

# 2018 Clinical quality corner



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

## Adult BMI assessment

This measure is used to assess the percentage of members ages 18 to 74 who had an outpatient visit and whose body mass index, or BMI, was documented during the measurement year or the previous 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 value (height and weight documentation only does not meet HEDIS standards)
- For members younger than 20 years of age a BMI value alone doesn't meet the HEDIS requirement. Height and weight must be documented, as well as one of the following:
  - BMI percentile documented, e.g., 90th percentile **or**
  - BMI percentile plotted on age growth chart /graph

### Did you know?

- In 2017, Michigan was ranked the 10th most obese state in the U.S., with 32.5 percent of adults considered obese.
- Obese adults spend 42 percent more on health care costs than adults who are at a healthy weight.
- Reducing BMI by 5 percent is projected to save every state between 6.8 and 7.5 percent on obesity-related health care costs.

## Tips:

- 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

*continued*

## Helpful HEDIS hints

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

### Notes:

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

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This measure applies to both commercial and Medicare members.