

Description of the measure

Children and adolescents 3-17 years old with at least one visit with a primary care provider (PCP) in the current year who had all of the following documented in the medical record:

- Body mass index (BMI) percentile
- Counseling for nutrition
- Counseling for physical activity

Exclusions

Diagnosis of pregnancy in the measurement year

BMI percentile

Documentation must include all of the following:

- Height
- Weight
- BMI percentile (or growth chart with BMI percentile plotted)
- Member-reported body mass index, height and weight are acceptable

Counseling for nutrition

Documentation must include the date of the visit and at least one of the following:

- Discussion of current nutrition behaviors (e.g. eating habits, dieting behaviors)
- Checklist indicating nutrition was addressed
- Counseling or referral for nutrition education
- Educational materials on nutrition during given to member a face-to-face visit
- Anticipatory guidance for nutrition
- Weight or obesity counseling

Counseling for physical activity

Documentation must include the date of the visit and at least one of the following:

- Discussion of current physical activity (e.g. exercise routine, participation in sports activities)

- Checklist indicating physical activity was addressed
- Counseling or referral for physical activity
- Educational materials on physical activity given to member during a face-to-face visit
- Anticipatory guidance specific to the child’s physical activity
- Weight or obesity counseling

Tips for best practice

- Use every office visit (e.g. sick visits and sports physicals) to address these components
- Bill appropriate codes to reduce need for medical record review

Screening	ICD-10	HCPCS	CPT
BMI <5th percentile	Z68.51	—	—
BMI ≥5th and <85th percentile	Z68.52	—	—
BMI ≥85th and <95th percentile	Z68.53	—	—
BMI ≥95th percentile	Z68.54	—	—
Nutrition counseling	Z71.3	G0270, G0271, G0447, S9449, S9452, S9470	97802, 97803, 97804
Physical activity	Z02.5, Z71.82	G0447, S9451	—

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