscles			
Pectoralis major	Subcostals		
Pectoralis minor	Transversus thoracis		
Teres major	Levatores costarum		
Teres minor	Splenius		
Trapezius	Spinalis		
Latissimus dorsi	Semispinalis		
Levator scapulae	Longissimus		
Rhomboid	Iliocostalis		
Quadratus lumborum	Rotatores		
Serratus anterior	Multifidus		
Serratus posterior (superior/ inferior)	Interspinales		
Intercostals	Intertransversarii		
External intercostals	Diaphragm		
Internal intercostals	Obliquus capitis inferior		
Innermost intercostals	Subclavius		

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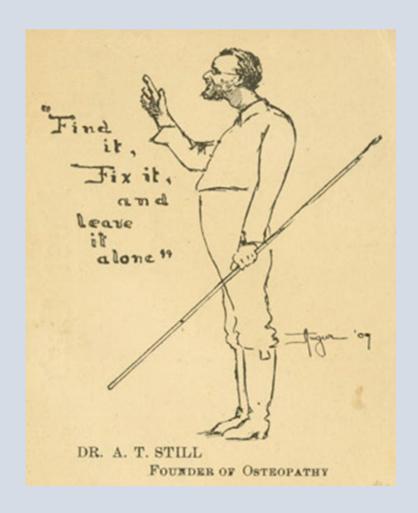
- Sympathetics:
 - T1–T4: Head and neck, with T1–T6 to the heart and lungs
 - T5–T9: All upper abdominal viscera: stomach, duodenum, liver, gallbladder, pancreas, and spleen
 - T10–T11: Remainder of the small intestines, kidneys, ureters, gonads, and right colon
 - T12–L2: Left colon and pelvic organs

Cardiac	
myocardial	T ₁ -T ₅ left
coronary artery	C ₃ -C ₅ (sympathetic?)
Pulmonary	
lung	T ₁ -T ₄
bronchomotor reflex	T ₁ -T ₃
"asthma reflex,"	T ₂ left
bronchial mucosa reflex	T ₂ -T ₃
lung parenchyma reflex	T ₃ -T ₄
pariatal pleura	T ₁ -T ₁₂
Upper G.I.	
esophagus	T ₃ -T ₆ right
stomach	T ₅ -T ₁₀ left
duodenum	T ₆ -T ₈ . right
Lower G.I.	
small intestine	T ₈ -T ₁₀ bilateral
appendix and caecum	T ₉ -T ₁₂ right
ascending colon	T ₁₁ -L ₁ right
descending colon/rectum	L ₁ -L ₃ left
Pancreas	T ₅ -T ₉ right or bilateral
Liver/gallblader	T ₅ -T ₁₀ right
phrenic nerve	C ₃ -C ₅ right
somatosomatic reflex	
Spleen	T ₇ -T ₉ left
Urinary tract	
Kidney	T ₉ -L ₁ ipsilateral
proximal ureter	T ₁₁ -L ₃ ipsilateral
distal ureter	T ₁₁ -L ₃ ipsilateral
bladder	T ₁₁ -L ₃ bilateral
Urethra:	T ₁₁ -L ₂ bilateral
Genital tract	
Fallopian tubes	T ₁₀ -L ₂ bilateral
(and seminal vesicles)	
external genitalia	T ₁₂ bilateral
Prostate	T ₁₀ -L ₂ bilateral
Ovaries (and testis)	T ₁₀ -T ₁₁ ipsilateral
Uterus	T ₉ -L ₂ bilateral
Adrenal glands	T ₈ -T ₁₀ ipsilateral

Chapman's Points/Reflexes:

	Anterior	Posterior
Heart	2nd intercostal space (ICS), left lateral border of sternum.	
Lungs	Upper lung: 3rd ICS, just lateral to the sternum	
	Lower lung: 4th ICS, just lateral to the sternum.	
Stomach	6th ICS, one inch lateral from the sternoclavicular joint	T6 to T7, in the intercostal space, about 2 cm lateral from the spinous process.
Liver		
5th and 6th ICS	Gall bladder	6th ICS, mid-clavicular line.
Pancreas	Lateral to the costal cartilage between the 7th and 8th ribs on the right	Transverse process of T7 and T8 on the right.
Adrenals	2" superior and 1" lateral to the umbilicus	Between the spinous and transverse processes of T11 and T12
Kidney	1" superior and 1" lateral to the umbilicus	Between the spinous and transverse processes of T12 and L1.
Appendix	Tip of the 12th rib on the right	transverse process of T11

