

2022 HEDIS Measure Tips



One in a series of tip sheets that look at key Healthcare Effectiveness Data and Information Set measures, commonly referred to as HEDIS® measures.

Weight Assessment and Counseling for Nutrition and Physical Activity for Children and Adolescents (WCC)

Effectiveness of Care HEDIS® Measure*

HEDIS measure description

The percentage of children and adolescents who had an outpatient visit with a primary care provider or an OB-GYN and who had evidence of BMI percentile, counseling for nutrition, and counseling for physical activity.

Measure population (denominator)

Members 3 to 17 years of age as of the measurement year who had an outpatient visit with a PCP or an OB-GYN during the measurement year.

Measure compliance (numerator)

Documentation must include evidence of the following during the measurement year (below can be documented on different dates of service):

- **BMI percentile:** Documentation must include height, weight and BMI percentile.
- **Counseling for nutrition:** Documentation of counseling for nutrition or referral for nutrition education.
- **Counseling for physical activity:** Documentation of counseling for physical activity or referral for physical activity.

Note: Because BMI norms for youth vary with age and gender, this measure evaluates whether BMI percentile is assessed rather than BMI value. Documentation of a BMI value would not count.

Note: Services rendered during a telephone visit, e-visit or virtual check-in meet criteria, including patient reported biometrics height and weight. The provider should then calculate the BMI percentile using this information and be sure to document in the medical record.

Did you know?

- In the United States, the percentage of children and adolescents affected by obesity has more than tripled since the 1970s.
- Childhood obesity is the primary health concern among parents in the United States, topping drug abuse and smoking.
- Healthy lifestyle habits, including healthy eating and physical activity, can lower the risk of becoming obese and developing related diseases

This measure applies to commercial members only.

continued

Exclusions

- Members with a pregnancy diagnosis during the measurement year
- Members in hospice or using hospice services anytime during the measurement year
- Members deceased during measurement year

Helpful HEDIS hints

Services can be rendered at visits other than a wellness visit; however, documentation specific to assessment or treatment of an acute or chronic condition doesn't count. For example, neither the notation of "BRAT diet" for treatment of diarrhea nor the notation of "exercise-induced asthma" meet criteria.

Variable	Document the following	Associated codes
BMI percentile	<ol style="list-style-type: none"> 1. Date of visit 2. Height, weight and BMI percentile. A distinct BMI percentile is required; ranges and thresholds don't meet criteria. Examples of acceptable BMI percentile: <ul style="list-style-type: none"> • 85th percentile • 85% • Plotted on an age-growth chart 	ICD-10-CM codes: Z68.51 – Z68.54
Nutrition counseling	<ol style="list-style-type: none"> 1. Date of visit 2. Notation of at least one of the following: <ul style="list-style-type: none"> • Discussion of current nutrition behaviors, such as eating habits or dieting behaviors • Checklist indicating nutrition was addressed • Member received educational materials on nutrition during a face-to-face visit • Anticipatory guidance for nutrition • Weight or obesity counseling • Counseling or referral for nutrition education. <p>Note: Referral to the Special Supplemental Nutrition Program for Women, Infants and Children, or WIC, may be used to meet criteria.</p> 	ICD-10-CM codes: Z71.3 CPT® codes**: 97802, 97803, 97804 HCPCS codes: G0270, G0271, G0447
Physical activity counseling	<ol style="list-style-type: none"> 1. Date of visit 2. Notation of at least one of the following: <ul style="list-style-type: none"> • Discussion of current physical activity behaviors such as exercise routine, participation in sports activities or exam for sports participation • Checklist indicating physical activity was addressed • Counseling or referral for physical activity • Member received educational materials on physical activity during a face-to-face visit • Anticipatory guidance specific to the child's physical activity • Weight or obesity counseling 	ICD-10-CM codes: Z02.5, Z71.82 HCPCS codes: G0447

Tips for coding

Add the appropriate codes from the table above to claims.

Common documentation errors:

- Documenting BMI percentile only without height and weight
- Documenting height and weight only without BMI percentile
- Documenting weight, height and BMI value – must be a BMI percentile
- Counseling or education before or after the measurement year
- Documenting physical exam finding, such as “well-nourished,” doesn’t meet the criteria for nutritional counseling
- Without specific mention of nutrition or physical activity, the following notations don’t meet criteria:
 - Health education
 - Anticipatory guidance
 - Cleared for gym class
 - Anticipatory guidance related solely to safety, such as “wears helmet” or “water safety”
 - Documentation related to a member’s appetite
 - Notation solely related to screen time (computer or television)
 - Documentation related to physical exam findings (e.g., sedentary, active) or developmental observations (e.g., can ride bicycle)
 - Documentation of counseling for diabetes or anorexia

Resources

1. Centers for Disease Control and Prevention (CDC). 2021. “Obesity.”
[cdc.gov/healthyschools/obesity/index.htm](https://www.cdc.gov/healthyschools/obesity/index.htm)
2. Centers for Disease Control and Prevention (CDC). 2019. “Nutrition, Physical Activity, and Obesity.”
[cdc.gov/psr/NationalSummary/NSNPAO.aspx](https://www.cdc.gov/psr/NationalSummary/NSNPAO.aspx)
3. American Heart Association. 2013. “BMI in Children.”
[heart.org/en/healthy-living/healthy-eating/losing-weight/bmi-in-children](https://www.heart.org/en/healthy-living/healthy-eating/losing-weight/bmi-in-children)

* HEDIS®, which stands for Healthcare Effectiveness Data and Information Set, is a registered trademark of the National Committee for Quality Assurance, or NCQA.

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