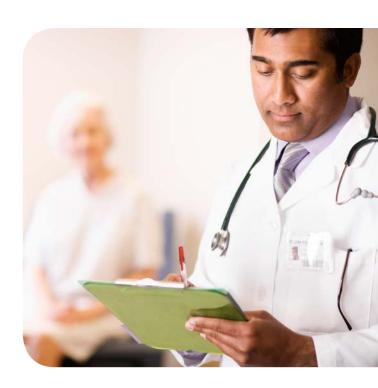


Your Health & Wellness Evaluation Form Checklist

Before the Visit

Work with your patients to schedule an
appointment within their 120-day window so
they have ample time to submit the
completed Health & Wellness Evaluation
form to CareFirst.
Ask your patients to have their lab work
completed prior to the appointment so you
can review their results with them.
Remind them to bring a copy of the Health &
Wellness Evaluation form (available at
www.carefirst.com/bluerewards) and any
immunization/screening dates your office



During the Visit

Measure, record and discuss health measures with your patients.

may not have on file.

- Weight (Body Mass Index (BMI))—required for ages 2 and older
- Flu Vaccine—required for ages 2 and older
- Tobacco Use—required for ages 18 and older
- Blood Pressure—required for ages 18 and older
- Blood Glucose—required for ages 18 and older
- Cholesterol—suggested for ages 18 and older
- Be sure you have completed the Health & Wellness Evaluation Form properly.
- Include your 8-digit provider number
 - Indicate whether this is an initial screening or rescreening
 - Provide dates and health measures for all sections of the form
 - Sign and date the form

(continued on other side)

CareFirst BlueCross BlueShield is the shared business name of CareFirst of Maryland, Inc. and Group Hospitalization and Medical Services, Inc.
CareFirst BlueCross BlueShield and CareFirst BlueChoice, Inc. are independent licensees of the Blue Cross and Blue Shield Association.

® Registered trademark of CareFirst of Maryland, Inc.

If your patients' results fall outside of the desired ranges below, work with them to develop a goal (i.e. alternate standard) and a plan of action that would be attainable within the year. If it is not medically advisable for your patient to be measured according to the goal, there is a "waiver" option on the form (ex. BMI for pregnant women).
 Weight (Body Mass Index (BMI))—between 19 and 30 (adult) or within the 5th to 85th percentile depending on age and gender (child)

- Flu Vaccine—received within the last 18 months
- Tobacco Use—must be a "non-smoker" (never smoked or quit for more than 30 days)
- Blood Pressure—less than 140/90 (ages 18-59) or less than 150/90 (ages 60+)
- Blood Glucose—fasting blood glucose is less than 100

After the Visit

	If a rescreening is required, schedule a follow-up appointment with your patients to track their
	progress toward the goals you set together.
	Use the proper codes when billing for your patients' visit.

- If you are reviewing the Health & Wellness Evaluation form only (outside of a preventive visit), you may report code 99420 (for dates of service on or after Dec. 18, 2015).
- If you are collecting the health measures for the Health & Wellness Evaluation form as part of a preventive visit (as defined in the **Professional Provider Manual**), you may report the appropriate code for a preventive visit (99381-99397). If the code for a preventive visit is reported, you cannot report code 99420.
- If you are reviewing the Health & Wellness Evaluation form only (code 99420) and a problem/ abnormality arises that requires you to perform key components of an E/M service, you may report code 99420 and the appropriate E/M code.