

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

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.