

# Telehealth 101

Considerations for Improving Care

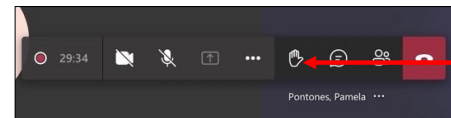
**Cameron Hilt, MPH**

Program Director | Indiana Rural Health Association  
Upper Midwest Telehealth Resource Center  
Crossroads Partnership for Telehealth



# Webinar: Agenda and Chat Rules

- Opening Remarks
  - Housekeeping
  - Presentation
  - Q&A
  - Closing Remarks
- To ensure maximum sound quality, participant lines have been muted during the presentation; however, we welcome questions and comments via the chat box on the right-hand side of your screen
  - During the Q&A portion of the presentation, we will unmute your lines.
  - To submit questions or comments:
    - Use the chat box or,
    - Raise your hand to verbally ask your question





Qsource has more than 45 years of experience working with with healthcare providers, Medicare and Medicaid.

Currently operate in 11 states overseeing ESRD, EQRO and QIO activities.

Serves as the Medicare Quality Innovation Network-Quality Improvement Organization (QIN-QIO) for Indiana.



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# Polling: Question 1

Ambulatory Care   Community-based   Government   Home Health  
Hospital   Long-term Care   Pharmacy   Other

# Telehealth 101

Cameron Hilt, MPH Program Director- Indiana Rural Health Association

Upper Midwest Telehealth Resource Center

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This publication was made possible by grant number U1UTH42522 from the Office for the Advancement of Telehealth, Health Resources and Services Administration, DHHS.

# Agenda

Introduction

Telehealth Basics

Before, During, and After the Visit

Rural Health Clinic Considerations-  
Reimbursement



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**WE'RE  
OPEN**  
FOR ALL YOUR  
TELEHEALTH NEEDS



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## UMTRC Services

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shop for all  
things  
telehealth

- Individual Consultation
- Technical Assistance
- Connections with other programs
- Project assessments
- Updates on reimbursement policy and legislative developments

Presentations  
& Trainings

- Monthly Webinar Series
- "A Virtual View"- Podcast
- Virtual Office Hours- Open Q&A
- Telehealth Workshops
- Telehealth Training and Demo Center



# UMTRC 4<sup>th</sup> Annual Conference

## Registration is Live!

[UMTRC Annual Conference | Upper Midwest Telehealth Resource Center](#)



This publication was

## 4<sup>th</sup> Annual

Upper Midwest TRC

# Telehealth Conference

"Telehealth Insights: Workforce, Policy, and Beyond"

September 13-14, 2022  
Gillespie Conference Center  
South Bend, IN





**About the Upper Midwest Telehealth Resource Center (UMTRC)**  
The UMTRC is a federally funded program of the Indiana Rural Health Association (IRHA). The UMTRC provides a comprehensive set of telehealth clinical and technical assistance services leveraged into products of lasting value to rural providers. The UMTRC region encompasses the states of Illinois, Indiana, Michigan, and Ohio.

**About the Conference**  
The UMTRC is your authority on telehealth adoption, delivery, compliance, and reimbursement, and we are proud to bring together experts and professionals to extend our reach at our annual conference. The conference is designed to be of interest to a wide range of professionals including clinicians, administrators, public health officials, rural health clinics, federally qualified health centers, local health departments, universities/students, and others interested in the development and delivery of telehealth in their community.

Attendee Info	Exhibitor Info
<ul style="list-style-type: none"> <li><span style="color: orange;">▶</span> <b>Two-Day Annual Conference Registration: \$300</b> September 13-14, 2022 (Includes all conference meals)</li> <li><span style="color: orange;">▶</span> <b>A limited number of student scholarships to attend the UMTRC Annual Conference are available. <a href="#">Apply on the website.</a></b></li> <li><span style="color: orange;">▶</span> <b>Walk-in registration: \$350</b> (Includes all conference meals)</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: orange;">▶</span> <b>Gold Exhibitor Registration : \$2,550</b> 1 Exhibit Table Complimentary registration for 3 people</li> <li><span style="color: orange;">▶</span> <b>Silver Exhibitor Registration: \$1,000</b> 1 Exhibit Table Complimentary registration for 2 people</li> <li><span style="color: orange;">▶</span> <b>Standard Exhibitor Registration : \$750</b> 1 Exhibit Table Complimentary registration for 1 person</li> <li><span style="color: orange;">▶</span> <b>IRHA BPN Member Exhibitor Registration: \$500</b> 1 Exhibit Table Complimentary registration for 1 person</li> </ul> <p><small>*All exhibitors will receive recognition on the UMTRC website, the event app, and on a rotating slide presentation throughout the conference.</small></p> <p><small>*Sponsor opportunities are also available.</small></p>

### Keynote Speakers



Jeff Butler is a workplace generation expert and technology speaker, author and strategist who helps organizations create workplaces where employees thrive.



