

## TIPS for a Healthy Fall

- Get your **Flu shot**.
- **Spend time outdoors.** It increases your vitamin D levels, makes you happier and improves your concentration.
- While you are outside get a **workout**, hike, bike or play a sport. Don't forget that raking, weeding and planting burn calories too.
- **Hydrate** with tons of water throughout the day, and your immune system will thank you.
- **Avoid Halloween candy cravings** by buying only enough for the kids and purchasing it on Halloween (if you buy it earlier keep it out of sight).
- **Healthy eating** tips to avoid the common cold: yogurt and pumpkins boost your immunity; eat foods high in vitamin C (persimmons, oranges). Don't forget cabbage, carrots, cauliflower, eggplant, kale, squash and cranberries. An abundance of tasty autumn vegetables makes it easy to reap the benefits of a plant-based diet, such as diabetes prevention, hypertension control, heart health and more.
- **Enjoy a healthier Thanksgiving** by starting the day with a protein and fiber packed breakfast which will boost metabolism and prevent sugar cravings. And later in the day, practice portion control.
- **Eat like an Athlete on Game Day:** Set out raw veggies and dip instead of chips. You can improve game-day favorites by cutting pizza into smaller slices or doling chili into cups instead of bowl-sized portions.

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## LAUGHTER IS THE BEST MEDICINE

- **Laughter is a natural pain killer**
  - **Laughter strengthens the heart**
  - **Laughter wards off disease**
  - **Laughter tones your abs**
  - **Laughter boosts immunity**
  - **Laughter decreases blood pressure (lowers risk of heart attack and stroke too)**
  - **Laughter banishes stress**
  - **Helps those suffering from depression**
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## Coding/Documentation Reminders:

- When anemia is associated with chronic kidney disease, the code for the chronic kidney diseases is reported first, followed by the code for the anemia.
- For type 2 patients who routinely use insulin, code *Z79.4 Long-term (current) use of insulin* also should be assigned to indicate that the patient uses insulin. Code Z79.4 should not be assigned if insulin is given temporarily to bring type 2 patient's blood sugar under control during an encounter.
- Families or hierarchies set a value based on severity of illness, with more severe diagnosis carrying the overall risk score for that family. For example, in the diabetes family, documentation of diabetes alone is overruled by diabetes with chronic complications, such as diabetes with neuropathy or diabetic kidney disease, in the 2013 and earlier year models. Diabetes with chronic complications are overruled by those with acute complications stating with the 2014 model. Diagnoses within families or hierarchies are inclusive of one another, while any additional diagnosis from other hierarchies or stand-alone diagnoses are additive and increase each patients overall risk score.  
EXAMPLE: if this HCC is found 18 Diabetes with Ophthalmologic or Unspecified Manifestations .... THEN DROP these HCCs: 19.
- Some providers will document the actual ICD code instead of written description. Reporting the diagnosis code alone is not appropriate documentation. The diagnosis code does not provide specific information regarding the patient's condition. The provider is responsible to provide clear and legible documentation. Coders should accept a diagnosis code when it appears to be correct. If the diagnosis code does not correlate with the written diagnosis, the written diagnosis will usually prevail. If the accuracy of a chosen code is unclear, query the provider for clarification. If you cannot query the provider, never code anything contradicted within the same encounter.

EXAMPLE: Assessment:

1. J44.9 [496]: Stable, continue meds
2. E11.9 [250.00] Stable, labs ordered return to the office in three months.

- from the AMA 2018 Study Guide CRC