Chronic Condition Coding Awareness: Overweight, Obesity and BMI

Overweight and Obesity

Obesity is defined as a complex disorder involving an excess amount of body fat. Obesity in adults is diagnosed when BMI meets or exceeds 30. In children, Obesity is diagnosed when BMI is greater than or equal to the 95th percentile. . More than 72 million adults in the US are obese[3]. Obesity increases the cost and risks associated with chronic diseases such as depression, heart disease, diabetes, chronic pain, breathing, and even some cancers[1, 3]. This may lead to adverse effects including a decrease in physical activity, social interaction, self-esteem, and overall quality of life.

Treatment for Overweight and Obesity

Documenting an individual with a diagnosis of being overweight or obese is the initial step in facilitating treatment. This can lead to healthy discussions on weight loss and target weight goals. There are various treatment options for those diagnosed as being overweight or obese. Dietary changes are generally the first step in implementing a weight loss plan. Increased physical activity and behavior modifications are also important. Other treatment may include medication, counseling therapy, and or weight-loss surgery[2].

Body Mass Index (BMI)

Body Mass Index is a measure of the body fat based on height and weight. BMI is an estimate of body fat and is considered an alternative to direct measures of body fat[1, 3]. The Centers for Disease Control and Prevention (CDC) developed growth charts for children (2-20 years of age) that includes the age, height, weight, gender, and a BMI-percentile[3]. Adult BMI codes are used for adults 21 years of age or older. The manual BMI formula is weight (lbs.)/[height (in)]^2 x 703; i.e.150 lbs. / [65 in]^2 x 703 = 24.96 BMI. On-line calculators and apps are available to calculate the BMI for adults and BMI percentile for children.

BMI, Overweight, and Obesity Coding Guidance

TIPS:	ICD-10 Mapping & Education		
➤ **ICD-10-CM**	Obesity and Morbid Obesity are always considered clinically significant and reportable when documented in the medical record. The BMI may also be coded as a secondary diagnosis when documented in the presence of obesity, morbid obesity, or another clinically significant and related comorbidity (Diabetes, Hypertension, etc.). *Outpatient c*oding guidelines state to code all documented conditions that coexist at the time of the encounter/visit, and require or affect patient care treatment or management.		
	ICD-10-CM	**Description**	
	E66.01	Morbid (severe) obesity due to excess calories	
	E66.09	Other obesity due to excess calories	
	E66.1	Drug induced obesity, *use additional code for adverse effect, to identify drug (T36-T50 with fifth or sixth character 5)*	
	E66.2	Morbid (severe) obesity with alveolar hypoventilation	
	E66.3	Overweight	
	E66.8	Other Obesity	
	E66.9	Obesity, unspecified	
	Coding Clinic 2018Q4 states: Provider must provide documentation of a clinical condition, such as overweight, obesity, or morbid obesity, to justify coding the BMI.		
	Adult BMI (age 21+)	**ICD-10-CM**	**Description**
	19.9 or less	Z68.1	Underweight
	20 – 24	Z68.2- series	Healthy weight
	25 – 29		Overweight; Pre-obese
	30 – 34	Z68.3- series	Obese, Class I
	35 – 39		Obese, Class II
	40 – 44	Z68.41	Morbid Obese, Class III
	45 – 49	Z68.42	Morbid Obese, Class III

50 – 59	Z68.43	Morbid Obese, Class III
60 – 69	Z68.44	Morbid Obese, Class III
70 or greater	Z68.45	Morbid Obese, Class III
Pediatric BMI Percentile (age 2-20)	**ICD-10-CM***	**Description**
5th Percentile or less for age	Z68.51	Underweight
5th to less than 85th percentile	Z68.52	Healthy weight
85th to less than 95th percentile	Z68.53	Overweight
Greater than or equal to 95th percentile	Z68.54	Obese

➢ **Documenting the *BMI…***	* BMI codes are only reported as a secondary diagnosis, never primary or first listed. * BMI codes **should not** be assigned to pregnancy encounters/visits.	
	Any clinician can document the BMI, *not limited to the following,* but the provider must document the associated clinical condition (i.e. morbid obesity):	
	Physician, Physician Assistant · Nurse, LPN, RN, NP · Medical Technician Other qualified healthcare practitioner · Medical Assistant · Nutritionist	
➢ **Morbid Obesity coding…**	**Morbid obesity** should be coded when: ☐ Adult BMI is ≥40 ***or*** ☐ Adult BMI ≥35 and with at least one clinically significant and related co-morbidity (i.e. diabetes, hypertension, sleep apnea, etc.)[6]	
➢ **Additional Coding Tips…**	Include codes if the provider **documents counseling, management or status:** Dietary counseling and surveillance (Z71.3) Exercise counseling (Z71.8) Inappropriate diet and eating habits (Z72.4) Lack of physical exercise (Z72.3) Noncompliance with dietary regime (Z91.11) Bariatric surgery status (Z98.84)	
➢ **Medicare Coding…**	When a provider performs behavioral counseling for obesity on a Medicare member, code: G0447- Face-to-face behavioral counseling for obesity, 15 minutes G0473- Face-to-face behavioral counseling for obesity, group (2-10), 30 minutes *NOTE: Medicare indicates that this service cannot be billed with any other visit code.*	

➢ **HEDIS Measures…**	***Adult BMI Assessment (ABA)***
	 Members 18-74 years of age who had an outpatient visit and whose BMI was documented **during the measurement year or the year prior to the measurement year**:
	    o 20 years and older on the date of service, BMI and weight must be noted
	    o Younger than 20 years of age on the date service, BMI percentile
	 Weight Assessment and Counseling for Nutrition and Physical Activity for Children/Adolescents (WCC)
	 Members 3-17 years of age who had an outpatient visit with a PCP or OB/GYN and who had **evidence of the following during the measurement year**:
	    o BMI percentile documentation
	    o Counseling for nutrition and for physical activity	

1. National Heart, Lung, and Blood Institute https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm
2. Mayo Clinic https://www.mayoclinic.org/diseases-conditions/obesity/symptoms-causes/syc-20375742
3. CDC https://www.cdc.gov/
4. ICD-10-CM Official Guidelines for Coding and Reporting https://www.cdc.gov/nchs/icd/data/10cmguidelines-FY2019-final.pdf
5. 2019 HEDIS Technical Specifications
   https://cnet.centene.com/sites/ProviderPerformanceManagementCommunications/SitePages/HEDIS%20Quick%20Reference%20Guide.aspx
6. NHLBI https://www.nhlbi.nih.gov/files/docs/guidelines/prctgd_c.pdf
7. Coding Clinic, 4th Quarter, 2018, page 77

➤ **Secure Portal Registration:** If you haven't already do so, please go to www.HomeStateHealth.com to register for our Secure Portal. Functions on the portal include: Verification of eligibility, submission of claims, entering authorizations, viewing patient care gaps, etc. Use of the portal is FREE for all services!

➤ **Electronic Funds Transfer / Electronic Remittance Advice**
· Home State Health Plan partners with PaySpan Health for EFT/ERA services.
· Please register with PaySpan Health at www.payspanhealth.com

Questions?
Contact Provider Relations at 1-855-694-4663.