

BMI Measurement and Counseling for Nutrition and Physical Activity

When should I provide a Body Mass Index (BMI) assessment?

Providers should complete a BMI assessment for adult patients aged 21-74 at any outpatient visit. Providers should also complete a BMI assessment for children and adolescents aged 2-20 at any outpatient visit.

How do BMI assessments differ for adults and children?



> **Adult** BMIs are calculated by measuring patients' weight in relation to their height.

- The **BMI and weight** must be present in the same medical record



> **Children** 2-20 years old should have their **BMI percentile** calculated or plotted on an age-growth chart. The BMI percentile and proper counseling should be completed during the well-child visit, but may be completed at any outpatient visit

- The BMI percentile with the height and weight must be present in the same medical record
- If you need age-growth charts, talk to your Meridian Provider Network Development Representative or visit www.CDC.gov

Bonus Amount	Criteria
\$15	<ul style="list-style-type: none"> • Reimbursement paid upon completion of BMI percentile, physical activity counseling and nutrition counseling for members 3-17 years old • Must complete all three services to receive bonus • One bonus paid per member calendar year
*BONUS APPLIES TO:	
-Medicaid	

*Effective 7/1/2015, Meridian maintains the right to modify or discontinue the bonus program at any time. Meridian will notify providers of any changes or bonus program alterations.

How is BMI Reported?

Adult BMI

Description	ICD-10-CM Diagnosis	Description	ICD-10-CM Diagnosis
BMI less than 19 - Adult	Z68.1	<5%	Z68.51
BMI 19-24 - Adult	Z68.20-Z68.24	5% - <85%	Z68.52
BMI 25-29 - Adult	Z68.25-Z68.29	85% - <95%	Z68.53
BMI 30-39 - Adult	Z68.30-Z68.39	≥95%	Z68.54
BMI 40 and over - Adult	Z68.41-Z68.45		

Child BMI



How do I report counseling for nutrition and physical activity for children and adolescents?

By using the codes below, providers can be reimbursed for nutrition and physical activity counseling.

Description	CPT Codes	ICD-10-CM Diagnosis	HCPCS
Counseling for nutrition	**97802-97804	Z71.3	S9449, S9452, S9470, G0270, G0271, G0447
Counseling for physical activity		Z02.5	S9451, G0447

**Nutrition counseling CPT codes will only be paid when billed in conjunction with one of the appropriate ICD10 or HCPCS codes for physical activity counseling.

** The codes included are those currently accepted by NCQA as being included in the HEDIS value set. If the service was completed and billed differently than the tables outline for children or adults, then medical record documentation is required in order to receive consideration of credit for service completion.

> The medical records for patients 2-17 years of age should also include:

- An indication of a discussion regarding current nutrition behaviors (eating habits, dieting) or a discussion of current physical activity behaviors (exercise routine, sports physical)
- Counseling or referral for nutrition education and/or physical activity
- Notation that patient received educational materials on nutrition and/or physical activity during a face-to-face visit
- Weight or obesity counseling
- Checklist indicating nutrition and/or physical activity was addressed (as appropriate)
- Anticipatory guidance for nutrition and/or physical activity



