



Insurance-Reimbursed Group Visits Using the Anticancer Lifestyle Program

A GUIDE FOR HEALTHCARE PROVIDERS



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Introduction to the Anticancer Lifestyle Program (ACLP)

The Anticancer Lifestyle Program (ACLP) provides evidence-based tools and resources to help individuals reduce cancer risk, support survivorship, and promote overall well-being. The program empowers participants to make sustainable changes across four key lifestyle areas:

- **Diet:** Nutritional strategies to reduce inflammation and support health.
- **Fitness:** Integrating physical activity into daily routines.
- **Mindset:** Techniques for stress reduction and emotional resilience.
- **Environment:** Reducing exposure to toxic chemicals in everyday life.

For more information, visit anticancerlifestyle.org.

Using the ACLP Learning Circles as the Basis for SMAs

What Are ACLP Learning Circles?

ACLP Learning Circles are structured group sessions that guide participants through the ACLP's 9-hour self-paced online course. [Other ACLP resources](#), such as eBooks and Kickstarts, may also be used as the basis for Learning Circles. These facilitator-led sessions provide education, peer support, and actionable insights to help participants implement sustainable lifestyle changes.

Core Features

- **Group Support:** Facilitates meaningful peer interactions, sharing of insights, and encouragement.
- **Peer Accountability:** Drives adherence to lifestyle changes through a supportive community.
- **Flexible Implementation:** Can be adapted for Shared Medical Appointments (SMAs) or Behavioral Health Group Interventions, making them eligible for insurance reimbursement.

For detailed guidance on running a Learning Circle, refer to the [ACLP Learning Circle Organizer's Manual](#).

Integrating Learning Circles into Healthcare Settings

ACLP Learning Circles can be adapted in two primary formats as insurance billable visits:

1. **Shared Medical Appointments (SMAs):** Combines group education with individualized care by licensed providers.
2. **Behavioral Health Group Interventions:** Led by mental health professionals these groups focus on psychological, social, and behavioral aspects of health.

Each format has specific guidelines for facilitators, structure, requirements, and billing codes.

Shared Medical Appointments (SMAs)

Definition

Shared Medical Appointments (SMAs) involve a hybrid approach of group learning and brief, individualized provider-patient interactions, enabling efficient and cost-effective care delivery.

Benefits

- Address and educate multiple patients simultaneously, optimizing provider time.
 - Enhance patient satisfaction with a community-based approach.
 - Generate revenue through insurance reimbursement.
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Facilitators and Support Staff

Billing Providers

Eligible billing providers may include:

- **Medical Doctors (MDs) and Doctors of Osteopathy (DOs)**
- **Nurse Practitioners (NPs) and Physician Assistants (PAs)**
- **Psychologists**
- **Dietitians** (*check with insurance as there are strict criteria and not every insurance covers.*)

Support Providers

Support staff assist with administrative and participant needs:

- **Registered Nurses (RN) and Certified/Registered Medical Assistants (CMA/RMA):**
 - **Pre-Session:** Conduct intake calls, reconcile medications, and address patient questions.
 - **In-Session:** Manage logistics, assist with group discussions, and perform screenings.
 - **Post-Session:** Schedule labs, share educational materials, and coordinate referrals.
 - **Health Coaches:** Help with goal-setting, addressing barriers, and tracking progress.
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Structure of SMAs

1. **Group Education Component**
 - Facilitators lead participants through ACLP course materials.
 - Discussions focus on practical applications, group insights, and shared problem-solving.
2. **Individualized Interaction Component**
 - Each participant spends 2-3 minutes in conversation with a billing provider within the group setting.
 - Focus areas include reviewing lab results, addressing personal concerns, and setting achievable goals.

Example Prompts for Individualized Interactions:

- “What progress have you made on your health goals since our last session?”
 - “What barriers have you encountered, and how can we overcome them?”
 - “What is one actionable change you commit to implementing this week?”
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Billing and Reimbursement for SMAs

Billing Codes

- **Evaluation & Management (E/M):** For individualized interactions during SMAs.
- **Chronic Care Management:** Relevant for patients with ongoing chronic conditions.

Sample Diagnosis Codes

- Breast Cancer: **C50.919**
- Obesity: **E66.9**
- Diabetes: **E11.9**
- Fatigue: **R53.83**
- Vitamin D Deficiency: **E55.9**

Documentation Requirements

- Unable to bill by time for a SMA visit.
 - Record session duration, topics covered, and attendance.
 - Include detailed notes for individualized interactions and care plans.
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Behavioral Health Group Interventions

Definition

Behavioral Health Group Interventions focus on addressing the psychological and social factors affecting health, promoting resilience and behavioral change.

Eligible billing providers may include:

- **Psychologists**
 - **Licensed Counselors or Social Workers**
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Structure of Behavioral Health Groups

1. **Group Focus:**
 - Promote emotional well-being, stress reduction, and habit formation.
 - Use techniques such as guided imagery, mindfulness, and cognitive restructuring.
2. **Sample Billing Codes:**
 - **96164:** First 30 minutes of a group behavioral health intervention.
 - **96165:** Each additional 15-minute increment beyond the initial 30 minutes.

Example Billing Scenario:

For a 90-minute session:

- **1 unit of 96164** (initial 30 minutes).
 - **4 units of 96165** (remaining 60 minutes, billed in 15-minute increments).
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Key Considerations for Implementation

Documentation and Compliance

- Billing should reflect the total engagement time for group sessions.
- Ensure all documentation meets institutional and payer guidelines, including session topics, materials shared, and participant outcomes.

Patient Confidentiality

- Obtain informed consent for participation in group settings.
- Provide an opportunity for patients to discuss any concerns privately with the provider.

Pre-Session Preparation

- Verify patient insurance eligibility and coverage for the planned session format.
- Share preparatory materials, including session outlines and goal-setting templates.

Post-Session Follow-Up

- Document key outcomes, including individual goals and group achievements.
 - Provide action plans, referrals, or additional resources as needed.
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Legal and Ethical Considerations

- Participation must be voluntary, with alternative options available for patients.
 - Group settings should accommodate diverse needs, including language access and disability support.
 - Providers must adhere to HIPAA regulations to protect patient information.
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Helpful Resources

- [ACLP Learning Circle Organizer's Manual](#)
 - [2020 Health Behavior Assessment and Intervention Billing Guide](#)
 - [Psychologists' Health and Behavior Codes](#)
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Get Started with ACLP Learning Circles

Contact ACLP today for resources, training, and support to integrate SMAs and Behavioral Health Interventions into your practice. Note that while our Manual uses our 9-hour online course as the basis for Learning Circles, other ACLP resources (including eBooks and Kickstarts) may also be used.

- **Email:** info@anticancerlifestyle.org
- **Website:** anticancerlifestyle.org