Weight assessment and counseling for nutrition and physical activity

Common Chart Deficiencies:

- Children seen only when sick
- BMI documented only as a numeric value
- Documentation of Developmental Milestones only does **not** meet HEDIS criteria for physical activity.
- Services specific to an acute or chronic condition do **not** count toward the counseling indicators for either nutrition or physical activity.

Tips to Improve HEDIS rate:

- Avoid missed opportunities
  - Utilize sick contacts to administer well-child services, such as assessing growth & development; nutrition and physical activity habits.
- Document BMI as a percentile, either next to the BMI value or plotted on a BMI graph (available on CDC.gov website)

Members 3-17 years of age, who had an outpatient visit with a PCP or OB/GYN and had evidence of the following documented during the measurement year (currently 2018):

⇒ BMI percentile
⇒ Counseling for Nutrition
⇒ Counseling for Physical Activity

Exclusion: Pregnancy during the measurement year

⇒ **BMI Percentile** documentation must include the **date** of the visit and:
  - BMI percentile documented as a specific value (eg, 85th percentile) or
  - BMI percentile plotted on a Body Mass Index-for-age graph
  - Weight and height taken during the measurement year (2018)

⇒ **Counseling for Nutrition**: documentation must include a note indicating the **date** and evidence of **at least one of the following**:
  - Engagement in discussion of current nutrition behaviors (e.g., eating habits)
  - Checklist indicating nutrition was addressed
  - Counseling or referral for nutrition education
  - Member received educational materials on nutrition during a face-to-face visit
  - Anticipatory guidance for nutrition
  - Weight or obesity counseling

⇒ **Counseling for Physical Activity** documentation includes a note indicating the **date** and evidence of **at least one of the following**:
  - Engagement in discussion of current physical activity behaviors (e.g., exercise routine, participation in sports activities, exam for sports participation)
  - Checklist indicating physical activity was addressed
  - Counseling or referral for physical activity
  - Member received educational materials on physical activity during a face-to-face visit
  - Anticipatory guidance specific to the child’s physical activity
  - Weight or obesity counseling

Updated 101118
WEIGHT ASSESSMENT AND COUNSELING FOR NUTRITION AND PHYSICAL ACTIVITY

ICD-10 Codes:
BMI percentile: Z68.51-Z68.54
Counseling for Nutrition: Z71.3
Counseling for Physical Activity: Z02.5

CPT Codes:
Counseling for Nutrition: 97802-97804

*NOTE: This is not a comprehensive list.