

## Avera's Alternative Method Screening (AMS) Process

This form is to be used for two reasons:

1. If you go to your primary care provider to get your LiveNOW wellness screening.
2. If you need to submit results to complete a Reasonable Alternative Standard.

Primary Care Provider LiveNOW Screening Instructions:

1. Call your health care provider for an appointment. Please bring page 3 to your appointment to ensure your screening is completed at no cost to you.
2. At your appointment, make sure you have all of the following measurements collected:
  - Height
  - Weight
  - Blood Pressure
  - Pulse
  - Tobacco Test
  - Waist Circumference\*
  - Total Cholesterol
  - HDL Cholesterol
  - LDL Cholesterol
  - Triglycerides
  - Glucose

For the most accurate results, you are encouraged to fast. Please fast, which means consume nothing but water, for 10 – 12 hours prior to your appointment. Please take all of your regular prescriptions as directed by your health care provider.

*\*If your PCP did not record a waist circumference, men should write their waist pant size. Women should do a self-reported waist circumference measurement.*

3. Ask your health care provider to complete the AMS form (page 2). If you cannot get the provider's signature on this form, please handwrite your results on the form and submit results documentation from your appointment that shows test results and date collected.
4. Review your form carefully before submitting. Only completed forms will be processed.
5. Return your completed AMS form by one of three options below:

**Option 1:** Scan the completed form and email to [livenow@avera.org](mailto:livenow@avera.org).

*This option is only available to participants submitting from an Avera email address for security purposes.*

**Option 2:** Fax form to 605-504-5490

**Option 3:** Mail in the form to the following address:

Avera  
LiveNOW  
2600 W. 49<sup>th</sup> St.  
Sioux Falls, SD 57105



## Avera's Alternative Method Screening (AMS) Form

<b>Member Name:</b>	
<b>Date of Birth:</b>	
<b>Phone Number:</b>	

<b>Screening Date:</b>	
<b>Employer:</b>	
<b>Employee #:</b>	

Biometrics	
Height (in):	
Weight (lbs):	
Waist (in):	
BMI:	
Blood pressure:	
Pulse:	

Lab Results		
Fasting?	Yes	No
Blood glucose:		
Total cholesterol:		
HDL:		
LDL:		
Triglycerides:		

Tobacco Status	
Results for Nicotine Metabolite Serum Test:	_____ ng/mL

**Health Care Provider Name:** \_\_\_\_\_

**Health Care Provider Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

The completed form should be emailed, faxed or mailed to LiveNOW (see cover page). If you have any questions about this process, please contact LiveNOW at 605-504-LIVE (5483).

Please remember to keep a copy of the form as confirmation for your records.

All Avera employees at owned, leased and sponsored facilities (not managed facilities) and Avera Health Employee Health Plan-enrolled spouses of employees may participate. The LiveNOW screening is only covered 100% for members of the Avera Health Employee Health Plan.

# Your Health Starts Here.

A wellness visit\* helps track small changes in your health before they become major issues. Plus, it's 100 percent covered for employees and spouses on the Avera Health Employee Health Plan. So why not use the benefits you've already paid for? Make sure to bring this in to your provider when you get your LiveNOW wellness visit.

**If you already completed your wellness exam or well-woman check but did not get your cholesterol (total, HDL, LDL), triglycerides, glucose and tobacco use test taken, please complete the alternative Method Screening (AMS) form and submit results to LiveNOW.**

PLEASE BRING THIS TO YOUR PROVIDER AT THE TIME OF VISIT.

**NOTE TO PROVIDERS:**

**Avera Health Employee Health Plan Assessment – Medical Provider Information**

Avera Health Employee Health Plan covers one "Preventive Medicine Visit" every year at 100 percent when the following CPT codes are used with an in-network provider:

<p><b>EXAM CODES**</b> <b>New Patients</b> 99385 + 80061 + 82947 + 80323 (18-39 years old) 99386 + 80061 + 82947 + 80323 (40-64 years old) 99387 + 80061 + 82947 + 80323 (65 years +)</p>	<p><b>EXAM CODES</b> <b>Established Patients</b> 99395 + 80061 + 82947 + 80323 (18-39 years old) 99396 + 80061 + 82947 + 80323 (40-64 years old) 99397 + 80061 + 82947 + 80323 (65 years +)</p>	<p><b>TOBACCO SCREENING</b> <b>NICOTINE METABOLITES</b> 80323  Avera PCP Meditech ordering recommendation: #0092361 Nicotine &amp; Mets, S/P, Quant</p>	<p><b>LIPID PANELS</b>  <b>ROUTINE GLUCOSE</b></p>
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<p><b>DIAGNOSIS CODES**</b> <b>General Medical Exam w/o Abnormal Finding</b> Z00.00 <b>General Medical Exam w/ Abnormal Finding</b> Z00.01 <b>Adult Female Pelvic/Gynecological Exam w/o Abnormal Finding</b> Z01.419</p>	<p><b>Adult Female Pelvic/Gynecological Exam w/ Abnormal Finding</b> Z01.411</p>	<p><b>Tobacco Screening Nicotine Metabolites</b>  Avera PCP Meditech ordering recommendation: #0092361 Nicotine &amp; Mets, S/P, Quant</p>
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**Code description: Comprehensive preventive medicine evaluation and management of an individual including an age and gender appropriate history examination, counseling, anticipatory guidance, risk factor reduction interventions and the ordering of laboratory, diagnostic procedures of patient.**

**FOR PROVIDERS/BILLING:**

\*\*Screening codes must be the primary diagnosis in order to cover at 100 percent. A more definitive diagnosis should be coded as a secondary diagnosis.

**FOR PATIENTS:**

\*Each employee gets one per calendar year.

DISCLAIMER: If you bring up an acute or new problem, or complications from an existing condition, your doctor may need to take additional time to address your concern and/or order more testing. This could change how your visit is billed and paid for.

