

# 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 at any outpatient visit for patients between three and 74 years of age.

## 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** three to 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](http://www.CDC.gov)

## Incentive Amount

**\$15**

## \*INCENTIVE APPLIES TO:

-MeridianChoice

## Criteria

- Reimbursement paid upon completion of BMI percentile, physical activity counseling and nutrition counseling for members three to 17 years old
- Must complete all three services to receive incentive
- One incentive paid quarterly per member per calendar year

\*Incentive program terms are subject to change at Meridian's discretion. Meridian will notify providers of any changes or incentive program alterations.

## How is BMI Reported?

### Adult BMI

Description	ICD-10-CM Diagnosis*	Description	ICD-10-CM Diagnosis*
BMI less than 20 - Adult	Z68.1	<5%	Z68.51
BMI 20-24 - 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 counseling for 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, Z71.82	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 three to 17 years of age should also include:

- An indication of a discussion regarding current nutrition behaviors (e.g., eating habits, dieting, etc.) and a discussion of current physical activity behaviors (e.g., exercise routine, sports physical, etc.)
- 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

\*Codes listed are specific to subject matter of this flyer. While Meridian encourages you to use these codes in association with the subject matter of this flyer, Meridian recognizes that the circumstances around the services provided may not always directly support/match the codes. It is crucial that the medical record documentation describes the services rendered in order to support the medical necessity and use of these codes.



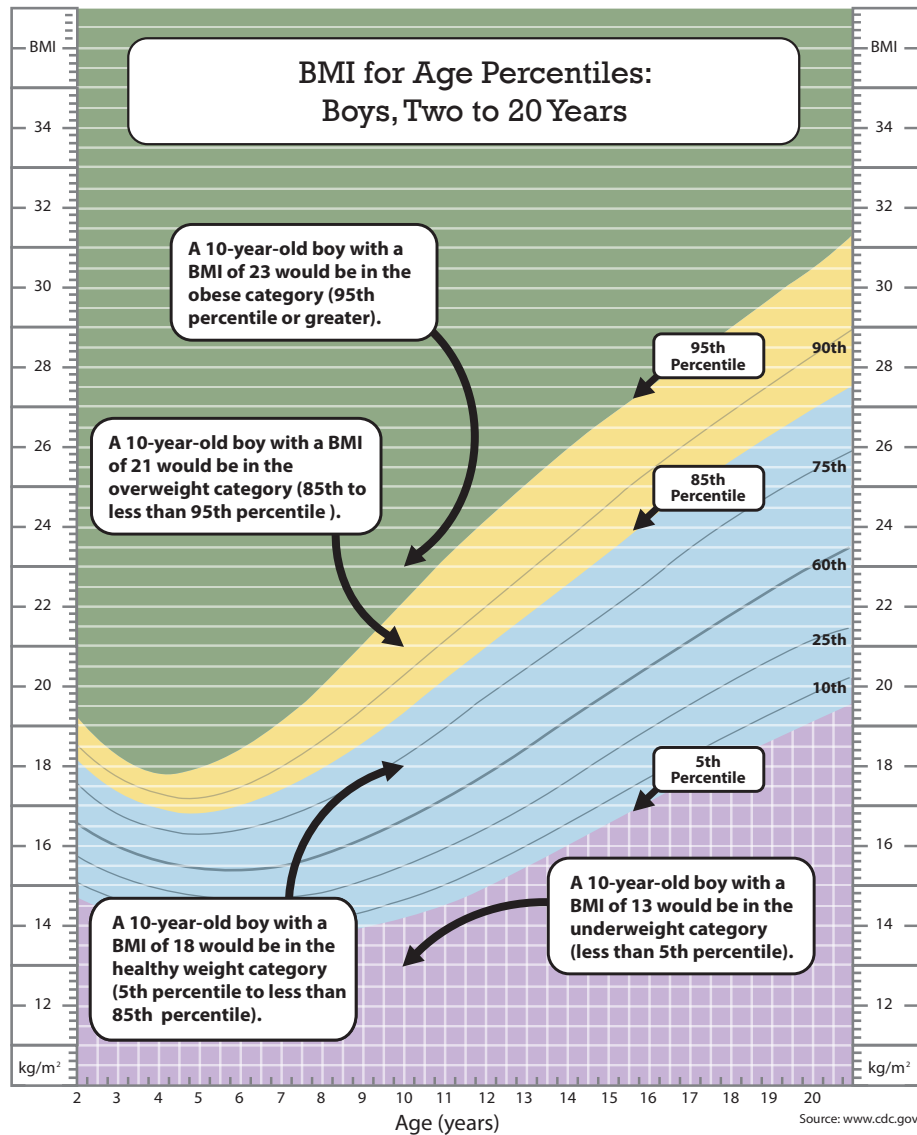
If you have any questions, please call Meridian's Quality Improvement department at:  
**888.437.0606**



Medical Records may be faxed to:  
**313.202.0006**

# > How is BMI used with children and teens?

Body Mass Index (BMI) is used as a screening tool to identify healthy weight and growth in children. The Centers for Disease Control and Prevention (CDC) and the American Academy of Pediatrics (AAP) recommend the use of BMI to screen for the following categories in children beginning at two years old: obese, overweight, healthy weight, or underweight. BMI is not used as a diagnostic tool. A child may have a high BMI for age and sex, but in order to determine if excess weight is a concern, a healthcare provider would need to perform further assessments. These assessments might include evaluation of: skinfold thickness measurements, diet, physical activity, family history, and/or other appropriate health screenings. The following example illustrates sample BMIs interpreted for a 10-year-old boy.



## > Physical Activity Counseling Examples

- Encouraged 30 minutes to one 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
- 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