# Obesity & BMI Coding Tips

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| BMI < 19.9 Underweight | BMI 20.0 - 24.9 Healthy Weight | BMI 25 - 29.9 Overweight |
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| BMI 30 - 34.9 Obese | BMI 35 - 39.9 (With Co-Morbidities)<br>BMI ≥ 40 Morbidly Obese |
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Patients with a large waist circumference from increased abdominal fat
can be diagnosed as obese even if they have a healthy BMI[1]

| ICD-10 Official Guidelines[2] | Document | Remember |
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| BMI may be documented by any clinician.<br><br>The treating provider must be the one to document obesity, morbid obesity, or any other diagnosis-related code from a BMI measurement.<br><br>BMI codes should only be reported as a secondary diagnosis code.<br><br>BMI has no meaning without an associated diagnosis, such as obesity.[3]<br><br>Coders and billers cannot infer obesity from a BMI value. | Documentation must include:<br><br>• Date of exam<br>• Weight<br>• BMI<br><br>Documentation should include specific details of the cause and extent of obesity like:<br><br>• Due to excess calories<br>• Endocrine related<br>• Morbid/Severe | State the clinical significance of obesity on the patient's health.<br><br>Possible complications and co-morbidities include[4]:<br>• Diabetes<br>• Disorder of lipid proteins<br>• Heart disease<br>• Respiratory problems<br>• Osteoarthritis<br><br>Individuals who are overweight, obese or morbidly obese are at an increased risk for certain medical conditions when compared to persons of normal weight. Therefore, these conditions are always clinically significant and reportable when documented by the provider[5]. |

## HEDIS

### Adult BMI Assessment

Measure Demonstrates percentage of members ages 18-74 who had an outpatient visit and whose body mass index (BMI) was documented during the measurement year or the year prior.

ICD-10 (age 20 or older):

Z68.1, Z68.20, Z68.21, Z68.22, Z68.23, Z68.24, Z68.25, Z68.26, Z68.27, Z68.28, Z68.29, Z68.30, Z68.31, Z68.32, Z68.33, Z68.34, Z68.35, Z68.36, Z68.37, Z68.38, Z68.39, Z68.41, Z68.42, Z68.43, Z68.44, Z68.45

### Nutrition Counseling

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| ICD-10 | Z71.3 |
| CPT | 97802, 97803, 97804 |
| HCPCS | G0270, G0271, G0447, S9449, S9452, S9470 |

### Physical Activity Counseling

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| ICD-10 | Z02.5, Z71.82 |
| CPT | 97802, 97803, 97804 |
| HCPCS | G0270, G0271, G0447, S9449, S9451, S9452, S9470 |

For additional resources, contact our Provider Relations team at Providers@ARHealthWellness.com

## References and Notes

[1]https://www.nhlbi.nih.gov/health-topics/overweight-and-obesity

[2]https://www.cms.gov/Medicare/Coding/ICD10/Downloads/2019-ICD10-Coding-Guidelines-.pdf

[3]Report on Medicare Compliance, Volume 26 Number 14 pg. 2. April 24, 2017

[4]https://www.nhlbi.nih.gov/health-topics/overweight-and-obesity

[5]AHA Coding Clinic, 3rd quarter 2011, Vol. 28, Num. 3, pages 4-5

This educational material complies with accepted 2018 ICD-10-CM practices and guidelines and is for general supplemental purposes only. The information is not guaranteed to be complete, free of errors, or the most current revision. It is the responsibility of the provider to document accurate and complete codes, clinical rationale and medical services rendered to support appropriate ICD-10 code(s) according to official billing and coding guidelines, procedures, and regulations.