

Vitruvian Views

Provider Newsletter - 2nd Quarter 2021

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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).





STD Awareness Month

April is Sexually Transmitted Diseases (STDs) Awareness Month. According to the Centers for Disease Control and Prevention (CDC), there are 20 million new STD cases in the U.S. every year and the medical costs for these new cases are \$16 billion.

STDs are common, but people may not know they have an STD because many don't have symptoms. It is important to have open and honest conversations about sexual history and STD testing with your patients.

Below is a brief overview of STD testing recommendations:

- All adults and adolescents from ages 13 to 64 should be tested at least once for HIV.
- All sexually active women younger than 25 years should be tested for gonorrhea and chlamydia every year. Women 25 years and older with risk factors such as new or multiple sex partners or a sex partner who has an STD should also be tested for gonorrhea and chlamydia every year.
- All pregnant women should be tested for syphilis, HIV, and hepatitis B starting early in pregnancy. At-risk pregnant women should also be tested for chlamydia and gonorrhea starting early in pregnancy. Testing should be repeated as needed to protect the health of mothers and their infants.
- All sexually active gay and bisexual men should be tested at least once a year for syphilis, chlamydia, and gonorrhea. Those who have multiple or anonymous partners should be tested more frequently for STDs (i.e., at 3- to 6-month intervals).
- Sexually active gay and bisexual men may benefit from more frequent HIV testing (e.g., every 3 to 6 months).
- Anyone who has unsafe sex or shares injection drug equipment should get tested for HIV at least once a year.



National Asthma and Allergy Awareness Month

If your patients suffer from asthma and/or allergies, they're in good company. More than 60 million Americans struggle with conditions that include environmental, food, drug, and animal allergies, and asthma ranging from mild to severe.

The **Asthma and Allergy Foundation of America (AAFA)** has established May—when seasonal allergies often reach their peak—as National Asthma and Allergy Awareness Month. Learning and raising awareness about allergies and asthma has never been more timely, as both of these conditions can put sufferers at higher risk of severe COVID-19 infection.

AAFA recommends making a pact to ACT. Please be sure to alert your patients on creating one.

- Have an **ACTION** plan for your asthma or allergies by making sure your doctor is aware of your condition and symptoms, especially during times of the year when you're likelier to be affected by symptoms
- **CARRY** important medicines with you, and consider wearing a medial ID to alert others of your condition.
- Keep a current **TREATMENT** plan for both therapies and emergencies, which can save steps in the event an allergic or asthma episode, or if you contract COVID-19 and require a higher level of care.

While asthma and allergy symptoms may feel extreme this month, managing asthma or allergies year-round can go a long way toward feeling, and breathing, better!

ICD-10 Codes

ICD-10 Codes	
J45.20	Mild intermittent asthma, uncomplicated
J45.21	Mild intermittent asthma with (acute) exacerbation
J45.22	"Mild intermittent asthma with status asthmaticus
J45.30	Mild persistent asthma, uncomplicated
J45.31	Mild persistent asthma with (acute) exacerbation
J45.32	Mild persistent asthma with status asthmaticus
J45.40	Moderate persistent asthma, uncomplicated
J45.41	Moderate persistent asthma with (acute) exacerbation
J45.42	Moderate persistent asthma with status asthmaticus
J45.50	Severe persistent asthma, uncomplicated
J45.51	Severe persistent asthma with (acute) exacerbation
J45.52	Severe persistent asthma with status asthmaticus
J45.990	Exercise induced bronchospasm
J45.991	Cough variant asthma
J45.998	Other asthma



Alzheimer's and Brain Awareness Month

Everyone with a brain could potentially develop Alzheimer's disease, which currently affects 50 million people worldwide. June is Alzheimer's and Brain Awareness Month—and a great opportunity to learn more about the condition.

Early detection of Alzheimer's may lead to a longer independent life, as well as access to emerging treatments that may lessen symptoms, so assessing signs of the disease as well as other types of dementia and brain-related disorders needs to be part of your patient's annual physical.

Please advise your patients to watch out for early symptoms:

- Atypical memory loss, such as not recognizing a friend or family member
- Planning challenges, including keeping track of monthly bills and other administrative tasks
- Difficulty completing familiar tasks, such as driving to a familiar location or remembering steps of a recipe
- Confusion about time or place: losing track of dates, seasons, or the passage of time
- Decreased or poor judgment; for example, inattention to basic grooming and hygiene

ICD-10 Codes	
G30.0	Alzheimer's disease with early onset
G30.1	Alzheimer's disease with late onset
G30.8	Other Alzheimer's disease
G30.9	Alzheimer's disease, unspecified

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