



Obesity Management: Starting the Conversation: Tips for Assessment, Counseling and Reimbursement

Mary DiGiorgi, MPH, PhD; Shari LeFauve, MS, PA-C; Melanie Jay, MD, MS; H. Shonna Yin, MD, MSc

DATE & TIME

Saturday
September 17, 2016

9:00 AM – 1:00 PM

REGISTRATION

Free for Academy
Fellows and
Members; \$25 for
non-members.

To register, visit
support.nyam.org/obesity-management

VENUE

The New York
Academy of Medicine

1216 Fifth Avenue
New York, NY 10029

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Why do so few patients with obesity receive behavioral counseling? Physicians are not taught how to create a dialogue with patients, and reimbursement for obesity counseling tends to be low.

In this interactive workshop, you will learn:

- How to assess obesity in a health check up
- How to provide obesity counseling using the 5 As (Assess, Advise, Agree, Assist and Arrange)
- How to document 5 As obesity counseling based on Medicare preventive service criteria

This workshop will also include a discussion on reimbursement for obesity counseling. During the discussion you will learn:

- CMS guidelines for weight management in clinical setting
- Documentation for optimal reimbursement
- CPT and E/M code impressions

By the end of this interactive workshop, participants will be able to:

- Understand the 5As model (Assess, Advise, Agree, Assist, Arrange) and how it can be used to Primary care practice to manage obesity
- Use motivational interviewing tools and SMART goals to improve likelihood of engaging patients in weight management activities
- Address barriers to behavior change including health literacy
- Document 5As counseling for Medicare reimbursement
- Use obesity guidelines to improve patient care

WORKSHOP LEADERS



Mary DiGiorgi, MPH, PhD, Assistant Professor of Human Nutrition in Surgery; Associate Director, Medical Nutrition Program for Health Professionals, Institute of Human Nutrition, Columbia University, is an educator and clinical investigator whose research focuses on health outcomes of weight loss surgery. She will address the current obesity management guidelines.

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Melanie Jay, MD, MS, Assistant Professor of Medicine and Population Health Departments of Medicine and Population Health, NYU School of Medicine / Veterans Affairs Medical Center, is a general internist and clinical investigator whose research focuses on improving how we treat and prevent obesity in primary care. She has studied the impact of 5As-based training interventions on patient weight loss. She is currently testing a technology-assisted 5As intervention for health care teams. She will provide an overview of the 5As model, discuss the evidence behind the model, and how it can be used in every day practice to improve patient care, using counseling strategies.



Shonna Yin, MD, MS, Assistant Professor of Pediatrics and Population Health Departments of Pediatrics and Population Health, NYU School of Medicine / Bellevue Hospital Center, is a general pediatrician, health literacy expert, and researcher focused on the design and evaluation of health literacy-informed interventions; much of her work has focused on improving provider-parent communication. She will discuss health literacy barriers to effective obesity counseling.

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Shari LeFauve, MS, PA-C, Physician Assistant, General Medicine, will share her experience with obtaining reimbursement for obesity management as a primary care provider. She will also contribute tips for practitioners to help patients incorporate diet and lifestyle changes into their busy schedules during the interactive session.