- Multiple modalities and techniques:
 - Soft Tissue
 - Myofascial Release
 - Counterstrain
 - Muscle Energy
 - High Velocity/<u>Low Amplitude</u>
- My rules of OMT:
 - Be confident in the techniques you do
 - Know more than one technique
 - Let your hands do the work
 - Don't hurt yourself doing techniques
 - Making modifications to a technique to achieve the endpoint is "OK"
 - DON'T do HVLA if you are not "coordinated".... Too many bad movies!
 - EVERYONE can do soft tissue....
 - Don't forget to bill/code for OMT (next lecture)



OMT Common scenarios

- Soft tissue techniques
 - The patient is prone, preferably with the **head turned toward the physician**. (If the table has a face hole, the head may be kept in neutral.)
 - The physician stands at the side of the table opposite the side to be treated.
 - The physician places the thumb and thenar eminence of one hand on the medial aspect of the patient's thoracic paravertebral musculature overlying the transverse processes on the side opposite the physician.
 - The physician places the thenar eminence of the other hand on top of the abducted thumb of the bottom hand or over the hand itself.



- Keeping the elbows straight and using the body weight (<u>leverage</u>), the physician exerts a gentle force ventrally (downward) to engage the soft tissues and then laterally, perpendicular to the thoracic paravertebral musculature.
- This force is held for a few seconds and is slowly released.
- Done with a gentle, rhythmic, and kneading fashion AND/OR done using deep, sustained pressure.



- Other option is two hands with slight separation and apply alternating deep pressure.
- The force is held for several seconds, slowly released and reapplied with the other hand:







- Other variation is applying counterpressure.
- The physician exerts a gentle force with both hands, ventrally to engage the soft tissues and then in the direction the fingers of each hand are pointing, creating a separation and distraction effect.
- The degree of ventral force and longitudinal stretch exerted varies according to the patient's condition (e.g., severe osteoporosis), as rib cage trauma can occur.



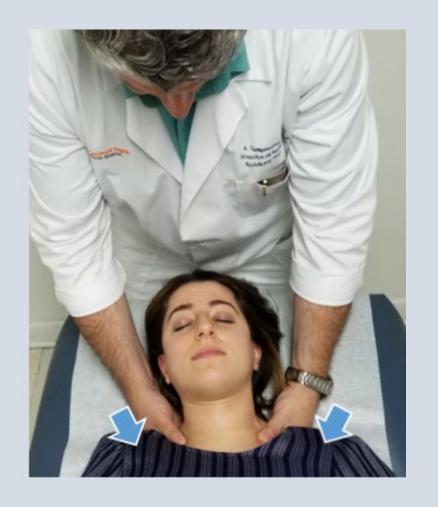




- Trapezius Release (Inhibitory Pressure)
 - Pt is supine.
 - Thumbs placed on anterior trapezius, index and other digits placed posteriorly.



 A slow squeezing force is applied on the trapezius between the thumbs and fingers and held until tissue texture changes are palpated.



OMT Myofascial Release

Patient is prone, physician is next to patient.

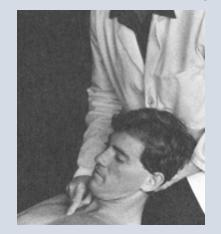
• The physician places both hands palms down with the fingers slightly spread apart immediately paraspinal on each side.

• A gentle downward force is applied into the patient's thoracic tissues with only enough force to control the skin and underlying fascia while monitoring for ease bind motion.

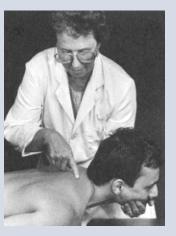
• Gentle/moderate force is applied either indirectly or directly meet the ease-bind barrier until a release is palpated.

OMT (Strain-)Counterstrain

- Lawrence H. Jones, DO, FAAO, initially referred to his new treatment approach as spontaneous release by positioning
- "Wrap the body around your finger" after palpating the counterstrain point
- "Maximally shortening the muscle to effect a release"
- Start with "10/10" and bring the patient to at least a "3/10"
- Hold 90 seconds or until a release is felt (now is a good time to discuss other patient issues, refills, sports etc.)
- The patient is returned to a neutral position slowly, without any muscle contraction on their part







OMT Muscle Energy

- Muscle energy is a plan of diagnosis and treatment that requires exertion of the patient's muscles, on request, from a precisely controlled position, in a specific direction, and against a distinctly executed counterforce (direct technique).
- Example: Reduced thoracic rotation to the left.
- Patient is placed on table with arms crossed, physician is behind patient.
- Patient is rotated into this restriction (left). Patient is then told to rotate to the right against resistance (3-5 seconds).





- Direct the patient to relax, while simultaneously ceasing the applied counterforce.
- Physician returns patient to "neutral", then re-engages the new barrier (L Rot) and the technique is repeated 3-5 times or until release.

