



One of a series of tip sheets that look at key Healthcare Effectiveness Data and Information Set measures

Adult BMI assessment

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

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 value (height and weight documentation only does not meet HEDIS standards.)**
- For patients younger than 20 years on the date of service, the medical record must document date of visit, height, weight and BMI percentile. BMI percentile can be documented by either one of the following:***
 - BMI % documented as a value (i.e, 90th percentile)
 - BMI % plotted on age-growth chart

Exclusions: Members who become pregnant during the current year or year prior can be excluded. Members in hospice are excluded from this measure.

Did you know?

- In 2016, Michigan was the 16th most obese state in the U.S., with 31.3 percent of adults considered obese.
- 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.

Tip:

BMI can be submitted through supplemental data exchange or through claims with proper coding. BMI percentiles for patients under the age of 20 include: Z68.51-54
BMI values for patients 20 years of age and over include: Z68.1, Z68.20-Z68.39, Z68.41-45

Note: Z 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.

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

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

*** Ranges or thresholds do not meet criteria other than >99% or <1%