

## HEDIS® Provider Guide:

### Measure Description

The percentage of members 18-74 years of age who had an outpatient visit and whose body mass index (BMI) was documented during the measurement year or the year prior to the measurement year.

**BMI** – Body mass index. A statistical measure of the weight of a person scaled according to height (*20 years of age and older*).

**BMI Percentile** – The percentile ranking based on the Centers for Disease Control and Prevention’s (CDC) BMI-for-age growth charts, which indicate the relative position of a patient’s BMI number among those of the same sex and age (*younger than 20 years of age*).

For members *20 years of age or older* on the date of service, **BMI** during the measurement year or the year prior to the measurement year.

For members *younger than 20 years of age* on the date of service, **BMI percentile** during the measurement year or the year prior to the measurement year.

### 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 & BMI percentile.
- Place BMI & BMI percentile charts near scales (<http://www.cdc.gov/healthyweight/assessing/bmi/>)
- When documenting BMI or BMI percentile, include:
  - Height, weight and BMI or BMI percentile

### Using Correct Billing Codes

#### Codes to Document BMI Percentile

(younger than 20 years of age)

Description	ICD-10 Code
<b>Underweight</b> - Less than the 5 <sup>th</sup> percentile for age	Z68.51
<b>Healthy Weight</b> - 5 <sup>th</sup> percentile to less than the 85 <sup>th</sup> percentile for age	Z68.52
<b>Overweight</b> - 85 <sup>th</sup> percentile to less than the 95 <sup>th</sup> percentile for age	Z68.53
<b>Obese</b> - Greater to or equal to the 95 <sup>th</sup> percentile	Z68.54

#### Codes to Document BMI (20 years of age and older)

Description	ICD-10 Code
BMI 19.9 or less, Adult	Z68.1
BMI 20.0-20.9, Adult	Z68.20
BMI 21.0-21.9, Adult	Z68.21
BMI 22.0-22.9, Adult	Z68.22
BMI 23.0-23.9, Adult	Z68.23
BMI 24.0-24.9, Adult	Z68.24
BMI 25.0-25.9, Adult	Z68.25
BMI 26.0-26.9, Adult	Z68.26
BMI 27.0-27.9, Adult	Z68.27
BMI 28.0-28.9, Adult	Z68.28
BMI 29.0-29.9, Adult	Z68.29
BMI 30.0-30.9, Adult	Z68.30
BMI 31.0-31.9, Adult	Z68.31
BMI 32.0-32.9, Adult	Z68.32
BMI 33.0-33.9, Adult	Z68.33
BMI 34.0-34.9, Adult	Z68.34
BMI 35.0-35.9, Adult	Z68.35
BMI 36.0-36.9, Adult	Z68.36
BMI 37.0-37.9, Adult	Z68.37
BMI 38.0-38.9, Adult	Z68.38
BMI 39.0-39.9, Adult	Z68.39
BMI 40.0-44.9, Adult	Z68.41
BMI 45.0-49.9, Adult	Z68.42
BMI 50.0-59.9, Adult	Z68.43
BMI 60.0-69.9, Adult	Z68.44
BMI 70 or greater, Adult	Z68.45