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# **Section 1 - General Information**

# A. Overview of the Medicare Lifestyle Modification Program Demonstration

The Centers for Medicare & Medicaid Services (CMS) is conducting the Medicare Lifestyle Modification Program Demonstration to test the effectiveness of providing payment for cardiovascular lifestyle modification program services to Medicare beneficiaries. The demonstration period began October 1, 1999.

The CMS has selected two national multi-site cardiovascular lifestyle modification models that offer 12-month, multi-disciplinary, clinical outpatient treatment programs. The program models receive a negotiated payment for each Medicare Part B eligible beneficiary meeting the clinical enrollment criteria and electing to voluntarily participate in the demonstration.

Please refer to the Demonstration Design Protocol for specific information regarding your program model. The following web site is also available for receiving the latest information: <u>www.cms.hhs.gov/preventiveservices/3q.asp</u>

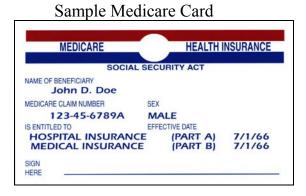
## **B.** Criteria for Patient Selection

In order for patients to be eligible to participate in the Medicare Lifestyle Modification Program Demonstration, they must meet the following criteria:

- Demonstration sites must ensure that the medical <u>inclusion</u> criteria outlined in the Demonstration Design Protocol have been met and that none of the <u>exclusion</u> criteria are present for Medicare beneficiaries.
- A physician must certify that the Medicare beneficiary meets these clinical eligibility requirements <u>prior</u> to the beneficiary's enrollment in the program.
- All Medicare beneficiaries must be age 65 or older and currently enrolled in Medicare Part B (Medical Insurance).
- All demonstration patients must live within a 90-minute commute from the program site.

*Medicare Part A* (Hospital Insurance) helps pay for inpatient hospital, critical access hospital, skilled nursing facility, hospice, and some home health care. Most people get Part A automatically when they turn age 65. They do not have to pay a monthly premium because they or a spouse paid Medicare taxes while they were working.

*Medicare Part B* (Medical Insurance) is required of beneficiaries participating in this demonstration. Part B helps pay for doctors' services, outpatient hospital care, and some other medical services when they are medically necessary that Part A does not cover. There is a monthly premium associated with Medicare Part B.



Additional information concerning Medicare may be obtained from the following sources: 1-800-MEDICARE, the *Medicare & You* handbook; or www.medicare.gov.

# C. Roles and Contacts

# **Quality Measurement & Health Assessment Group, CMS**

The Quality Measurement & Health Assessment Group (QMHAG) is the CMS lead component with responsibility for the design, implementation, and evaluation of this demonstration. Dr. Armen Thoumaian is the CMS Project Officer for this demonstration, and any questions concerning participation should be directed to him. Ms. Debbie Grossblatt is the liaison between QMHAG and the demonstration sites on policy matters. Ms. Mary Pratt is the CMS Project Officer for the quality monitoring and review contract.

Armen Thoumaian, Ph.D., Project Officer	410-786-6672
Debbie Grossblatt, Health Insurance Specialist	410-786-6866
Mary Pratt, Health Insurance Specialist	410-786-6867

# **Delmarva Foundation for Medical Care, Inc.**

The CMS has designated Delmarva, a Medicare Peer Review Organization, to monitor the safety and ensure the quality of care provided to Medicare beneficiaries participating in this demonstration.

Information will be required from the demonstration sites to document and confirm the medical eligibility of Medicare patients according to the admission clinical screening criteria. Delmarva will oversee the demonstration sites to monitor compliance with the Demonstration Design Protocol and will alert CMS if a site is not in compliance. For more information, please refer to Delmarva's Site Instructions.

# **Brandeis University**

The CMS awarded a contract to Brandeis University for the evaluation of this demonstration and will assist CMS in determining the feasibility and cost effectiveness of providing payment for lifestyle modification program services to Medicare beneficiaries.

