

# 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](http://www.carefirst.com/bluerewards)) and any immunization/screening dates your office may not have on file.



## During the Visit

- Measure, record and discuss health measures with your patients.
  - 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

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- 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.