PREMERA | BLUE CROSS BLUE SHIELD OF ALASKA

Preventive Visits
Chronic and Complex Condition Review

Preventive visits are a great opportunity to review your patients' chronic and complex conditions, even if those conditions are stable, require no change in treatment, or are managed by a specialist. Checking on condition status at these visits is especially helpful for patients you only see once a year.

REVIEWING CHRONIC CONDITIONS

In the Current Procedural Terminology (CPT) book, Preventive Medicine Services includes a review of stable conditions. You can address chronic conditions with patients at a well visit. Below are typical services provided at a preventive visit:

- Age-and gender-appropriate history and physical exam
- Checking the status of pre-existing conditions that aren't significant enough to require additional work
- Counseling, screening labs, and tests
- Appropriate vaccines for age and risk factors[i]

Don't forget to code conditions such as:

- Status-post transplants
- Paraplegia
- Amputation
- Ostomies
- Ventilators

DOCUMENTING AND CODING CONDITIONS

You can code condition-related diagnoses with a preventive CPT. In the documentation examples below, coding the condition with a preventive CPT is correct.

Documentation	Coded Condition
Cardiomyopathy is managed by Dr. Smith at Heart Clinic	Cardiomyopathy
Continue current dose of Metformin for Type II Diabetes	Type II DM without complications
Asthma is stable, tolerating meds, no changes in treatment	Asthma, unspecified

When managing conditions requires more time or extra work, you have two choices:

1. Defer condition management: If you don't have time to manage the condition and/or care isn't urgent, make sure the patient schedules a follow-up appointment when checking out.
2. Manage the condition: If time allows, you can manage the condition during the well-exam visit.
    - Discuss cost share (co-pays, deductibles, out-of-pocket costs) with the patient first.
    - Select appropriate preventive CPT code. Add an evaluation and management CPT with a modifier '25' if evaluation and management of condition(s) require enough additional work and related documentation supports a separate visit.

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045939 (09-12-2025)

During a routine physical examination use code Z00.01 for an adult or Z00.121 for a child if you identify a new chronic condition or note a change in the severity of a chronic condition (such as uncontrolled hypertension or an acute exacerbation of asthma[ii]). Otherwise, use code Z00.00 for an adult, or Z00.129 for a child. If billing a preventive CPT only, sequence any condition-related diagnoses after the routine physical examination codes. If management of the patient's conditions supports a separate evaluation and management service, assign the appropriate Z00.-- code to the preventive CPT and any condition-related diagnoses to the evaluation and management CPT.

For questions or more information, email ProviderClinicalConsulting@Premera.com.

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[i] American Medical Association (AMA). Current Procedural Terminology (CPT) Professional Edition. American Medical Association. 2025.

[ii] Centers for Medicare & Medicaid Services (CMS), 2025 ICD-10-CM Official Guidelines for Coding and Reporting