The evaluation will include: 1) a prospective study of a cohort of Medicare beneficiaries age 65 and older who elected to participate in this demonstration compared to a control group cohort consisting of coronary artery disease patients with comparable demographic characteristics and disease severity; and 2) an assessment of the overall performance of the demonstration sites including quality of care delivery, treatment outcomes, patient satisfaction, and potential savings to Medicare.

# **Demonstrations Management Branch**

The CMS Demonstrations Management Branch (DMB) will serve as the fiscal intermediary for this demonstration and has prepared these operating instructions to explain the billing methodology and payment criteria. The DMB staff will process the information submitted by each demonstration site, verify Medicare Part B eligibility for each enrollee, begin the payment process, and authorize the U.S. Treasury Department to issue payments.

Following are the names, telephone numbers, and E-mail addresses of DMB staff to contact regarding Medicare eligibility and payments:

Sharon Norman, Team Leader	410-786-6553	snorman@cms.hhs.gov
Mary Harris, Health Ins. Spec.	410-786-6542	mharris2@cms.hhs.gov
Ed Norwood, Senior Technician	410-786-6571	enorwood@cms.hhs.gov
Edward Berends, Branch Chief	410-786-6560	eberends@cms.hhs.gov
FAX number	410-786-0286	

When transmitting information to DMB via FAX, please dial 410-786-0286. If the transmission was not successful, please call one of the staff members.

When mailing any materials to DMB, please send to the address below:

Attention: Mary Harris Centers for Medicare & Medicaid Services Demonstrations Management Branch, OFM 7500 Security Boulevard Room C3-13-06 Baltimore, Maryland 21244-1850 410-786-6542

# **Section 2 – Data Processing**

# A. Demonstration Identification (ID) Number

The Quality Measurement & Health Assessment Group will notify the Demonstrations Management Branch when sites have been approved for participation in the Medicare Lifestyle Modification Program Demonstration. The DMB will assign each demonstration site a primary ID number starting with 'LMP' (LMP01, LMP02, etc. for *Lifestyle Advantage* sites; LMPC1, LMPC2, etc. for *Cardiac Wellness* sites). Satellite sites will have an alpha suffix added to their primary ID number (e.g., LMP01A, LMPC2A).

The DMB will notify you of your specific ID number. This number is used by DMB in its tracking, reporting, and payment systems. Please be sure to include this number on all forms and correspondence sent to DMB. This number will also appear on the reports DMB sends to the demonstration sites.

# **B.** Financial Information

The demonstration sites must complete and FAX the Financial Information form (see **Exhibit 1**) to DMB to establish an electronic transfer of funds so the payment process can begin. (Please note, funds will be transferred into the "contracted" demonstration site account and not into an individual satellite site account.) It is important to FAX a new financial form to DMB if any information changes to ensure the proper transfer of payments.

## C. Inquiry for Medicare Eligibility

The demonstration sites are encouraged to FAX a list of potential Medicare enrollees for DMB to verify Medicare Part B eligibility (see **Exhibit 2**). We suggest that demonstration sites ask beneficiaries to show their Medicare card. To facilitate verification, please provide the beneficiary Medicare number, complete name, sex, date of birth, and the demonstration site FAX number. The DMB will verify Medicare eligibility within 1 day and FAX the list back to the demonstration site, noting any changes or problems.

# **D.** Enrollments

After the beneficiary's Medicare Part B eligibility has been verified, the medical eligibility has been approved, and the beneficiary has attended their first class, then the demonstration sites must FAX to DMB their enrollment list that includes the beneficiary Medicare number, name, sex, date of birth, and the program/cohort start date (see **Exhibit 3**). This form must be signed and dated by the provider or authorized representative thereby certifying beneficiary signatures (Informed Consent Forms) are on file. The DMB will then process this information to begin the payment process.

# E. Disenrollments

Should a beneficiary disenroll from the program, either voluntarily or involuntarily, the demonstration sites must FAX notification as soon as possible to DMB and include the enrollment date, disenrollment date, and reason for termination (see Exhibit 4). NOTE: The disenrollment date is the date of the last class attended.

