

Adult BMI Assessment (ABA)

Obesity is a complex, multifaceted, chronic disease. Environmental, genetic, physiological, metabolic, behavioral, and psychological factors can all affect obesity. Obesity's impact on an individual's overall health increases both morbidity and mortality rates. It also increases the risk of chronic conditions like diabetes, coronary heart disease (CHD), and cancer. Body Mass Index (BMI) is a common and reliable measurement to identify overweight and obese individuals who may be at risk of increased morbidity.ⁱ

APPLICABLE LINES OF BUSINESS

- Commercial
- Medicare Advantage

MEASURE DESCRIPTION

Percentage of members 18-74 years of age who had an outpatient visit and whose BMI was documented during the current measurement year or the previous year.ⁱⁱ

EXCLUSIONS

Patients are excluded if they:

- Are in hospice at any time in the measurement year
- Have a diagnosis of pregnancy during the current measurement year, or the previous year

INFORMATION THAT PATIENT MEDICAL RECORDS SHOULD INCLUDE

Measure and document the following HEDIS requirements every two years:

- Patients 20 years of age and older on the date of service:
 - Weight and BMI from the same data source
- Patients 18 or 19 years of age on the date of service:
 - Height, weight, and BMI percentile from the same data source
 - The BMI percentile as a value (e.g. 85th percentile) or plotted on an age-growth chart
- Documented ranges or thresholds don't meet criteria. Documented calculation of BMI is commonly overlooked, which prevents the documentation from meeting criteria for this measure.

INFORMATION THAT PATIENT CLAIMS SHOULD INCLUDE

Below are ICD-10-CM BMI codes. You can only use these codes as secondary diagnoses.

Adult BMI Age 20 and older			
ICD10 CM Code ⁱⁱⁱ	Description	ICD10 CM Code	Description
Z68.1	BMI 19.9 or less	Z68.32	BMI 32.0-32.9
Z68.20	BMI 20.0-20.9	Z68.33	BMI 33.0-33.9
Z68.21	BMI 21.0-21.9	Z68.34	BMI 34.0-34.9
Z68.22	BMI 22.0-22.9	Z68.35	BMI 35.0-35.9
Z68.23	BMI 23.0-23.9	Z68.36	BMI 36.0-36.9
Z68.24	BMI 24.0-24.9	Z68.37	BMI 37.0-37.9
Z68.25	BMI 25.0-25.9	Z68.38	BMI 38.0-38.9
Z68.26	BMI 26.0-26.9	Z68.39	BMI 39.0-39.9
Z68.27	BMI 27.0-27.9	Z68.41	BMI 40.0-44.9
Z68.28	BMI 28.0-28.9	Z68.42	BMI 45.0-49.9
Z68.29	BMI 29.0-29.9	Z68.43	BMI 50.0-59.9
Z68.30	BMI 30.0-30.9	Z68.44	BMI 60.0-69.9
Z68.31	BMI 31.0-31.9	Z68.45	BMI 70 or greater

TIPS FOR SUCCESS

- Because they aren't reimbursable, use ICD-10 Z codes as secondary codes and not as standalone codes.
- Don't use Z codes if a weight diagnosis such as obesity or overweight can't be documented.
- If a patient's BMI exceeds the expected percentage, reinforce the importance of lifestyle changes such as being active or making dietary choices that lead to weight loss and improve overall health.
- Encourage the patient to set goals regarding their weight.
- Discuss weight loss medications for people with health problems related to excess weight.
- Consider bariatric surgery for patients who:
 - Continue to have severe obesity (BMI greater than 40 kg/m²) after trying lifestyle changes to lose weight.
 - Have a BMI greater than 35 kg/m² and have one or more chronic conditions linked to obesity.

ⁱ U.S. Department of Health and Human Services, Quality Payment Program, Quality Specifications, https://qpp.cms.gov/docs/QPP_quality_measure_specifications/Claims-Registry-Measures/2018_Measure_128_Claims.pdf

ⁱⁱ National Committee for Quality Assurance. *HEDIS® 2020 Volume 2 Technical Specifications for Health Plans* (2019), 72-75

ⁱⁱⁱ ICD-10-CM created by the National Center for Health Statistics (NCHS), under authorization by the World Health Organization. World Health Organization-copyright holder.