Mei Wa Kwong joined CCNP in March 2010 as a Policy Associate and was named Executive Director in January 2018. Ms. Kwong leads the organization's work on public policy issues as they impact telehealth on the state and federal level. She is also the project director for the National Telehealth Policy Resource Center.

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ices Administration, DHHS.

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**UMTRC Upper Midwest Telehealth Resource Center**

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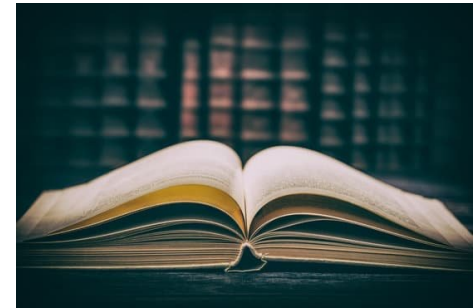
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# Terminology

- Telemedicine vs Telehealth
  - Telemedicine
    - Billable interactive clinical services only
  - Telehealth
    - May incorporate telemedicine
    - Broader field of distance health activities and technologies (CME, etc.)
    - Clinical remote monitoring falls under this term (usually at home)
  - Other common terms
    - eHealth
    - mHealth
    - Video Visit
    - Virtual Care



This publication was made possible by grant number U1UTH42522 from the Office for the Advancement of Telehealth, Health Resources and Services Administration, DHHS.

# Telehealth Delivery Modalities

Live and  
interactive  
telehealth  
services  
duplicate clinical  
in-person care

- Also known as synchronous telehealth
- Describes interactive video connections
- HIPAA Compliant, secure real-time audio AND video
- Information is transmitted simultaneously

Store-and-  
forward  
telemedicine

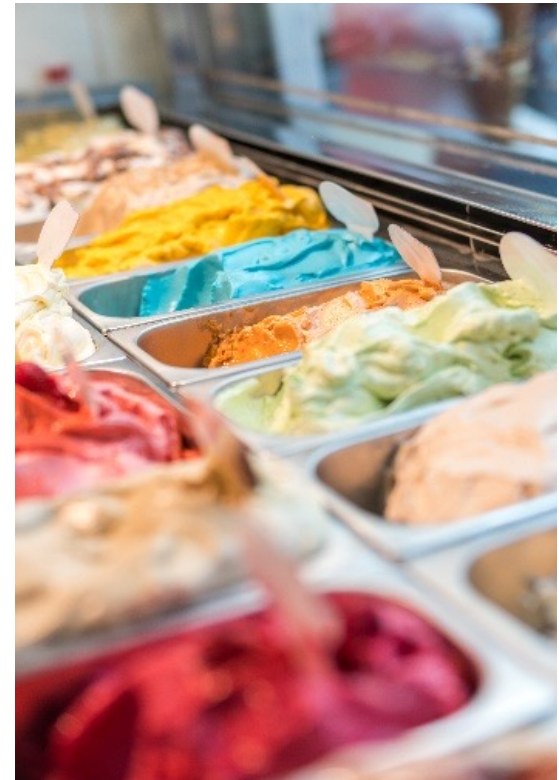
- Also known as asynchronous telehealth
- Describes one way transmission of medical images or data
- HIPAA Compliant, secure
- Information is transmitted one-way



This publication was made possible by grant number U1UTH42522 from the Office for the Advancement of Telehealth, Health Resources and Services Administration, DHHS.

# Flavors of Telehealth

- Hospitals & Specialties
  - Specialists see and manage patients remotely
    - Telestroke
    - TeleICU
- Integrated Care
  - Mental health and other specialists work in primary care settings
    - Primary Care Medical Homes
    - Accountable Care Organizations
- Transitions & Monitoring (Chronic Care Management)
  - Patients access care (or care accesses patients) where and when needed to avoid complications and higher levels of care
    - Technology captures patient data and transmits to primary care
    - Community Paramedicine
- Primary Care in Schools
  - Students access care during the school day without leaving campus



This publication was made possible by grant number U1UTH42522 from the Office for the Advancement of Telehealth, Health Resources and Services Administration, DHHS.