# F. Duplicate Billing

By participating in the Medicare Lifestyle Modification Program Demonstration, the negotiated payment rate represents your total reimbursement for the package of services you are providing. It is strictly prohibited to bill and/or collect payment from other sources such as Medicare, supplemental insurance companies, and scholarships. For example, you may not bill Medicare for cardiac rehab benefits for demonstration patients.

The CMS will conduct a periodic review to ensure Medicare is not paying twice for the same services. Duplicate payments will be identified for recovery action, and sites could jeopardize their continued participation in this demonstration.

# **Section 3 - Payment Processing**

# A. Payment

The demonstration sites will receive 80% of a total fixed payment amount for a 12-month program. This amount is negotiated with the parent or licensing entity for the lifestyle modification program and applies to all sites offering that program model. The beneficiary is responsible for paying the remaining 20% fee. The site may waive this fee, but it must do so for all beneficiaries.

Payments to demonstration sites for each beneficiary will be made prospectively on a quarterly basis in percentages as shown in the table below:

Quarter 1	Quarter 2	Quarter 3	Quarter 4
35%	15%	15%	35%
\$1,400*	\$600*	\$600*	\$1,400*

**Payment Table** 

# \*NOTE: For illustrative purposes only, we are using a negotiated payment amount of \$5,000 with the 80% final payment equal to \$4,000. These figures <u>do not</u> represent actual payments to demonstration sites.

After DMB receives and processes the enrollment data, the payment cycle will be established the month that each program/cohort begins. If enrollment data are approved by DMB by the end of the month, funds will be electronically deposited to the demonstration site financial institution's account by the 30th of the following month. The DMB will continue to make the quarterly payments for each beneficiary for 1 year or until notification of a termination event or Medicare ineligibility.

Following is an example of a program/cohort running July 20, 2001 - July 19, 2002. The Enrollment form was received in DMB after the class began and was approved in July 2001. This established the payment cycle to begin July 2001, with the first quarter payment (at 35% of the negotiated rate) issued in August 2001. In October 2001, the second quarter payment (15%) was issued; in January 2002, the third quarter payment (15%); and finally in April 2002, the fourth quarter payment (35%).

Payment Cycle	Quarter	Percent	Payment*	Payment Transfer Date
July 2001	1	35%	\$1,400	August 30
October 2001	2	15%	600	October 30
January 2002	3	15%	600	January 30
April 2002	4	35%	1,400	April 30
			*sample figures	

Example: Program/cohort start date of July 20, 2001

#### **B**. Recoupment

If a Medicare beneficiary is disenrolled from the demonstration program during the year, DMB will recoup a monthly percentage from the quarterly payment that was made. The following table shows these monthly percentages and recoupment amounts based on our payment example of \$4,000.

	Q	uarter	1	Quarter 2		Quarter 3			Quarter 4			
Month	1	2	3	4	5	6	7	8	9	10	11	12
Percent	.15	.10	.10	.05	.05	.05	.05	.05	.05	.10	.10	.15
Recoup*	-600	-400	-400	-200	-200	-200	-200	-200	-200	-400	-400	-600
*sample f	Jauros											

**Recounternet** Table

sample figures

For example, if the first quarter payment was made (\$1,400) and the beneficiary disenrolls within the first month, DMB would recoup months 2 and 3 (or \$800). If a second quarter payment was made (\$600) and DMB was informed late that the beneficiary disenrolled in the third month, DMB would recoup months 4, 5 and 6 (or \$600). If the beneficiary disenrolls in the 12th month before completing the program, CMS reserves the right to recoup the last month's payment. In addition, there are two ways disenrollment records are handled, depending on when the record is received in DMB:

- If a disenrollment record is received during the same time we are processing • the enrollment record, an adjustment to the quarterly payment amount will be made, if necessary.
- If the quarterly payment was already made and the disenrollment record comes in later, there will be a recoupment of monies paid.