- The best known of all manipulative techniques are the high-velocity, low-amplitude thrusting techniques.
- In these techniques, the physician positions the patient in such a way that the restricted joint is placed into its restrictive barrier(s) to motion.
- The physician then quickly applies a small to moderate amount of force to the joint in such a way as to move it through the barriers. Improved joint motion should result very quickly.
- Many patients feel that the treatment is successful only if they hear this sound; others are frightened by it, fearing bones may be breaking (too many bad movies).
- The patient must be assured that the sound is harmless.
- Feeling the joint move is more important than hearing it pop.
- To achieve the best results with as little discomfort as possible, the surrounding soft tissues should be relaxed (soft tissue, etc.).

General Principles of Thrusting Techniques

- Prepare the joint to be treated by relaxing the soft tissues so that the joint may be moved more easily with less resistance from the soft tissues.
- Place the joint into its restrictive motion barriers. If only one barrier is to be engaged, it is essential that all other joint motions be "locked" out.
- Once a joint has been placed into its motion barriers, this position must be held firmly by the physician and the "locking" thus created not lost as the force is applied.
- The physician must control the force. Excessive force should never be applied in the hope that the joint will move. Only force sufficient to create the motion desired should be used. Force should never replace skill.
- Treatment must be localized and applied to the specific restricted joint.
 A "shotgun" approach to an entire area of the spine is inappropriate and harmful.

- "Texas Twist", "Crossed Pisiform" or Prone Cross Hand Technique
- Patient is prone, physician is on the opposite side of the restriction.
- The area of restriction is engaged by the thenar eminence of one hand while the hypothenar eminence is placed on the opposite side.
- The physician begins to twist to "reduce slack" (localization) and allow for "low amplitude" thrusting monitoring the patient's breathing.
- The patient inhales and exhales, and on exhalation, a high-velocity, low-amplitude thrust is delivered by using a momentary drop of own body weight to transmit the force through the wrists and elbows







- "Kirksville Krunch" or Supine Thrust Technique
- My technique of choice for isolating areas and with my modifications
- Patient is supine, physician is standing on the opposite side of the restriction.
- Patient crosses their arms, however the arm on the opposite side of the physician should be superior.





• The physician's hand is placed on the patient's shoulder and is used to rotate the patient toward the physician. The hand is the opposite as the restriction side (in this case, physician's left hand treating a right sided restriction).

• The physician reaches across the patient and places their thenar eminence on the patient's posterior transverse process with the palm cradling the spinous processes and rest of the fingers extended (or

alternate technique).



- The patient's elbows (locked) are placed in the physician's epigastrium. The physician localizes a force over the fulcrum by adjusting own body weight through the patient's elbows, which act as a lever.
- The patient inhales and exhales fully. During exhalation, the physician increases localization by applying own body weight through the patient's elbows.
- At the end of exhalation, the physician applies a high-velocity, low-amplitude thrust by dropping own body weight through the patient's thorax toward the floor.

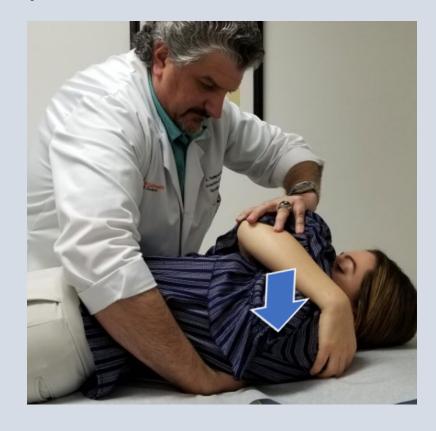


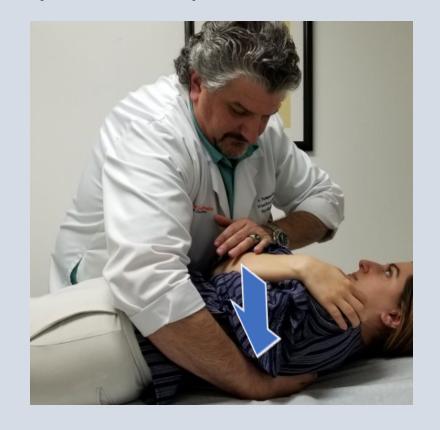
- My modification allows for anyone to do this without the need to tuck, lift, hold, "relax" and tell me if Old Spice is still working.
- Key is crossing the arms, holding them and elbow position.
- The elbows must be over the thenar eminence for effective thrust.





• My modification uses **elbow position** for high or low thoracic dysfunction and induces "flexion" by the arm position....





