



2015

## Clinical quality corner

One in a series of tip sheets focusing on key Healthcare Effectiveness Data and Information Set measures

### Adult BMI assessment

This measure looks at the percentage of adults ages 18 to 74 who had an outpatient visit and whose body mass index was documented during the measurement year or the year prior to the measurement year.

#### Improving HEDIS® scores

Measure and document BMI in the patient's chart every two years. For the measure to count, you must document the following in the chart:

- Date of visit
- Patient's weight
- Patient's BMI (Height and weight documentation only does not meet HEDIS standards.)\*

\*BMI and weight must be from the same data source in the same measurement year.

#### Exclusions

Members who become pregnant during the measure year or year prior are excluded.

**Tip:** Submitting BMI can be done through supplemental data exchange or through claims with proper coding.

ICD 9 codes V85.0 through V85.45 can be used to identify BMI through claims.

**Note:** V codes are collected for informational purposes only and are not directly reimbursable. Coding may improve your HEDIS score, which is tied to incentive payments through our Physician Group Incentive Program.

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#### Did you know?

- In 2012, Michigan ranked among the top 10 of the most obese states in the nation, with 31.1 percent of its population having a BMI >30.
- If the current trends continue, more than 44 percent of adults in every state could be obese by 2030.
- Obesity accounts for up to 10 percent of medical expenditures nationwide.
- Reducing BMI by 5 percent is projected to save every state between 6.8 and 7.5 percent on obesity-related health care costs.