# C. Payment Report

A Payment Report will be sent to each demonstration site explaining the payment being made (see **Exhibit 5**). If a demonstration site conducts one Medicare Lifestyle Modification Demonstration program/cohort a year, it would normally receive four Payment Reports during the year (more if an enrollment record is received late). If a demonstration site starts a new program/cohort every month, it would receive a Payment Report every month.

The Payment Report is in alphabetical order and identifies the beneficiary's name, Medicare number, enrollment date of their program/cohort, disenrollment date, the quarter being paid, corresponding quarter date, and the payment amount. Each time a quarterly payment is made, a Payment Report will be mailed to the demonstration sites.

In Exhibit 5, example *Doe1* shows an enrollment record and the first quarter payment. Example *Doe2* shows an enrollment record and the disenrollment record processed during the same cycle. The demonstration site would be entitled to \$1,400 for the first quarter, but we recovered \$400 (the third month in the quarter due to the disenrollment), adjusting the actual payment to \$1,000 (\$1,400-\$400).

# D. Recoupment Report

If a beneficiary disenrolls from the demonstration program and a recoupment of payment is necessary, a Recoupment Report will be generated (see **Exhibit 6**). This report includes the beneficiary's name, Medicare number, enrollment date, disenrollment date, the quarter paid, payment quarter date (or month the quarter began), the actual payment date, payment amount, and the amount that is being recouped.

In the example *Doe3*, the first quarter payment of \$1,400 was made on the payment report of 07/01/2001. Since the beneficiary disenrolled at the end of the first month of the quarter, months 2 and 3 (or \$800) was recouped.

The total amount of the recoupment will be withheld from the current payment. However, if the total recoupment amount exceeds the total payment amount, the recoupment will be held until a sufficient payment is made. If there are no active beneficiaries, a letter will be sent requesting a check for the amount of the overpayment.

# E. Summary Report

The Summary Report shows the total amount of the payments due (from the Payment Report), the total recoupment necessary (from the Recoupment Report), and the total reimbursement due (see **Exhibit 7**). A separate Summary Report will be generated for each primary and satellite site.

# F. Deposit Report

The Deposit Report may look exactly like the Summary Report unless you have satellite sites because the Deposit Report is a consolidation of all Summary Reports under the primary LMP number (see **Exhibit 8**). The Deposit Report also states, "This reimbursement will be sent directly to your financial institution."

The total reimbursement on the Deposit Report reflects the amount that should appear in your account within 10 days of receipt of the report. If it does not, please contact DMB.

# G. History File Report

The DMB will also send a History File Report to each demonstration site showing the status of their beneficiaries enrolled in the Medicare Lifestyle Modification Program Demonstration (see **Exhibit 9**). This report will be in alphabetical order and include the beneficiary Medicare number, enrollment date, disenrollment date, the quarters that have been paid, the pay date, the payment amount, any recoupments, the recoupment date, and the total amount CMS paid for each beneficiary. The "Remarks" field will contain the reason for disenrollment. The total enrollment number is included at the end of the report. A History Report is generated for each primary and satellite ID number.

The example of *Doe1* shows payment for the first and second quarters. For *Doe2* the first quarter payment reflects an <u>adjustment</u> made as a result of the disenrollment processed during the same cycle. *Doe3* shows a recoupment as a result of a disenrollment processed after a payment was issued.

**NOTE:** Please notify DMB immediately if any errors or discrepancies are found in the reports sent to you.

#### FINANCIAL INFORMATION

The information concerning your financial institution should be available through your agency's treasurer or financial institution. A contact person and phone number at your financial institution are important for verification purposes. Your financial institution can assist you in providing the routing number. The numbers in parentheses indicate the maximum number of positions for a particular field. Not all fields have a restricted length. Complete all items.