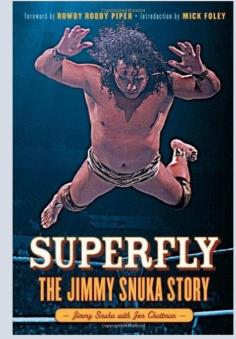
Higher Thoracic

Lower Thoracic

- The other caveat is rather than use body weight, use core muscles.
- Most importantly, be gentle with the technique particularly with kyphoscoliotic patients in which case you simply need to gently roll on the thenar eminence with some head support or a roll pillow.

 Most important for this technique is isolation of the restriction and "locking out" the area.
 Remember, this isn't...





 A patient presenting with gastritis will have a somatic dysfunction/ tissue texture changes in which are of the thoracic spine?

- a. T1- T4
- b. T2-T3
- c. T11-12
- d. T5-T10
- e. T3-T6



 A patient presenting with gastritis will have a somatic dysfunction/ tissue texture changes in which are of the thoracic spine?

- a. T1- T4
- b. T2-T3
- c. T11-12
- d. T5- T10
- e. T3-T6



• A patient with chronic asthma may exhibit palpatory changes in the thoracic spine between T1 and T4.

- A. True
- B. False

• A patient with chronic asthma may exhibit palpatory changes in the thoracic spine between T1 and T4.

- A. True
- B. False



Acknowledgements

- My wife and boys....
- Student K.C.
- "Nicholas Manual" Atlas of Osteopathic Technique
- Foundations of Osteopathic Medicine
- An Osteopathic Approach to Diagnosis and Treatment

Eileen L. DiGiovanna, Stanley Schiowitz, Dennis J. Dowling

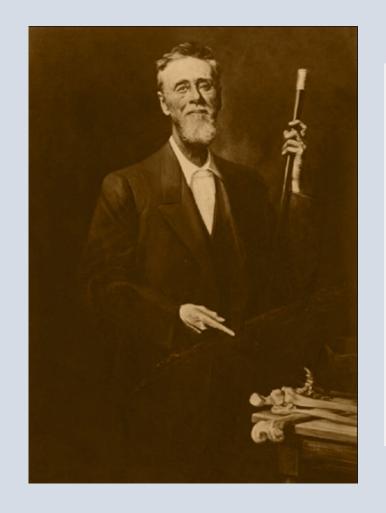
- A.T. Still Museum
- And to....







Our Founder



An osteopath is only a human engineer, who should understand all the laws governing his engine and thereby master disease.

Andrew Taylor Still

Questions?

Billing and Coding for OMM

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Proper coding and billing involves the intricate knowledge of ICD10 codes,
CPT codes and the use of modifiers as applicable.

There are several caveats:

Always pick a specific ICD10 code!
Always assign the proper diagnosis to the proper CPT!
Your primary diagnosis code should be the most complex!
Make sure data is entered correctly the first time!

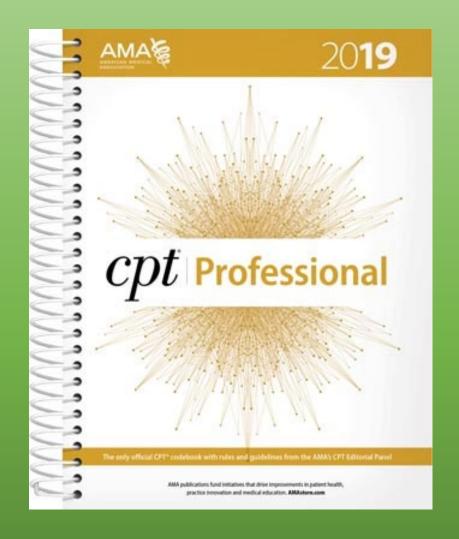
AND MOST IMPORTANTLY, KNOW YOUR INSURANCES (they follow their own rules)!

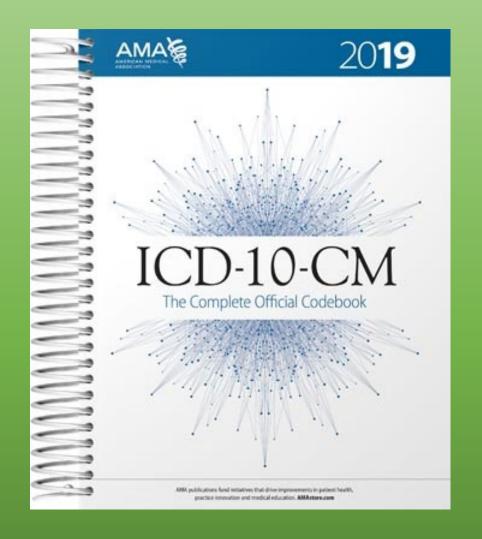
ICD10 stands for International Classification of Disease

The ICD10 coding system is an international classification system which groups related disease entities for the purpose of reporting statistical information. The purpose of the ICD10 is to provide a uniform language and thereby serve as an effective means for reliable nationwide communication among physicians, patients, and third parties

CPT stands for Current Procedural Terminology

It is a listing of descriptive terms and identifying codes for reporting medical services and procedures. The purpose of CPT is to provide a uniform language that accurately describes medical, surgical, and diagnostic services, and thereby serves as an effective means for reliable nationwide communication among physicians, patients, and third parties





These are your coding tools of the trade!

