

## HEDIS® Provider Guide:

### Measure Description

Children 3-17 years of age who had an outpatient visit with a primary care physician or OB/GYN and who had evidence of the following during the measurement year:

- **BMI Percentile** documentation or BMI percentile plotted on age-growth chart (height, weight and BMI percentile must be documented).
- **Counseling for Nutrition** or referral for nutrition education.
- **Counseling for Physical Activity** or referral for physical activity.

### Using Correct Billing Codes

#### Codes to Identify BMI Percentile, Counseling for Nutrition and Counseling for Physical Activity

Description	Codes
<b>BMI Percentile</b>	<b>ICD-10:</b>
	Z68.51 <i>Underweight</i> - Less than the 5 <sup>th</sup> percentile for age
	Z68.52 <i>Healthy Weight</i> - 5 <sup>th</sup> percentile to less than the 85 <sup>th</sup> percentile for age
	Z68.53 <i>Overweight</i> - 85 <sup>th</sup> percentile to less than the 95 <sup>th</sup> percentile for age
Z68.54 <i>Obese</i> - Greater to or equal to the 95 <sup>th</sup> percentile	
<b>Counseling for Nutrition</b>	<b>CPT:</b> 97802-97804 <b>ICD-10:</b> Z71.3
<b>Counseling for Physical Activity</b>	<b>ICD-10:</b> Z02.5, Z71.82

### How to Improve HEDIS® Scores

- Use appropriate HEDIS® measure diagnosis and procedure codes to avoid medical review.
- Avoid missed opportunities by taking advantage of every office visit (including sick visits and sports physicals) to capture BMI percentile and counseling on nutrition and physical activity.
- Place BMI percentile charts near scales (<http://www.cdc.gov/healthyweight/assessing/bmi/>)
- When documenting BMI percentile, include:
  - Height, weight and BMI percentile
- When counseling for nutrition, document:
  - Current nutrition behaviors (e.g., appetite or meal patterns, eating and dieting habits)
- When counseling for physical activity, document:
  - Physical activity counseling (e.g., child rides tricycle in the yard)
  - Current physical activity behaviors (e.g., exercise routine, participation in sports activities and exam for sports participation)
  - Merely documenting 'cleared for sports' does not count towards the HEDIS® measure, but a sports physical with documentation supporting elements of preventative medicine does count.