# Modalities for Telehealth



## Clinical Settings for Telehealth

Business to Business (hub and spoke)



## Patient at Home (started primarily in current COVID environment)

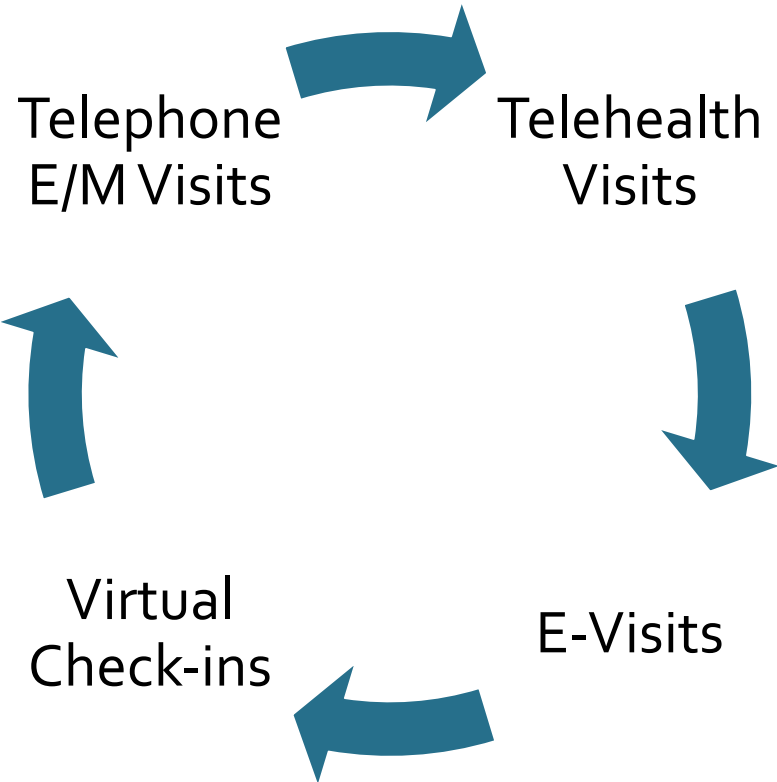
Business to Consumer / Business to Patient

Apps

Wearables

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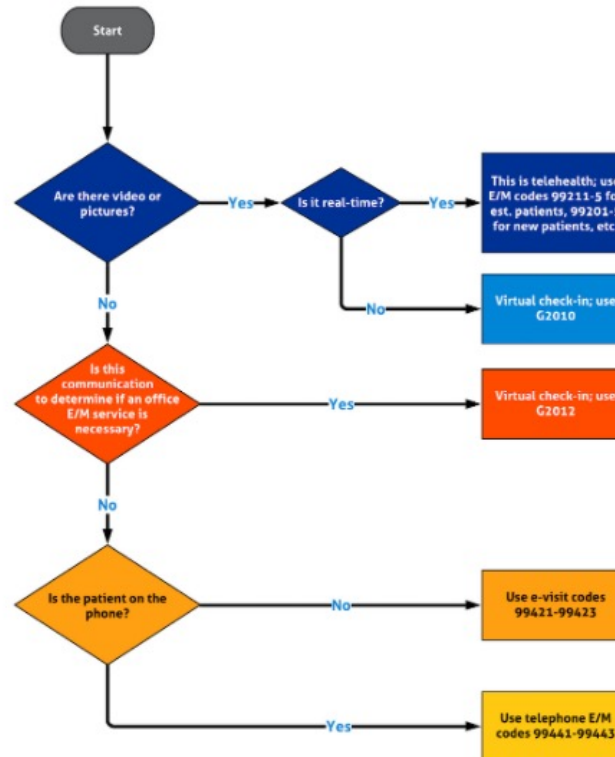
# Types of Visits



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## Virtual Visit Algorithm



\*Disclaimer has not been updated since 2020 however, the thought process helps with coding.

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**Before, During, and After the Visit**

Rural Health Clinic Considerations-  
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Increases  
patient  
satisfaction



Builds trust



Improves  
patient  
retention



Improves  
engagement  
and follow-up

Why is  
Telehealth  
Etiquette  
Important?