ICD-10 codes for OMT

The following ICD-10 codes should be used for proper OMT billing:

- M99.00 Segmental and somatic dysfunction of head region
- M99.01 Segmental and somatic dysfunction of cervical region
- M99.02 Segmental and somatic dysfunction of thoracic region
- M99.03 Segmental and somatic dysfunction of lumbar region
- M99.04 Segmental and somatic dysfunction of sacral region
- M99.05 Segmental and somatic dysfunction of pelvic region
- M99.06 Segmental and somatic dysfunction of lower extremity
- M99.07 Segmental and somatic dysfunction of upper extremity
- M99.08 Segmental and somatic dysfunction of rib cage
- M99.09 Segmental and somatic dysfunction of abdomen and other regions

ICD10 Codes for OMT

M99.00 through M99.09

CPT - Codes Procedure Description

98925 - OMT; one to two body regions involved

98926 - OMT; three to four body regions involved

98927 - OMT; five to six body regions involved

98928 - OMT; seven to eight body regions involved

98929 - OMT; nine to ten body regions involved

CPT Codes for OMT

98925

98926

98927

98928

98929

Appendix A

Modifiers

▶This list includes all of the modifiers applicable to *CPT* 2008 codes.

A modifier provides the means to report or indicate that a service or procedure that has been performed has been altered by some specific circumstance but not changed in its definition or code. Modifiers also enable health care professionals to effectively respond to payment policy requirements established by other entities.

- 21 Prolonged Evaluation and Management Services: When the face-to-face or floor/unit service(s) provided is prolonged or otherwise greater than that usually required for the highest level of evaluation and management service within a given category, it may be identified by adding modifier 21 to the evaluation and management code number. A report may also be appropriate.
- ▶ 22 Increased Procedural Services: When the work required to provide a service is substantially greater than typically required, it may be identified by adding modifier 22 to the usual procedure code. Documentation must support the substantial additional work and the reason for the additional work (ie, increased intensity, time, technical difficulty of procedure, severity of patient's condition, physical and mental effort required). Note: This modifier should not be appended to an E/M service. ♣
- 23 Unusual Anesthesia: Occasionally, a procedure, which usually requires either no anesthesia or local anesthesia, because of unusual circumstances must be done under general anesthesia. This circumstance may be reported by adding modifier 23 to the procedure code of the basic service.
- 24 Unrelated Evaluation and Management Service by the Same Physician During a Postoperative Period: The physician may need to indicate that an evaluation and management service was performed during a postoperative period for a reason(s) unrelated to the original procedure. This circumstance may be reported by adding modifier 24 to the appropriate level of E/M service.
- ▶ 25 Significant, Separately Identifiable Evaluation and Management Service by the Same Physician on the Same Day of the Procedure or Other Service: It may be necessary to indicate that on the day a procedure or service identified by a CPT code was performed, the patient's condition required a significant, separately identifiable E/M service above and beyond the other service provided or beyond the usual preoperative and postoperative care associated with the procedure that was performed. A significant, separately identifiable E/M service is defined or substantiated by documentation that satisfies the relevant criteria for the respective E/M service to be reported (see Evaluation and Management Services Guidelines for

instructions on determining level of E/M service). The E/M service may be prompted by the symptom or condition for which the procedure and/or service was provided. As such, different diagnoses are not required for reporting of the E/M services on the same date. This circumstance may be reported by adding modifier 25 to the appropriate level of E/M service. Note: This modifier is not used to report an E/M service that resulted in a decision to perform surgery. See modifier 57. For significant, separately identifiable non-E/M services, see modifier 59.-4

