

It is estimated that as many as **2.5 million older adults in America have problems related to alcohol.**

Many people consume alcohol without considering the amount of money spent or the effect on their weight. Help patients evaluate their use and work together to determine opportunities for healthy change.



## Alcohol Costs Add up

The price of alcoholic drinks varies widely, but even a few dollars each day spent on alcohol adds up. Over a year, you could spend more than the price of a home entertainment system or a weekend getaway. When you talk to patients about the effects of drinking on the body, be sure to talk about the effect on their wallet too. The alcohol spending calculator (below) is a great tool to help patients evaluate the amount of money they actually spend on alcohol each week, month or year.



## Alcohol and Empty Calories

Most drinks have at least 100 calories per serving of alcohol, while mixed drinks, sweet wines, liqueurs, and heavier beers can have a lot more. Just like calories from food, our bodies have to either burn off or store this extra energy – usually as fat. When you talk to patients about the effects of drinking on the body, be sure to talk about the effect on the bathroom scale.

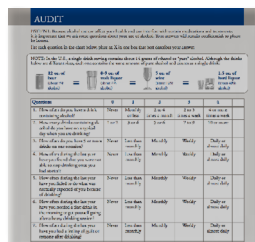


## Alcohol Screening

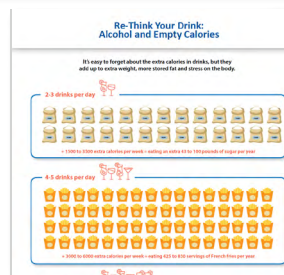
Annually screen your patients for risky alcohol use. The Centers for Medicare and Medicaid Services provides reimbursement for annual Alcohol Misuse Screening and Counseling: G0442 Annual Alcohol Misuse, 15 minutes frequency and G0443 Brief Face to Face Behavioral Counseling for Alcohol Misuse. Brief counseling can be billed 4 times a year for a 15 minute frequency; for positive screens. Screening will promote better health outcomes, increase awareness, and improve the overall quality of life for beneficiaries.

Risky alcohol use can also be used as an improvement activity for MIPS reporting.

### Additional Resources:



[Download Alcohol Use Disorders Identification Test \(AUDIT\)](#)



[Download Rethink Your Drink flyer](#)



[Alcohol Spending Calculator link](#)