# Before the Visit



## Patient Engagement and Education

- Identify
- Educate
- Set expectations



## Scheduling Protocols

- Identify
- Schedule
- Ensure

Make sure to setup your exam room or office in advance of your telehealth appointment!



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## Dress the Part

Even if working from your office dressing the same as an in-person visit will exude professionalism and instill confidence for your patients.

This is supported by the “the lab coat effect” that this association can increase faith and trust in performance.

Even if you don't wear a lab coat, professional attire can still improve patient trust.



A dimly lit telemedicine room. In the foreground, there is a desk with a laptop, a stethoscope, and some medical supplies. A blue stool is positioned in front of the desk. To the left, there is a black chair and a black cabinet. The room appears to be a professional medical setting designed for telemedicine consultations.

# Telemedicine Room Design

- Location / Size
- Placement of equipment & furniture
- Electrical & telecommunications connections
- Lighting, Acoustics, Wall color

# Telemedicine Appointment

UMTRC Handout  
[telemedicine\\_appointment\\_1.pdf](#)  
([umtrc.org](http://umtrc.org))



## Preparing for Your Appointment

family member to take care of. Time and money will be saved by eliminating the travel time of going to your primary care physician or local health clinic.

- ✓ Make sure your equipment is working, connected to WiFi as to not use data. Test that the sound works and the video quality is good.
- ✓ Check lighting: have a light source facing you from behind your video recording device, do not have a light behind you, close curtains or drapes.

## During the Appointment

- ✓ Treat the appointment the same as you would an in-person one. You are here to receive the same quality of care.
- ✓ Avoid eating or engaging in other activities during the call that might make it difficult for the provider to hear you.
- ✓ Speak at a normal volume and clearly. Check with your provider that they can understand you.
- ✓ Keep your recording device level with your face and your face centered on the screen. If you are using a phone, have it on a stand or prop it up, do not hold it or walk around with it.
- ✓ Have health information and history ready, including some questions prepared to ask the provider about your health and why the appointment was scheduled.
- ✓ Eliminate distractions. Find a quiet room to minimize background noise. Remove children or pets from the video call area.
- ✓ Take notes to help remember anything important your provider says or any answers they give to your questions.
- ✓ Reduce internet disruptions by minimizing any extra apps or tabs on your video recording device and limit the number of other devices accessing the internet while on your call.
- ✓ Ask about a follow-up and the necessary next steps at the end of the appointment to make sure the proper recommended care is received.

## You're Ready for Your Appointment!



# Necessary Distractions



- Note-taking will require you to multi-task
  - Let the patient know when you need to look away
  - Let them know you will be taking notes throughout the visit, and you may look away or they may hear typing

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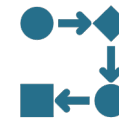
# After the Visit



Telehealth Codes



Integrate CPT codes and modifiers into the EHR



Share visit summary and follow-up care

Lists of codes:

[BT202239 \(indianamedicaid.com\)](https://www.indianamedicaid.com) Indiana Medicaid

[List of Telehealth Services | CMS](#) - Medicare



# Wrapping up Appointment



- Make room for lag time
  - There may be some delays so leave a few seconds at the end for any clarification or discussion needed
- Clarify post-appointment instructions
  - Do they need to schedule/follow-up?
  - The patient should have clear next steps before disconnecting

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Overview of Federal and Indiana Medicaid Reimbursement



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## Billing Language/ Accepted Modifiers

Originating Site –  
Where the patient is  
located

CMS Recognizes – POS  
02, 10\*, GT, GQ, Go,  
FQ\*\*, FR\*\*

Distant Site – Where  
the practitioner  
providing care is  
located

IN recognizes –  
Procedure Code + POS  
02, 10 + Modifier 95\*\*\*  
& 93\*\*\*, GT Optional



## Billing Language/ Accepted Modifiers (cont)



- \*The new POS code is POS code "10" and is for telehealth services provided to a patient who is in their home.
- \*\*FQ: A telehealth service was furnished using real-time audio-only communication technology. FR: A supervising practitioner was present through a real-time two-way, audio/video communication technology.
- 93\*\*\* A telehealth service was furnished using real-time audio-only communication technology. 95\*\*\* A supervising practitioner was present through a real-time two-way, audio/video communication technology.