- 26 Professional Component: Certain procedures are a combination of a physician component and a technical component. When the physician component is reported separately, the service may be identified by adding modifier 26 to the usual procedure number.
- ▶32 Mandated Services: Services related to mandated consultation and/or related services (eg. third-party payer, governmental, legislative or regulatory requirement) may be identified by adding modifier 32 to the basic procedure. ◀
- 47 Anesthesia by Surgeon: Regional or general anesthesia provided by the surgeon may be reported by adding modifier 47 to the basic service. (This does not include local anesthesia.) Note: Modifier 47 would not be used as a modifier for the anesthesia procedures.
- 50 Bilateral Procedure: Unless otherwise identified in the listings, bilateral procedures that are performed at the same operative session, should be identified by adding modifier 50 to the appropriate five digit code.
- ▶51 Multiple Procedures: When multiple procedures, other than E/M services, physical medicine and rehabilitation services, or provision of supplies (eg. vaccines), are performed at the same session by the same provider, the primary procedure or service may be reported as listed. The additional procedure(s) or service(s) may be identified by appending modifier 51 to the additional procedure or service code(s). Note: This modifier should not be appended to designated add-on codes (see Appendix D).
- 52 Reduced Services: Under certain circumstances a service or procedure is partially reduced or eliminated at the physician's discretion. Under these circumstances the service provided can be identified by its usual procedure number and the addition of modifier 52, signifying that the service is reduced. This provides a means of reporting reduced services without disturbing the identification of the basic service. Note: For hospital outpatient reporting of a previously scheduled procedure/service that is partially reduced or cancelled as a result of extenuating circumstances or those that threaten the well-being of the patient prior to or after administration of anesthesia, see modifiers 73 and 74 (see modifiers approved for ASC hospital outpatient use).
- 53 Discontinued Procedure: Under certain circumstances, the physician may elect to terminate a surgical or diagnostic procedure. Due to extenuating circumstances or those that threaten the well being of the patient, it may be necessary to indicate that a surgical or diagnostic procedure was

Significant, Separately Identifiable Evaluation and Management Service by the Same Physician on the Same Day of the Procedure or Other Service: It may be necessary to indicate that on the day a procedure or service identified by a CPT code was performed, the patient's condition required a significant, separately identifiable E/M service above and beyond the other service provided or beyond the usual preoperative and postoperative care associated with the procedure that was performed. A significant, separately identifiable E/M service is defined or substantiated by documentation that satisfies the relevant criteria for the respective E/M service to be reported (see Evaluation and Management Services Guidelines for

American Medical Association 457

Modifiers are important when coding for any procedure such as OMT, trigger point injections, cryotherapy and cerumen extraction.

There are many modifiers but the -25 modifier is the one that is applicable for our purposes.

EXTER		
EALTH INSURANCE CLAIM FORM PROVED BY NATIONAL UNIFORM CLAIM COMMITTEE (NUCC) I	412	
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MEDICARE MEDICAID TRICARE CH.	APVA GROUP FECA OTHER DOY (IDW) (IDW) (IDW) (IDW) (IDW)	R 1a. INSURED'S LD. NUMBER (For Program in Item 1)
PATIENT'S NAME (Last Name, First Name, Middle Initial)	3. PATIENT'S BIRTH DATE SEX	4. INSURED'S NAME (Last Name, First Name, Middle Initial)
PATIENT'S ADDRESS (No., Street)	6. PATIENT RELATIONSHIP TO INSURED	7. INSURED'S ADDRESS (No., Street)
	Self Spouse Child Other	
Y St	TE 8. RESERVED FOR NUCC USE	CITY STATE
CODE TENEDUCINE (Lead of Acres Code)		THE COORT
CODE TELEPHONE (Include Area Code)		ZIP CODE TELEPHONE (Include Area Code)
OTHER INSURED'S NAME (Last Name, First Name, Middle Initial)	10. IS PATIENT'S CONDITION RELATED TO:	11. INSURED'S POLICY GROUP OR FECA NUMBER
THER INSURED'S POLICY OR GROUP NUMBER	a. EMPLOYMENT? (Current or Previous)	a. INSURED'S DATE OF BIRTH SEX
ESERVED FOR NUCC USE	b. AUTO ACCIDENT?	M F
ESERVED FOR NUCL USE	PLACE (State)	b. OTHER CLAIM ID (Designated by NUCC)
ESERVED FOR NUCC USE	c. OTHER ACCIDENT?	c. INSURANCE PLAN NAME OR PROGRAM NAME
	YES NO	
ISURANCE PLAN NAME OR PROGRAM NAME	10d. CLAIM CODES (Designated by NUCC)	d. IS THERE ANOTHER HEALTH BENEFIT PLAN?
		YES NO # yes, complete items 9, 9s, and 9d.
READ BACK OF FORM BEFORE COMPL PATIENT'S OR AUTHORIZED PERSON'S SIGNATURE I authori to process this claim. I also request payment of government benefits below.	ther to myself or to the party who accepts assignment	 INSURED'S OR AUTHORIZED PERSON'S SIGNATURE! I authorize payment of medical benefits to the undersigned physician or supplier for services described below.
SIGNED	15. OTHER DATE	SIGNED
DATE OF CURRENT ILLNESS, INJURY, or PREGNANCY (LMP)	QUAL MM DD YY	16. DATES PATIENT UNABLE TO WORK IN CURRENT OCCUPATION MM DO TO
NAME OF REFERRING PROVIDER OR OTHER SOURCE	17a.	18. HOSPITALIZATION DATES RELATED TO CURRENT SERVICES MM DD YY
	17b. NPI	FROM TO
ADDITIONAL CLAIM INFORMATION (Designated by NUCC)		20. OUTSIDE LAB? \$ CHARGES
DIAGNOSIS OR NATURE OF ILLNESS OR INJURY Relate A-L I	service line below (24E) ICD Ind.	22 RESUBMISSION
L B.L	D. L	CODE ORIGINAL REF. NO.
F. L.	3. L H. L	23. PRIOR AUTHORIZATION NUMBER
	C	
From To PLACE OF	CCEDURES, SERVICES, OR SUPPLIES Explain Unusual Circumstances) HCPCS I MODIFIER POINTER	
DO YY MM DO YY SERVICE EMG CPT	HCPCS MODIFIER POINTER	\$ CHARGES UNTS Feb QUAL PROVIDER ID. #
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	YES NO	s s
SIGNATURE OF PHYSICIAN OR SUPPLIER INCLUDING DEGREES OR CREDENTIALS (I certify that the statements on the reverse apply to this bill and are made a part thereof.)	FACILITY LOCATION INFORMATION	33. BILLING PROVIDER INFO & PH #
		4 MDI b

