

## 2018 ADULT BODY MASS INDEX (BMI) TIP SHEET

**BMI HEDIS Measurement:** Adults 18 to 74 years of age with an outpatient visit, whose BMI was documented during the measurement year **or** year prior to the measurement year. BMI must be documented at least every two years. **Exclusions:** Pregnancy: identify by billing codes 000-09A, Z34, 090, Z36

**KEY REQUIREMENTS:**

**For patients  $\geq$  20 years of age, the following documentation and billing must occur for the measurement to count:**

- The medical record must include the following: 1) date of visit, 2) patient's weight and 3) the actual distinct BMI value, no ranges.
- The medical record must specifically reference the acronym BMI or use the words Body Mass Index.
- Notations of height and weight alone does not count as evidence of a BMI.
- Bill the proper BMI billing code from the table below after the E & M code on the bill.

BMI Billing Codes for Adults 20 Years and Older			
CODE	DEFINITION	CODE	DEFINITION
Z68.1	Body Mass Index less than 19, adult	Z68.32	BMI between 32.0-32.9, adult
Z68.20	BMI between 20.0-20.9, adult	Z68.33	BMI between 33.0-33.9, adult
Z68.21	BMI between 21.0-21.9, adult	Z68.34	BMI between 34.0-34.9, adult
Z68.22	BMI between 22.0-22.9, adult	Z68.35	BMI between 35.0-35.9, adult
Z68.23	BMI between 23.0-23.9, adult	Z68.36	BMI between 36.0-36.9, adult
Z68.24	BMI between 24.0-24.9, adult	Z68.37	BMI between 37.0-37.9, adult
Z68.25	BMI between 25.0-25.9, adult	Z68.38	BMI between 38.0-38.9, adult
Z68.26	BMI between 26.0-26.9, adult	Z68.39	BMI between 39.0-39.9, adult
Z68.27	BMI between 27.0-27.9, adult	Z68.41	BMI between 40.0-44.9, adult
Z68.28	BMI between 28.0-28.9, adult	Z68.42	BMI between 45.0-49.9, adult
Z68.29	BMI between 29.0-29.9, adult	Z68.43	BMI between 50.0-59.9, adult
Z68.30	BMI between 30.0-30.9, adult	Z68.44	BMI between 60.0 – 69.9, adult
Z68.31	BMI between 31.0-31.9, adult	Z68.45	BMI 70 and over, adult

**For patients younger than 20 years old, the following documentation of BMI percentile must be in the medical record:**

- BMI percentile documented as value (e.g. 85th percentile).
- BMI percentile plotted on the age-growth chart (members 18-20 years of age).
- Bill the proper BMI billing code from the table below after the E & M code on the bill.

BMI Billing Codes for Adults 18 - 19.99 Years of Age	
Description	Codes to identify BMI percentile
BMI less than 5 <sup>th</sup> percentile for age	Z68.51
BMI 5 <sup>th</sup> to less than 85 <sup>th</sup> percentile for age	Z68.52
BMI 85 <sup>th</sup> to less than 95 <sup>th</sup> percentile for age	Z68.53
BMI greater than or equal to 95 <sup>th</sup> percentile for age	Z68.54

**Methods for BMI and BMI percentiles to be credited:**

- Claims: Z codes are collected for informational purposes only and improve your HEDIS scores.
- Medical record abstraction by health plans during the measurement year.
- For BCN and BCBSM, BMI may also be captured by a data feed from your EMR to the health plan through an interface or data entered into Health e-Blue.

Improving BMI billing with the codes above will improve practices' BMI scores, resulting in improved quality metrics. Improved BMI metrics will assist practices in maintaining their Patient Centered Medical Home designations and earning potential pay for performance incentive dollars linked to HEDIS quality scores.