

Market Segment

- Family Medicine & PCMH

Medical Practice

- Miramont Family Medicine
Fort Collins, CO

ICD-9-cm & CPT Codes

ICD-9-cm Codes

- 250.0 Diabetes Mellitus
- 272.4 Hyperlipidemia
- 278.0 Obesity
- 401.1 Hypertension
- 780.5 Sleep Apnea

CPT Codes

- 94690: Expired air analysis *
- 99211-99214: E/M

* Measurement can be billed separately or in conjunction with a patient office visit. Reimbursement cannot be guaranteed and is determined on an individual basis; most insurance carriers will cover the procedure if medical necessity is shown.

WatchWT System

- MedGem (510k) indirect calorimeter
- MedGem Analyzer software
- WatchWT Patient Education Materials

Company & Physician Overview

Miramont Family Medicine is a primary care physician office located in northern Colorado. They have three medical practice (e.g., Fort Collins, Wellington, and Red Feather Lakes) with 4 physicians, 3 physician assistants, and 1-family nurse practitioner. John Bender, M.D., F.A.A.F.P., former President of the Colorado Academy of Family Physicians and Associate Clinical Professor of Medicine at the University of Colorado, is the Chief Medical Officer and proprietor of Miramont Family Medicine.

Why Integrate WatchWT at Miramont Family Medicine?

Miramont is a level three certified, patient centered medical home (PCMH) by the National Commission for Quality Assurance. In addition, they are one of 16 medical practices in Colorado that are part of the national PCMH pilot project that intends to demonstrate improved healthcare quality and reduced medical costs. PCMH practices provide patients with a greater level of proactive, coordinated and personalized care, as compared to the traditional medical model. In addition, patients in a PCMH practice take a more active role with an emphasis towards wellness and chronic disease management to help prevent future health problems. Miramont implemented WatchWT to better empower patients to actively manage their bodyweight to prevent or manage chronic illnesses attributed from excess bodyweight.

The WatchWT program includes the MedGem hand-held indirect calorimeter that measures resting oxygen consumption to determine resting metabolic rate; MedGem Analyzer software program to develop a patient-centered treatment program; clinic algorithms, patient educational materials, and patient self-assessment questionnaires and provider interpretation guide.

Implementation Strategy

Miramont Family Medicine was provided a 1-hour training program on the fundamentals of integrating WatchWT in their center. In addition, the Medical Assistants (MA) received MedGem and MedGem Analyzer training to learn how to successfully perform a MedGem measurement and develop an individualized treatment program.

New prospective patients are screened at a scheduled physician office visit. Specifically, the patient's BMI is recorded to determine if the patient's excess bodyweight might be contributing to their chronic illness or if the patient is at risk of developing future health problems. The providers then assess patient interest and, if applicable, are referred to the MA for a MedGem assessment.

The patient completes the MedGem Analyzer Questionnaire and the MA conducts the MedGem diagnostic procedure. Following the 10-minute procedure, the MA enters the patient's history and vital signs into the MedGem Analyzer software program. The clinic educator counsels the patient using the WatchWT patient education materials on core topics related to energy balance, portion sizes, understanding food labels, and how excess bodyweight contributes to chronic disease. Finally, the patient follows-up with their healthcare provider for continuous monitoring.

Patient & Financial Outcomes

Miramont family medicine enrolls approximately 150 patients per year into the WatchWT program. The WatchWT program is clinically beneficial and cost-effective. Patients are more knowledgeable about energy balance and how this relates to weight management. In addition, most patients experience weight loss. The MedGem procedure is remunerated by Medicare (Avg. \$54.00) and private payers (Avg. \$75.00). Physician office visits are billed accordingly. Miramont Family Medicine views WatchWT as an important component to their PCMH program by managing chronic illness and preventing future disease complications associated from excess body weight.