# Indiana Medicaid



- Current telehealth codes are valid through all of 2022 but will be re-evaluated in 2023 making permanent provisions difficult to predict.
- To see a list of all the procedure codes and provider types that can furnish and bill for telehealth refer to this document [BT202239 \(indianamedicaid.com\)](#).
- Remote patient monitoring used to be limited to only home health but now has more applications, but requires patients to meet specific criteria and prior authorization. For more details on the requirements refer to this [BT202238 \(indianamedicaid.com\)](#).

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# HHS Public Health Emergency (PHE) extended until July 2022



- October 15, 2021
  - PHE Extended until January 2022
  - <https://www.phe.gov/emergency/news/healthactions/phe/Pages/COVIDI-15Oct21.aspx>
- January 16<sup>th</sup>, 2022
  - PHE Extended until April 2022
  - [Renewal of Determination That A Public Health Emergency Exists \(hhs.gov\)](https://www.hhs.gov/emergency-preparedness-response-recovery/operations/index.html)
- April 12<sup>th</sup>, 2022
  - PHE extended until July 2022
  - [Renewal of Determination That A Public Health Emergency Exists \(hhs.gov\)](https://www.hhs.gov/emergency-preparedness-response-recovery/operations/index.html)



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# 2022 Consolidated Appropriations Act



- The legislation includes provisions to extend and expand telehealth flexibilities for 151 days after the end of the COVID-19 public health emergency **taking us roughly through the end of 2022.**
- According to the AHA, expanding originating site to include any site at which the patient is located, including the patient's home;
- Expanding eligible practitioners to furnish telehealth services to include occupational therapist, physical therapist, speech-language pathologist and audiologist;
- Extending the ability for federally qualified health centers (FQHCs) and rural health clinics (RHCs) to furnish telehealth services;

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# 2022 Consolidated Appropriations Act

- Delaying the 6-month in-person requirement for mental health services furnished through telehealth until 152 days after the emergency, including the in-person requirements for FQHCs and RHCs;
- Extending coverage and payment for audio-only telehealth services;
- Extending the ability to use telehealth services to meet the face-to-face recertification requirement for hospice care; and
- Requiring the Medicare Payment Advisory Commission to conduct a study on the expansion of telehealth services and to require the Department of Health and Human Services (HHS) Secretary to publicly post data with respect to telemedicine utilization.



This publication was made possible by grant number U1UTH42522 from the Office for the Advancement of Telehealth, Health Resources and Services Administration, DHHS.

# 2022 Consolidated Appropriations Act



**Center for Connected  
Health Policy**

THE NATIONAL  
TELEHEALTH POLICY  
RESOURCE CENTER

## TELEHEALTH POLICY IMPACTS OF THE 2022 CONSOLIDATED APPROPRIATIONS ACT

Below is a quick reference regarding the major impacts on federal telehealth policy on Medicare. For the most part, the policies focus on the temporary changes that were made to Medicare telehealth policy in response to COVID-19.

MEDICARE		
ISSUE	CHANGE MADE BY BUDGET BILL	DIFFERENCE FROM CURRENT WAIVER
Patient Location – Geographic	Extension of waiver on the geographic location of patient requirement to continue an additional 151 days after the Public Health Emergency (PHE) is declared over.	No difference from current COVID-19 temporary waiver.
Patient Location – Site	Extension of waiver on the site location of patient requirement to continue an additional 151 days after the PHE is declared over.	No difference from current COVID-19 temporary waiver.
Eligible Providers	Allow FQHCs, RHCs, PTs, OTs, Speech-Language Pathologists and Audiologists to continue to be reimbursed for services delivered via telehealth an additional 151 days after the PHE is declared over.	Under the current COVID-19 waivers, the category of providers is all eligible Medicare providers.
Audio-Only	Extension of waiver on the use of audio-only as a modality to continue an additional 151 days after the PHE is declared over.	No difference from current COVID-19 temporary waiver.
Recertification of eligibility for hospice care	Extension of waiver on the use of telehealth to continue to be used an additional 151 days after the PHE is declared over.	No difference from current COVID-19 temporary waiver.
OTHER TELEHEALTH POLICY ISSUE		
ISSUE	CHANGE MADE BY BUDGET BILL	
In post-PHE environment, requirement of an in-person visit before a mental health visit via telehealth takes place when not meeting geographic and site requirements imposed on telehealth for Medicare program (Includes FQHCs, RHCs and audio-only requirement)	Delay requirement 151 days after the PHE is declared over.	
Concern over fraud/waste and utilization	MedPAC will do a report for Congress on utilization and other issues in Medicare/OIG will do a report on fraud and waste. Due to Congress June 2023	

MARCH 15, 2022

*This fact sheet is made possible by Grant #U6743496 from the Office for the Advancement of Telehealth, Health Resources and Services Administration, DHHS.*

This public document contains information that is exempt from public release under 5 U.S.C. 552(b)(7)(C).