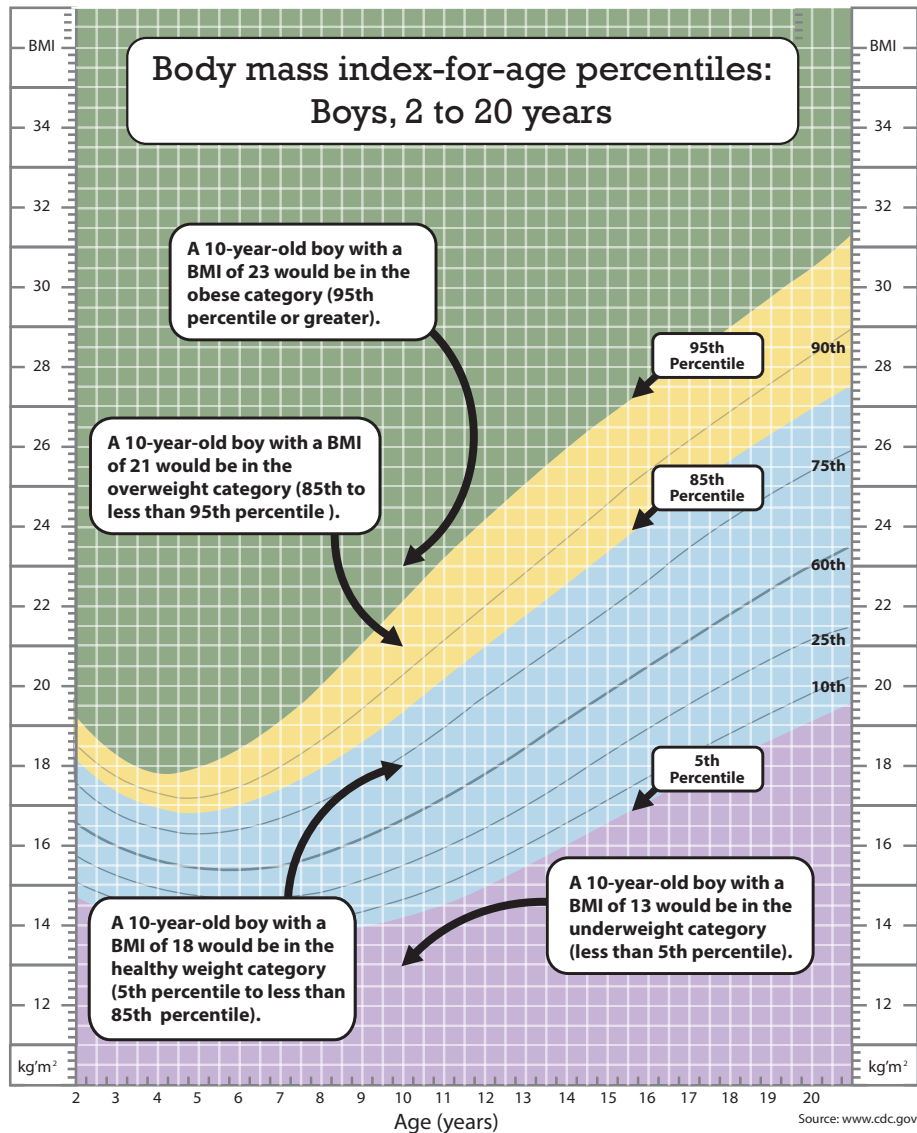
If you have any questions, please call Meridian's Quality Improvement department at:
313.324.1910



Medical Records may be faxed to:
312.508.7213

How is BMI used with children and teens?

BMI is used as a screening tool to identify possible weight problems for children. The Centers for Disease Control and Prevention (CDC) and the American Academy of Pediatrics (AAP) recommend the use of BMI to screen for overweight and obesity in children beginning at 2 years old. For children, BMI is used to screen for obesity, overweight, healthy weight or underweight. However, BMI is not a diagnostic tool. For example, a child may have a high BMI for age and sex, but to determine if excess fat is a problem, a healthcare provider would need to perform further assessments. These assessments might include skinfold thickness measurements, evaluations of diet, physical activity, family history and other appropriate health screenings. See the following example of how some sample BMI numbers would be interpreted for a 10-year-old boy.



Physical Activity Counseling Examples

- Encouraged 30 minutes to 1 hour of physical activity per day
- Anticipatory guidance: physical activity
- Exercise counseling
- Patient educated on importance of staying physically active
- Patient is physically active in football/baseball/cheerleading/etc.

Nutritional Counseling Examples

- Encouraged eating healthy foods, making good food choices
- Diet: balanced nutrition, low fat, calorie restriction, low cholesterol, four food groups based diet, fruits, vegetables, grains, etc.
- Dietary counseling provided
- Counseled patient/parents on childhood obesity