

A Message From Mona

I just attended the American Medical Billing Association (AMBA) conference in Las Vegas. It was a productive conference, some of which was spent with a breakout section on mental health billing. Featured presentations included:

- >The Liles Report concerning legal compliance and ethics for billing companies.
- >The key components for running a successful and profitable practice and how a mental health billing company can help to achieve this objective.
- >The latest trends concerning claims submission and clearinghouse agendas.
- >A Medicare refresher discussion.
- >Provider enrollment with insurance companies and how this leads to increased referrals.
- >Techniques for mental health practices to enhance their visibility within the local marketplace via social media.
- >The importance of responding to provider inquiries in an expeditious manner.

This was my fifth year in attendance and it continues to be a most rewarding experience.

UP NEXT: **Associated Billing Center, LLC** will be exhibiting at the New Jersey Psychological Association fall conference.

A personal note: I won big in Vegas. I only lost six dollars.

Best regards,
Mona



Education Box-You Need to Know



Reminder

New Medicare ID System Fully Operational on January 1, 2020

Providers: Medicare patients must inform you of their new Medicare ID numbers prior to claims submission effective January 1, 2020. The 21-month period for transition to the Medicare Beneficiary Identifier (MBI) is nearly complete. The MBI cards feature a unique Medicare identification number that helps CMS move away from identifications that contain beneficiary's Social Security number. To avoid delays in claims payment, be sure to provide **Associated Billing Center, LLC** with this information.

Recently, one of my providers contacted me and apologized profusely for calling so often to ask questions. My response is simple. "That is what we are here for-to answer all of your questions." I mentioned in a previous Newsletter that our business consultant consistently speaks about the importance of communication between our office and your practice.

Is teletherapy reimbursed by insurance?

The Affordable Care Act requires that insurance companies make some accommodation for teletherapy. Providers must be licensed to practice in the state where the patient resides. Only HIPAA compliant video platforms are allowed. There are exceptions. For example-Medicare states that a patient must live in an area that is designated a Health Professional Shortage Area.
Source: Gary R'nel



**TURN OFF
CELL PHONES**

Kids are telling their parents enough is enough! New research reveals that the average parent spends just 24 minutes more per day with their children than they do with their smartphone.

The survey, commissioned by the child play foundation, The Genius of Play, found that on average, adults spend two hours and 17 minutes with the phone each day and two hours and 41 minutes of screen-free time with their children daily.

Here is the irony in these statistics. 74 percent of adults reported frequently worrying that their child is spending too much time on their smartphone. And, 65 percent have set a daily limit for their kids for daily usage. Now, the kids are asking their parents to set the same limits for themselves.

Stats from the survey:

- 83 percent said the smartphones are necessary to raise a child in today's day and age.
- Many parents said they use the devices to keep their kids occupied (58%) as reward (53%) and most used the threat of taking the phone away as punishment. 83 % said it is still important to get together as a family.

Source: Gary R'nel

Laugh a Little or Maybe A Lot: It's Good Therapy



Patient to Therapist: What is the secret to a happy marriage?
Therapist to Patient: It still remains a secret but with enough therapy we can draw our own conclusions.

Source: Gary R'nel

Welcome to the Mental Health Therapy Hotline

- If you are obsessive-compulsive, please press 1 repeatedly.
- If you are co-dependent, please ask someone to press 2.
- If you have multiple personalities, please press 3, 4, 5 and 6.
- If you are paranoid-delusional, we know who you are and what you want. Just stay on the line so we can trace the call.
- If you are schizophrenic, listen carefully and a little voice will tell you which number to press.
- If you are depressed, it doesn't matter which number you press. No one will answer.
- If you are delusional and occasionally hallucinate, please be aware that the thing you are holding on the side of your head is alive and about to bite your ear off.

Patient to Therapist: I can't concentrate, one minute I'm OK, and the next minute, I'm blank.

Therapist to Patient: And how long have you had this complaint?

Patient to Therapist: What complaint?

Source: workjoke.com



Mental Health America Breaks It Down For Us

According to its 2019 State of Mental Health in America:

Over 44 million American adults have a mental health condition.

The rate of youth experiencing a mental health issue continues to rise, and 62 percent of teens and children with a major depressive episode receive no treatment.

Access to care is improving, but most Americans still do not receive the mental health treatment they need. 5.3 million adults with a mental illness remain uninsured, and 56.4 percent of adults with mental illness received no treatment.

A severe shortage of mental health clinicians in many parts of the country is adding to the problem.

The National Alliance on Mental Illness reports that approximately 1 in 5 adults experience mental illness in a given year. Source: MHA NAMI

Why Choose Associated Billing Center, LLC

According to research conducted by the National Business Research Institute (NBRI), "In order to run a successful practice, today's busy practices need all the help they can get." For mental health practices that want to sustain, prosper and grow, the billing process and administrative tasks needs to become seamless. The top reasons for hiring a mental health billing company (we think Associated Billing Center, LLC is a great idea) 1. More organized and efficient operation. 2. It saves time and money. 3. A reduction in errors. 4. Increased Revenue and Profitability. 5. Improved Revenue Cycle Management and allows more time to be with patients. 6. Reduces your stress. That's Important.

Stories You Simply Need to Know About



✓ The World Health Organization recently recognized occupational burnout as a legitimate health syndrome. A survey of 2,000 working adults finds that nearly three in five employees feel burnt out on the job at least once a month. 12 percent of Americans have never experienced stress and mental exhaustion in their profession. 36 percent of respondents reported dealing with feelings of on-the-job burnout every single week. Another 56 percent say they get burnt out on the job at least once per month. The survey also revealed that roughly 4 in 10 employees deal with weekly health issues brought on by job anxiety. The survey was conducted by TollFreeForwarding.com



✓ A new study from Harvard University reports that people who usually run late tend to be happier and live longer. So there-now you have a legitimate excuse for never being on time. The paper from Harvard Medical School says that people who are running late are often operating with a sense of calm and that alone could add years to their life. Over time people who run late actually have lower occurrences of stress-related health issues and depression, lower blood pressure, fewer chances for a stroke, and better cardiovascular health. Being late is strongly associated with optimism and higher levels of enthusiasm. So the next time your spouse or significant other is running late, remember they are doing it to improve your mental and physical health. Let us know how this works out for you!

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Mona Ruback