WatchWT™ MedGem® Case Study:
Southeastern Endocrine & Diabetes P.C.

Market Segment

- Endocrinology

Medical Practice

- SE Endocrine & Diabetes Roswell, GA

ICD-9-cm & CPT Codes

ICD-9-cm Codes

- 244.9 Hypothyroidism
- 250.0 Diabetes Mellitus
- 278.0 Obesity

CPT & MNT Codes

- 94690: Expired air analysis *
- 97802: MNT

*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

Company Overview

Southeastern Endocrine & Diabetes, located in Roswell, Georgia provides their patients with the most current endocrine medical care. Three physicians, two nurse practitioners and one dietitian staff the practice which strives to equip their patients with proper and effective skills to self-manage and play an active role in achieving a healthy lifestyle.

WatchWT Integration at Southeastern Endocrine & Diabetes?

Southeastern Endocrine & Diabetes has successfully implemented the WatchWT MedGem device into their practice and performs measurements on 50% of their patients. The majority of their patients who use the MedGem are either insulin resistant or have a thyroid disease. The Southeastern Endocrine & Diabetes practitioners believe developing an accurate energy plan based upon each individual's unique needs is an important step in providing patient-centered care for insulin resistant and diabetes patients.

The physicians, nurse practionneers, and the dietitian have the authority to recommend a MedGem measurement for a patient. The dietitian performs the measurement during a one-hour nutritional counseling session. Using the measurement from the MedGem and MedGem Analyzer software program, the dietitian creates a precise energy plan for the patient based on their resting metabolic rate, occupational level, sleep schedule, exercise regime and target weight goal. The dietitian also takes the opportunity to create a personalized meal plan and educates the patient on healthy eating, portion control, and self-monitoring.

Patient & Financial Outcomes

The facility performs approximately 5-10 measurements per week. The positive feedback and successful results make it easy to continue incorporating MedGem measurements in the program. "Many patients blame their weight on slow metabolism, insulin resistance or some other factor besides too many calories. Measuring the number of calories that they actually need helps the patient understand that weight loss boils down to Calories in and Calories out. Often times I find that patients set themselves up for failure by restricting particular foods, while overeating on others. The concept of calorie awareness helps them put all foods into context.," says dietitian Kelli O'Neil, MS, RD, LD, CDE.

Southeastern Endocrine & Diabetes submits claims to insurance companies for the measurement and has been successful in receiving reimbursement. When submitting to insurance companies, the MedGem procedure is billed with the CPT code 94690 and the nutritional counseling session is billed as medical nutritional therapy (MNT) session. The maximum allowable charge accepted by Georgia Medicare and Georgia Health Partners, for CPT code 94690, was $83.23 and $61.61**.

Obtaining monetary reimbursement from insurance companies has provided Southeast Endocrine & Diabetes a cost-effective method for providing patient-centered nutritional counseling. In addition, the covered benefit has encouraged more patients to seek an individualized plan for treating their respective disease.

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