



2015

## Clinical quality corner

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

### Weight assessment and counseling for nutrition and physical activity for children and adolescents

This measure looks at the percentage of patients ages 3 to 17 who had an outpatient visit with a primary care physician or an OB-GYN, with evidence of the following three components during the measurement year:

- BMI percentile documentation
- Counseling for nutrition
- Counseling for physical activity

#### Improving HEDIS® scores

Annual measurement and documentation of:

1. **Date of visit**
2. **Documenting BMI includes:**
  - ✓ Height, weight and BMI percentile from the same data source in the same measurement year
3. **Documenting nutritional counseling includes:**
  - ✓ Current information on diet and nutrition (dietary preferences, meals, habits)
  - ✓ Nutritional counseling or referral
4. **Documenting physical activity counseling includes:**
  - ✓ Current information on activity (sports or activities done at home)
  - ✓ Physical activity counseling or referral

#### Documentation examples

- BMI percentile plotted on an age/growth chart
- Notes describing educational materials on nutrition and activity that were given to the patient during a face-to-face visit

**Note:** Documenting weight and obesity counseling satisfies physical activity and nutritional counseling elements.

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

- **BMI %**  
ICD9: V85.5x
- **Counseling on nutrition**  
ICD9: V65.3  
HCPCS: G0270, G0271, G0447  
CPT: 97802-97804
- **Counseling on physical activity**  
ICD9: V65.41  
HCPCS: G0447