#### FAX to: CMS, Demonstrations Management Branch, 410-786-0286.

<u><b>Provider Information</b></u> - Name and address of pr	ovider (payee):	
Name (35)		
Address Line 1 Lifestyle Modification Program	n	
Line 2 (35)		
Line 3 (30)		
City (20)	State (2) Zip Code (5)	
Tax ID No. (EIN) (9)	Provider Phone No.()	
Financial Information - Name and address of fi	nancial institution:	
Name		
Address		
City	_ State Zip Code	
Account Number to be credited with the funds:		
Type of Account (Circle One): CHECKING	SAVINGS	
Financial Institution's Routing No.(9)	Phone No.()	
Contact Person:		
Signature/Title of person completing this information	ation Phone Number	Date

### INQUIRY FOR MEDICARE ELIGIBILITY for Medicare Lifestyle Modification Program Demonstration

## FAX to: CMS, Demonstrations Management Branch, 410-786-0286

Provider Name:			_Date:
Address:			Phone #
City:	_State:	_ZIP	_FAX #

	Medicare	Last	First	М		Birth
LMP	No.	Name	Name	I	Sex	Date

LMP01	9999999999A	DOE1	JANE	J	F	1/1/1921
LMP01	9999999999B	DOE2	ТОМ	Т	М	2/2/1922
LMP01	9999999999C	DOE3	JOHN	J	М	3/3/1923

#### **ENROLLMENT FORM** for Medicare Lifestyle Modification Program Demonstration

### FAX to: CMS, Demonstrations Management Branch, 410-786-0286

Provider Name:		_FAX #:
Address:		Phone #
City:	State:	ZIP

						Program
	Medicare	Last	First		Birth	Start
LMP	No.	Name	Name	Sex	Date	Date

LMP01	9999999999A	DOE1	JANE	F	1/1/1921	7/20/2001
LMP01	9999999999B	DOE2	ТОМ	М	2/2/1922	7/20/2001
LMP01	99999999999C	DOE3	JOHN	М	3/3/1923	6/01/2001

Signature of Provider/Authorized Representative

Date

#### DISENROLLMENT FORM for Medicare Lifestyle Modification Program Demonstration

#### FAX to: CMS, Demonstrations Management Branch, 410-786-0286

Provider Name:		Demo ID: LMP		
Address:			Phone #	
City:	_State:	_ZIP	FAX #	

Medicare			Enrollment	Disenrollment	
No.	Last Name	First Name	Date	Date	Reason

9999999999B	DOE2	ТОМ	7/20/2001	8/05/2001	MOVED
9999999999C	DOE3	JOHN	6/01/2001	6/30/2001	WITHDREW

Signature of Provider/Authorized Representative

Date

# **Payment Report**

#### MEDICARE LIFESTYLE MODIFICATION PROGRAM DEMONSTRATION LMP01 – DEMO SITE NAME PAYMENT REPORT FOR 08/01/2001

LAST NAME	FIRST NAME	MEDICARE NUMBER	ENROLLMENT DATE	DISENROLLMENT DATE	QUARTER	QUARTER DATE	PAYMENT AMOUNT
DOE1	JANE	9999999999A	07/20/2001		1	07/2001	\$1,400
DOE2	ТОМ	9999999999B	07/20/2001	08/05/2001	1	07/2001	\$1,000
				NT AMOUNT:	\$2,400		

# **Recoupment Report**

#### MEDICARE LIFESTYLE MODIFICATION PROGRAM DEMONSTRATION LMP01 – DEMO SITE NAME RECOUPMENT REPORT FOR 08/01/2002

LAST NAME	FIRST NAME	MEDICARE NUMBER		LLMENT ATE		OLLME ATE		UARTER	QUA	'MENT ARTER ATE		ENT F	Paymei Amoun	NT RECOUPMENT NT AMOUNT	
DOE3	JOHN	9999999999C	06/0	1/2001	06/3	0/2001		1	06	/2001	07/01/	2001	\$1,400	0 -\$800	
			TOTAL	- RECOL	JPMENT A	MOUN	T: -\$	800							
			0	uarter 1		Juarter	2	Ou	arter	3	0	uarter	4		
		Month	1		3 4	5	6	7	8	9	10	11	12		
		Percent	.15	.10 .	10 .05	.05	.05	.05	.05	.05	.10	.10	.15		