# What Stays After the PHE?



## *What stays permanently:*

Medicare reimbursement for eligible telehealth services when the patient is located in a geographically rural area AND in an eligible originating site (i.e. in most cases not the home).

- Medicare reimbursement for mental health telehealth services (including audio-only services in some cases), provided that there is an in-person visit within the first six months of an initial telehealth visit and every 12 months thereafter. Implementation of this in-person requirement is delayed for 151 days.
- Medicare reimbursement to federally qualified health centers and rural health clinics, although it will no longer be billed the same or for 'telehealth' specifically. CMS has redefined a 'mental health visit' to now include encounters furnished through interactive, real-time telecommunications technology (which will include audio-only delivery in some cases) for a mental health disorder.

This publication was made possible by grant number U1UTH42522 from the Office for the Advancement of Telehealth, Health Resources and Services Administration, DHHS.  
[Insight from CCHP on Telehealth Policies Impacted by Anticipated Upcoming End to PHE.... and, much more! \(mailchi.mp\)](#)

# What Goes After the PHE?



## *What goes right away :*

- Reimbursement of some [Medicare telehealth services](#) will expire when the PHE ends (such as group psychotherapy and phone E/M codes 99441-99443) , others have been extended through the end of 2023 (such as some occupational and physical therapy service codes, emergency department visit, and nursing facility discharge day). See CMS telehealth service list for exact codes.
- During the emergency, providers were able to prescribe controlled substances without an in-person examination. This flexibility will expire with the end of the PHE, requiring providers to adhere to strict rules. In most cases this will require a patient to be located in a doctor office or hospital registered with the DEA to be prescribed a controlled substance via telehealth.

This publication was made possible by grant number U1UTH42522 from the Office for the Advancement of Telehealth, Health Resources and Services Administration, DHHS. [Insight from CCHP on Telehealth Policies Impacted by Anticipated Upcoming End to PHE.... and, much more! \(mailchi.mp\)](#)

# Medicare Learning Network Telehealth Fact Sheet



**mln**  
BOOKLET  
KNOWLEDGE • RESOURCES • TRAINING

**TELEHEALTH SERVICES**

**Target Audience:** Medicare Fee-For-Service Providers  
The Hyperlink Table, at the end of this document, provides the complete URL for each hyperlink.

Published Annually Short Read  
Eligible Originating and Distant Sites  
Eligible Providers  
Telehealth Services by HCPCS/CPT Code  
Most basic services usually allowed  
Many screening and prevention services allowed

[Telehealth Services \(cms.gov\)](https://www.cms.gov/telehealth)



This publication was made possible by grant number U1UTH42522 from the Office for the Advancement of Telehealth, Health Resources and Services Administration, DHHS.

