



STEADI Implementation Guide for Primary Care

**Complete CDC Fall Prevention in 2-3
Minutes**

Your Comprehensive Resource for Implementing
Evidence-Based Fall Prevention in Primary Care Practice

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1. Executive Summary

The Challenge

Falls are the leading cause of injury-related deaths in adults 65+, costing the US healthcare system **\$85 billion annually**. The CDC's STEADI (Stopping Elderly Accidents, Deaths & Injuries) initiative provides an evidence-based framework for fall prevention in primary care—but traditional implementation requires **30+ minutes per patient**, making it impractical for busy practices.

The Solution

LINDERA automates the entire STEADI protocol using AI-powered gait analysis and smart questionnaires, reducing provider time to just **2-3 minutes** while satisfying all CMS requirements for Medicare Annual Wellness Visits.

2-3 min

Provider Time
(vs. 23-26 min traditional)

27%

Reduction in Falls
(Real-world evidence)

94%

AWV Compliance Rate
(vs. 18% without LINDERA)

100%

CMS Requirements
Satisfied

Key Benefits

- **Time Savings:** 2-3 minutes of provider time vs. 23-26 minutes traditional
- **Clinical Outcomes:** 27% reduction in patient falls (real-world evidence)
- **Compliance:** Satisfies Medicare AWV requirements (G0438/G0439)
- **Revenue:** Properly document and bill for fall prevention services
- **Quality Measures:** Automatic MIPS/quality measure reporting

2. Understanding STEADI Requirements

What is STEADI?

STEADI is the CDC's evidence-based toolkit for implementing the American Geriatrics Society/British Geriatrics Society Clinical Practice Guideline for fall prevention in primary care settings.

The STEADI Framework: Three Core Elements

1. SCREEN for Fall Risk

Requirement: Ask all patients 65+ about fall risk annually

CDC-Recommended Screening Questions (Three Key Questions):

1. Have you fallen in the past year?
2. Do you feel unsteady when standing or walking?
3. Do you worry about falling?

If YES to any question: Patient screens positive and requires full assessment

Additional Tool: Stay Independent questionnaire (12 questions) for comprehensive screening

2. ASSESS Modifiable Risk Factors

Requirement: For patients who screen positive, conduct multifactorial assessment

Required Assessment Components:

- **Gait, strength, and balance evaluation** (Timed Up & Go or equivalent)
- Fall history review
- Medication review (especially fall-risk increasing drugs)
- Vision screening
- Postural blood pressure
- Feet and footwear check
- Environmental hazard assessment
- Cognitive screening if indicated

3. INTERVENE to Reduce Risk

Requirement: Implement personalized interventions based on identified risk factors

Evidence-Based Interventions:

- Exercise/physical therapy for strength and balance
- Medication management (reduce/eliminate fall-risk drugs)
- Vitamin D supplementation
- Vision correction
- Home safety modifications
- Assistive device assessment and training
- Patient education on fall prevention

CMS Requirements for Annual Wellness Visits

Medicare requires fall risk assessment as part of:

- **G0438:** Initial Annual Wellness Visit
- **G0439:** Subsequent Annual Wellness Visit

Specific Requirements:

- ☐ Fall risk screening performed
- ☐ Gait and balance assessment for those at risk
- ☐ Documentation of findings
- ☐ Development of intervention plan
- ☐ Patient education provided

⚠ Failure to complete = Cannot bill full AWV code

3. The LINDERA Solution

How LINDERA Automates STEADI

LINDERA replaces manual, time-consuming processes with AI-powered automation while maintaining clinical rigor and CMS compliance.

1. Automated Screening

Aspect	Traditional Method	LINDERA Method
Process	Nurse asks questions verbally, manual documentation in EHR	Patient completes on tablet in waiting room, auto-scored, EHR integration
Time	2-5 minutes	0 minutes provider time
Accuracy	Often incomplete or forgotten	100% completion rate

2. AI-Powered Gait Analysis

Aspect	Traditional Method	LINDERA Method
Process	Manual Timed Up & Go test, subjective observation, stopwatch timing	25-second smartphone video, AI analyzes 21 articulation points in 3D
Time	5-8 minutes	2 min (MA), 1 min review (provider)
Accuracy	Subjective, variable	0.982 ICC vs. GAITRite gold standard

Clinical Validation:

- 0.982 ICC correlation with GAITRite gold standard
- Published in Nature Scientific Reports
- MDR Class IIa certified medical device in Europe
- FDA clearance pathway in progress

3. Automated Risk Scoring & Interventions

Aspect	Traditional Method	LINDERA Method
Process	Manual calculation, look up interventions, create plan, document	Automatic multifactorial scoring, evidence-based recommendations, one-click selection
Time	5-8 minutes	30 seconds review

Total Time Comparison

Component	Traditional	LINDERA	Savings
Screening	2-5 min	0 min (provider)	2-5 min
Stay Independent	8 min	0 min (provider)	8 min
Gait Assessment	5-8 min	1 min (provider)	4-7 min
Risk Calculation	3 min	instant	3 min
Intervention Plan	5 min	30 sec	4.5 min
TOTAL	23-29 min	2-3 min	21-26 min

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Document Version 1.0 | Last Updated: October 2025

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