The HCFA form is the paper form that is used for billing (the same form is transmitted electronically).

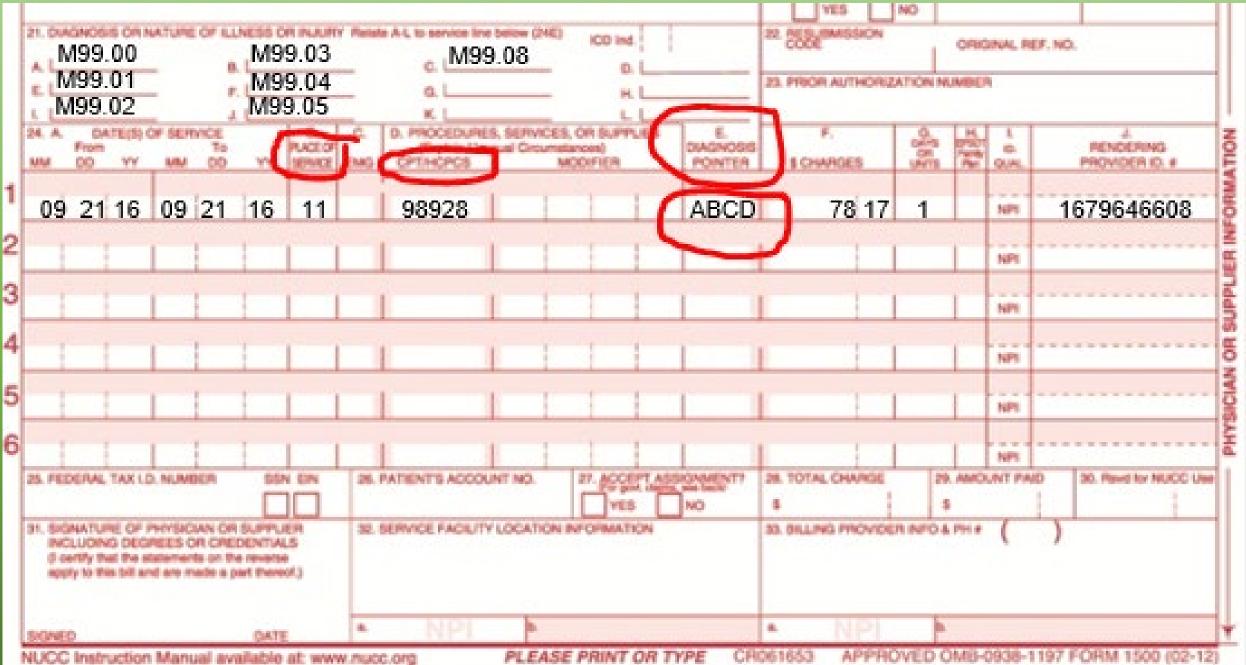
Although it appears complex, most billing software fills in the patient demographics, insurance information, DOB, etc. THIS IS WHY IT IS IMPORTANT TO HAVE ACCURATE INITIAL DATA ENTRY!

The key parts for our discussion are boxes 21 and 24. ICD10 codes are entered in box 21. Box 24 is where the CPT codes, modifiers, dates of service, location of service and provider identification numbers are entered.

