



HEDIS Measure: Adult Body Mass Index (BMI) Assessment

We are committed to working with you to improve the quality of care and health outcomes for our members, your patients. HEDIS® (Healthcare Effectiveness Data and Information Set) is one tool we use to measure many aspects of performance. This document details some of the key features of the HEDIS measure for Adult BMI Assessment.

What is the measure?

The Adult BMI measure focuses on members age 18-74 who had an outpatient visit with a body mass index documented during the measurement (current) year or the year prior to the measurement year.

Compliance is reported by a distinct BMI value or percentile during an ambulatory visit:

1. The BMI value for members age 20 or older includes documentation in the medical record of the weight and BMI value.
2. The BMI percentile for members younger than age 20 includes documentation in the medical record of height, weight and BMI percentile.

Best Practices:

- BMI **value** is documented as a BMI, while a BMI **percentile** is documented as BMI percentage or percentile.
- Verify the chart/graph type (height and weight growth charts are NOT the same as a BMI growth chart).

Acceptable Forms of Documentation

Office or Progress Note	Vital Signs Form
Age-Growth Chart progress	Subjective, Objective, Assessment, Plan (SOAP) note

Unacceptable Documentation in the Medical Record

Ranges and thresholds do not meet criteria	Notation of weight only
Notation of height/weight only	No distinct BMI documented in the medical record
No distinct BMI percentile documented in medical record or plotted on an age-growth chart	BMI value documented on a fax sheet

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Source: NCQA HEDIS 2017 Technical Specifications & NCQA HEDIS 2017 Volume2: Technical Update



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900-2910-0117

HEDIS Measure: Adult BMI Assessment (continued)

Acceptable Documentation in the Medical Record

Members 20 years and older: the weight and BMI value must be from the same data source.	The BMI documentation is dated during the measurement year or the year prior to measurement year.
Members younger than age 20: the height, weight and BMI percentile must be from the same data source.	The BMI documentation is dated during the measurement year or the year prior to measurement year.
Documentation of >99% or <1% meets criteria as a distinct BMI percentile is evident (100% or 0%)	

BMI Codes (Z68)

- Adult codes are used for members who are age 21 and older.
- Pediatric codes are used for members who are age 2 through 20.

Z68.1 (BMI 19 or less, adult)

Z68.51 BMI less than 5th percentile for age (pediatric)

Z68.20 - Z68.29, BMI 20.0 – 29.9 (adult)

Z68.52 BMI 5th percentile to less than 85th percentile for age (pediatric)

Z68.30 - Z68.39, BMI 30.0 – 39.9 (adult)

Z68.53 BMI 85th percentile to less than 95th percentile for age (pediatric)

Z68.41 – Z68.45, BMI 40.0 – 70.0 or greater (adult)

Z68.54 BMI greater than or equal to 95th percentile for age (pediatric)

Exclusions

- Diagnosis of pregnancy during the measurement year or the year prior to measurement year
- Member received hospice care during the measurement year