# **Summary Report**

#### MEDICARE LIFESTYLE MODIFICATION PROGRAM DEMONSTRATION LMP01 – DEMO SITE NAME SUMMARY REPORT FOR 08/01/2001

# TOTAL PAYMENT AMOUNT: \$2,400

- TOTAL RECOUPMENT AMOUNT:-\$ 800
- TOTAL REIMBURSEMENT:\$ 1,600

# **Deposit Report**

#### MEDICARE LIFESTYLE MODIFICATION PROGRAM DEMONSTRATION LMP01 – DEMO SITE NAME DEPOSIT REPORT FOR 08/01/2001

TOTAL PAYMENT AMOUNT:	\$ 2,400
TOTAL RECOUPMENT AMOUNT:	-\$ 800
TOTAL REIMBURSEMENT:	\$ 1,600

This reimbursement will be sent directly to your financial institution.

# **History File Report**

#### MEDICARE LIFESTYLE MODIFICATION PROGRAM DEMONSTRATION LMP01 – DEMO SITE NAME HISTORY FILE 11/30/2001

LAST MEDICARE ENROLL DT DISENR DT QTR QTR DT PAY DT PYMT RCPMT RCPMT DT TOTAL REMARKS NAME FNAME NUMBER DOE1 JANE 99999999A 07/20/2001 07/2001 08/2001 \$1,400 \$0 \$2,000 1 2 10/2001 10/2001 \$600 DOE2 TOM 999999999B 07/20/2001 08/05/2001 1 07/2001 08/2001 \$1,000 \$1,000 \$0 moved DOE3 JOHN 999999999C 06/01/2001 06/30/2001 1 06/2001 06/2001 \$1,400 -\$800 08/2001 \$600 withdrew TOTAL ENROLLMENT: 3

BLANK FORMS

#### FINANCIAL INFORMATION

The information concerning your financial institution should be available through your agency's treasurer or financial institution. A contact person and phone number at your financial institution are important for verification purposes. Your financial institution can assist you in providing the routing number. The numbers in parentheses indicate the maximum number of positions for a particular field. Not all fields have a restricted length. Complete all items.

#### FAX to: CMS, Demonstrations Management Branch, 410-786-0286

<u><b>Provider Information</b></u> - Name and address of pro-	ovider (pay	ee):		
Name (35)				_
Address Line 1 Lifestyle Modification Program	n			
Line 2 (35)				_
Line 3 (30)				
City (20)				- —
Tax ID No.(EIN) (9) P	rovider Ph	one No. () _	<b>-</b>	_
<b><u>Financial Information</u></b> - Name and address of fin	nancial inst	itution:		
Name				
Address				
City				
Account Number to be credited with the funds: _				_
Type of Account (Circle One): CHECKING	:	SAVINGS		
Financial Institution's Routing No.(9)		Phone No. ()		_
Contact Person:				
Signature/Title of person completing this information	tion	Phone Number	Date	

### INQUIRY FOR MEDICARE ELIGIBILITY for Medicare Lifestyle Modification Program Demonstration

## FAX to: CMS, Demonstrations Management Branch, 410-786-0286

Provider Name:			_Date:
Address:			Phone #
City:	_State:	_ZIP	_FAX #

	Medicare	Last	First	М		Birth
LMP	No.	Name	Name	Ι	Sex	Date

#### **ENROLLMENT FORM** for Medicare Lifestyle Modification Program Demonstration

## FAX to: CMS, Demonstrations Management Branch, 410-786-0286

Provider Name:		_FAX #:
Address:		Phone #
City:	State:	ZIP

						Program
	Medicare	Last	First		Birth	Start
LMP	No.	Name	Name	Sex	Date	Date

Signature of Provider/Authorized Representative

#### DISENROLLMENT FORM for Medicare Lifestyle Modification Program Demonstration

#### FAX to: CMS, Demonstrations Management Branch, 410-786-0286

Provider Name:			Demo ID: LMP	
Address:			Phone #	
City:	_State:	_ZIP	FAX #	

Medicare			Enrollment	Disenrollment	
No.	Last Name	First Name	Date	Date	Reason

Signature of Provider/Authorized Representative

Date