# List of Medicare Telehealth Services Example

List of Telehealth Services | CMS



LIST OF MEDICARE TELEHEALTH SERVICES effective January 1, 2022 - updated January 5, 2022				
Code	Short Descriptor	Status	Can Audio-only Interaction Meet the Requirement	Medicare Payment Limitations
0362T	Blv id suprt asmt ea 15 min	Temporary Addition for the PHE for the COVID-19 Pandemic—Added 4/30/20		
0373T	Adapt blv tx ea 15 min	Temporary Addition for the PHE for the COVID-19 Pandemic—Added 4/30/20		
77427	Radiation tx management x5	Temporary Addition for the PHE for the COVID-19 Pandemic		
90785	Psytx complex interactive		Yes	
90791	Psych diagnostic evaluation		Yes	
90792	Psych diag eval w/med srvc		Yes	
90832	Psytx w pt 30 minutes		Yes	
90833	Psytx w pt w e/m 30 min		Yes	
90834	Psytx w pt 45 minutes		Yes	
90836	Psytx w pt w e/m 45 min		Yes	
90837	Psytx w pt 60 minutes		Yes	
90838	Psytx w pt w e/m 60 min		Yes	
90839	Psytx crisis initial 60 min		Yes	
90840	Psytx crisis ea addl 30 min		Yes	
90845	Psychoanalysis		Yes	
90846	Family psytx w/o pt 50 min		Yes	
90847	Family psytx w/pt 50 min		Yes	
90853	Group psychotherapy		Yes	
90875	Psychophysiological therapy	Temporary Addition for the PHE for the COVID-19 Pandemic—Added 4/30/20		Non-covered service
90951	Esrđ serv 4 visits p mo <2yr			
90952	Esrđ serv 2-3 vsts p mo <2yr			
90953	Esrđ serv 1 visit p mo <2yrs	Available up Through December 31, 2023		
90954	Esrđ serv 4 vsts p mo 2-11			
90955	Esrđ srv 2-3 vsts p mo 2-11			
90956	Esrđ srv 1 visit p mo 2-11	Available up Through December 31, 2023		
90957	Esrđ srv 4 vsts p mo 12-19			
90958	Esrđ srv 2-3 vsts p mo 12-19			
90959	Esrđ serv 1 vst p mo 12-19	Available up Through December 31, 2023		
90960	Esrđ srv 4 visits p mo 20+			
90961	Esrđ srv 2-3 vsts p mo 20+			
90962	Esrđ serv 1 visit p mo 20+	Available up Through December 31, 2023		
90963	Esrđ home pt serv p mo <2yrs			
90964	Esrđ home pt serv p mo 2-11			
90965	Esrđ home pt serv p mo 12-19			
90966	Esrđ home pt serv p mo 20+			
90967	Esrđ svc pr day pt <2			

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# Center for Connected Health Policy

[CCHP Releases Updated 2022 Telehealth Billing Guide \(mch.gov\)](#)



Center for Connected Health Policy

THE NATIONAL TELEHEALTH POLICY RESOURCE CENTER

MARCH 29, 2022

## CCHP RELEASES UPDATED 2022 **TELEHEALTH BILLING GUIDE**



This publication was made possible by grant number U1UTH42522 from the Office for the Advancement of Telehealth, Health Resources and Services Administration, DHHS.



# UMTRC Billing Resources

[https://www.umtrc.org/clientuploads/Resources/umtrc-billing-July\\_V.\\_2.pdf](https://www.umtrc.org/clientuploads/Resources/umtrc-billing-July_V._2.pdf)



## Telehealth Billing Breakdown

### Billing for telehealth can be confusing.

It differs across each private payer, from state to state, across location types, and there are at the least annual policy changes affecting telehealth billing and reimbursement. The Upper Midwest Telehealth Resource Center (UMTRC), serving IN, IL, MI, and OH, is here to help navigate this complicated space.

Below is a quick break down of the basics to get acquainted with telehealth billing. For more in depth information, check out [umtrc.org](http://umtrc.org) or [chpca.org](http://chpca.org).

### Common Telehealth Billing Language



**CPT** Current Procedural Terminology  
A medical code set to report medical, surgical, and diagnostic procedures and services.



**POS 02** Place of Service  
The location where health services are provided or received through a telecommunication system.



**GT** Interactive Audio and Video Telecommunications  
Tells the payer that a provider delivered service via telemedicine.



**95** Synchronous telemedicine service via a real-time interactive audio and video telecommunications system.



**GQ** Used for telehealth service rendered via asynchronous telecommunications system – store-and-forward.



**G0** Acute stroke telehealth services.

**Originating Site:** Where the patient is located  
**CMS Recognizes:** POS 02, GT, GQ, G0

**Distant Site:** Where the practitioner providing care is located  
**Private Payers Recognize:** GT, 95

**IL + MI Recognizes:** GT + POS 02  
**OH Recognizes:** Procedure Code + GT + modifies showing patient location + POS code of treating practitioner

**MEDICARE:** 95 + POS as if in person  
**IN Recognizes:** Procedure Code + POS 02 + Modifier 95. GT optional

This publication was made possible by a grant from the Department of Health Services Administration, DHHS.



Please note that this is not legal advice and the UMTRC advises seeking instructions for your specific program area or provider type for further clarification.

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ces Administration, DHHS.





Questions?

Contact- Cameron Hilt  
[chilt@indianarha.org](mailto:chilt@indianarha.org)

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# Your Feedback is Valuable

## Questions

On a scale of 1 to 5 where 5 represents “Very Satisfied” and 1 represents “Very Dissatisfied”, indicate your level of satisfaction with this session.

5-Very Satisfied

4-Somewhat Satisfied

3-No opinion

2-Somewhat Dissatisfied

1-Very Dissatisfied

# Thank You

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