The Key Note

Provider Newsletter - 1st Quarter 2021

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COVID-19

Informing members about the health risks posed by COVID-19, as well as measures they can take to protect themselves, is key to mitigating spread and reducing the likelihood that they may become infected. Timely and frequent information in a language that members understand enables them to make decisions and adopt positive behaviors to protect themselves and their loved ones from COVID-19. **Information is the most important resource to enable members to make informed decisions on how to take care of their health, and to prevent rumors and misinformation.**

Providers are encouraged to consult relevant COVID-19 FAQs put forth by the Centers for Disease Control (CDC), the World Health Organization (WHO) and the Equal Employment Opportunity Commission (EEOC). Please keep in mind that different or additional facts can impact how the situation should be handled.

- **California Live Coverage**
- **Situation Dashboard for Live Coverage**
- **Find the Status of Activities in your County**

The ICD-10-CM codes are intended to provide information on the coding of encounters related to COVID-19 (Coronavirus). Other codes for conditions unrelated to coronavirus may be required to fully code these scenarios in accordance with the ICD-10-CM Official Guidelines for Coding and Reporting. Please remember to always use a hyphen at the end of a code to indicate that additional characters are required.

ICD-10 Codes	
Z03.818	For cases where there is a concern about a possible exposure to COVID-19, but this is ruled out after evaluation, it would be appropriate to assign the code
R05	Cough
R06.02	Shortness of Breath
R50.9	Fever, unspecified

Note: Diagnosis code B34.2, Coronavirus infection, unspecified, would in generally not be appropriate for the COVID-19, because the cases have universally been respiratory in nature, so the site would not be "unspecified." If the provider documents "suspected", "possible" or "probable" COVID-19, do not assign code B97.29. Assign a code(s) explaining the reason for encounter (such as fever, or Z20.828).
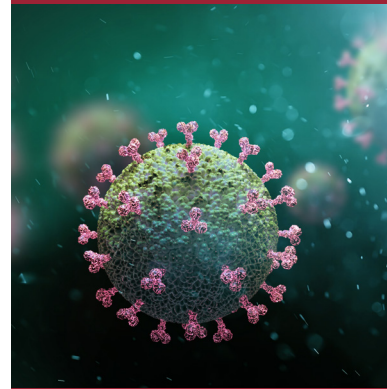
Cervical Health Awareness Month

January is Cervical Health Awareness Month. More than 13,000 women in the U.S. are diagnosed with invasive cervical cancer each year, but the disease is preventable with vaccination and appropriate screening. You can lower your risk for cervical cancer by getting screened regularly, starting at age 21.

Testing
A Pap test (or Pap smear) can find cell changes to the cervix caused by the human papillomavirus (HPV). HPV tests looks for the virus and can help healthcare providers determine who is at highest risk for cervical cancer. Pap and HPV tests are recommended for women over the age of 30. These tests can be done either alone or in combination. Each woman should ask her health care provider how often she should be screened, and which tests are right for her.

Vaccination
The HPV vaccine protects against the types of HPV that most often cause cervical cancers. HPV can also cause other kinds of cancer in both men and women. The CDC recommends preteens get the HPV vaccine at age 11 or 12. The HPV vaccine also is recommended for everyone up to the age of 26, if they are not vaccinated already. HPV vaccination is not recommended for those older than the age of 26. However, some adults through the ages of 27 to 45 years who are not already vaccinated may decide to get the HPV vaccine after speaking with their doctor about their risk for new HPV infections and the possible benefits of vaccination. HPV vaccination in this age range provides less benefit, as more people have already been exposed to HPV.

The ICD-10-CM coding for this virus begins with vaccine administration. The code for vaccine administration or immunization is:

ICD-10 Codes	
Z23	Z23 (Encounter for immunization). This code is not specific to the type of vaccine provided. There is a coding note indicating that the procedure code will identify the type of vaccine administered.
Z11.51	For the virus, there is a screening codethat captures the screening for HPV.
R87.810	The results can be captured as DNA-positive for cervical
R87.811	The results can be captured as DNA-positive for vaginal
R87.820	high-risk, or DNA-negative for cervical
R87.821	high-risk, or DNA-negative for vaginal
R87.82	The subcategory R87.82- has an instructional note to use an additional code for associated human papillomavirus (B97.7). This code identifies the causal organism in a condition classified elsewhere.