											Marie III			
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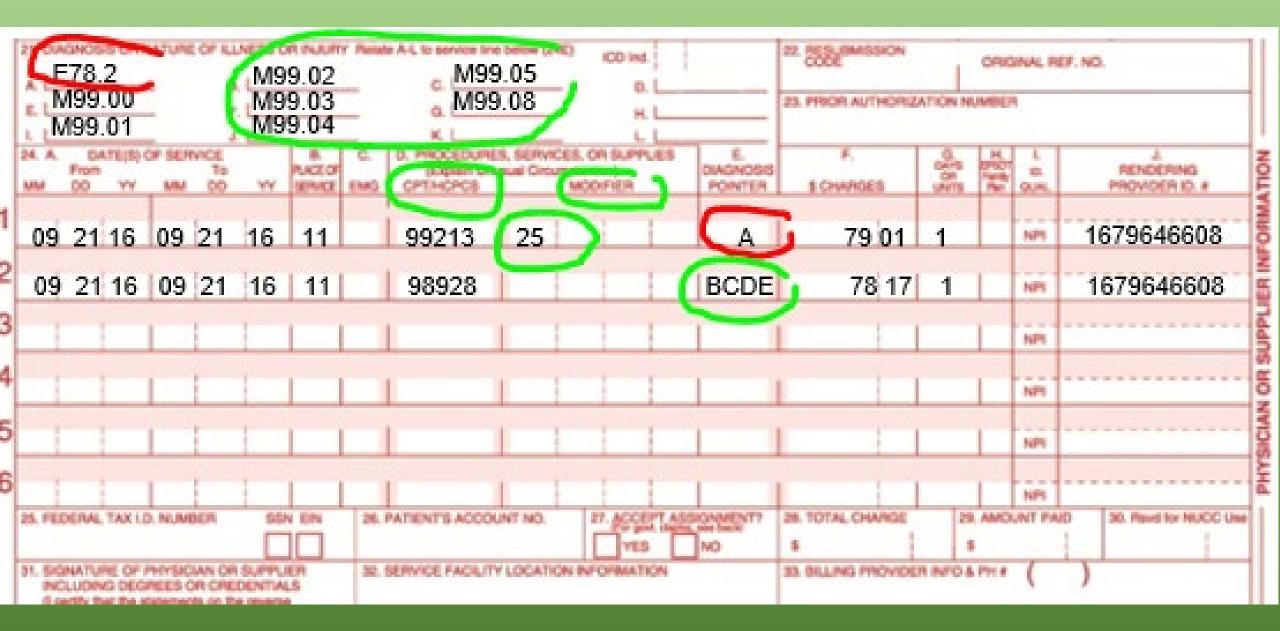
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HCFA with OMT visit only



EALTH INSURANCE CLAIM FORM							
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ESERVED FOR NUCC USE 0. OTHER AC	YES NO		6. INSURANCE PLAN NAI			NAME .	
	YES NO						
NSURANCE PLAN NAME OR PROGRAM NAME 104. CLAIM O	ODES (Designated by NUCC)	9	d. IS THERE ANOTHER HEALTH BENEFIT PLAN? YES NO If yes, complete items 9, 9s, and 9d.				
READ BACK OF FORM SEFORE COMPLETING & SIGNING TO PATIENT'S OR AUTHORIZED PERSON'S SIGNATURE I authorize the release of any in to process this claim. I also request payment of government benefits either to myself or to it below.	redical or other information neo	cessary	 Insureors on Author payment of medical bar services described belo 	nefits to the		IONATURE I authorize ad physician or supplier for	
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HCFA with
E&M
(evaluation
and
management)
and OMT



Medicare Fee Schedule (effective 1/2019)

New Jersey charge class Area 01 consists of the following counties: Bergen, Essex, Hudson, Hunterdon, Middlesex, Morris, Passaic, Somerset, Sussex, Union, Warren

(Area 99 covers the remainder of the state counties)

		<u>Area 99</u>	<u>Area 01</u>
OMT:	98925	\$34.18	\$35.28
	98926	\$49.00	\$50.53
N	98927	\$64.23	\$66.20
	98928	\$77.85	\$80.17
	98929	\$93.08	\$95.84

Medicare Fee Schedule (effective 1/2019)

E&M:	Area 99	Area 01
99213	\$ 80.66	\$ 83.41
99214	\$117.83	\$121.74
99203	\$117.44	\$121.37
99204	\$177.31	\$182.89

Conclusion:

Always keep up with ICD10 & CPT changes.

Be specific with coding!

Know your insurance rules and LCD's (local coverage determinations).

Proper coding = proper and prompt payment!

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