American Heart Month

February is American Heart Month. Heart disease is the leading cause of death in the United States for both men and women. The most common type being coronary heart disease. There is a lot that can be done to protect your heart and stay healthy. Coronary and other types of heart disease cause heart attacks, but by taking preventive measures, you can lower your risk of developing heart disease. This also leads to improvement in your overall health and well-being.

What does Heart-healthy living involve?

- Understand your risks
- Get blood pressure and cholesterol checked
- Choose heart-healthy foods
- Aim for a healthy weight
- Manage stress
- Get regular physical activity
- Quit smoking
- Get enough good-quality sleep

This American Heart Month join us to inspire and motivate yourself and those you love to make heart health a regular part of your self-care routine. When we support each other, we are more likely to stick with our goals and improve our heart health.

Visit **https://www.nhlbi.nih.gov/** if you want to find more information about heart disease, the importance of social support for reaching heart health goals, or educational materials to use in your community, social media resources, and more.

National Drug & Alcohol Facts Week

National Drug & Alcohol Facts Week is an annual observance that links students with scientists and other experts to counteract the myths about drugs and alcohol that teens gather from the internet, social media, TV, movies, music, or from friends. In 2010, scientists at the National Institute on Drug Abuse (NIDA) launched this program to stimulate educational events in communities and help teens learn about drug use and addiction. The National Institute of Alcohol Abuse and Alcoholism joined as a partner starting in 2016, and since then alcohol has been added as a topic area for the week. NIDA and NIAAA are part of the National Institutes of Health.

What happens during National Drug & Alcohol Facts Week?
National Drug & Alcohol Facts Week is an opportunity for teens to shatter myths about drugs and alcohol. In community and school events all over America, teens, scientists and other experts come together to ask experts questions about how drugs affect the brain, body, and behaviors.
If you're interested in planning events, check out the National Drug & Alcohol Facts Week Website for more information. NIDA offers online toolkits with lots of suggestions on how to plan events, how to find experts who can participate, and how to connect with NIDA staffers who can help. The site also tells you how to register your event, and how to get free materials for teens.

Why Celebrate National Drug & Alcohol Facts Week?
Many teens are not aware of the risks to their health, to their success in school and the dangers while driving under the influence. When teens are given the scientific facts about drugs, they can be better prepared to make good decisions for themselves and they can share this information with others.

Help your patients get a kickstart on their health, make sure you capture the right codes for discussing smoking/tabacco/nicotine cessation

ICD-10 Codes	
F17.210	Nicotine dependence, cigarettes, uncomplicated
F17.211	Nicotine dependence, cigarettes, in remission
F17.220	Nicotine dependence, chewing tobacco, uncomplicated
F17.221	Nicotine dependence, chewing tobacco, in remission
F17.290	Nicotine dependence, other tobacco product, uncompli-cated
F17.291	Nicotine dependence, other tobacco product, in remission
Z87.891	Personal history of nicotine dependence
Z71.6	Tobacco abuse counseling

World Cancer Day

World Cancer Day occurs every February 4th. It is a global uniting initiative led by the Union for International Cancer Control (UICC). The goal of this movement is to raise worldwide awareness, improve education and catalyze personal, collective and government action. Increased awareness, accurate information, and knowledge can empower us to recognize early warning signs, make informed choices about our health and counter our own fears and misconceptions about cancer.

Key Cancer Facts
- 9.6 million people die from cancer every year
- At least one third of common cancers are preventable
- Cancer is the second-leading cause of death worldwide
- 70% of cancer deaths occur in low-to-middle income countries
- Up to 3.7 million lives could be saved each year by implementing resource appropriate strategies for prevention, early detection, and treatment
- The total annual economic cost of cancer is estimated at US$1.16 trillion

Causes of Cancer
Cancers can be caused by different factors and, as with many other illnesses, most cancers are the result of exposure to a number of different causal factors. It is important to remember that, while some factors cannot be modified, around one third of cancer cases can be prevented by reducing behavioral and dietary risks.

Visit **https://www.worldcancerday.org/** to learn more.

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