

HEDIS® Tips:

Weight Assessment and Counseling for Nutrition and Physical Activity for Children and Adolescents (WCC)

MEASURE DESCRIPTION

The percentage of patients 3-17 years of age who had an outpatient visit with a PCP or OB/GYN provider and who had evidence of the following during the measurement year.

- BMI percentile documentation. *Because BMI norms for youth vary with age and gender, this measure evaluates whether BMI percentile is assessed rather than an absolute BMI value.*
- Counseling for nutrition or referral for nutrition education.
- Counseling for physical activity or referral for physical activity.

CODES INCLUDED IN THE CURRENT HEDIS® MEASURE

Description	Code
BMI Percentile <5% for age	ICD-10: Z68.51
BMI Percentile 5% to <85% for age	ICD-10: Z68.52
BMI Percentile 85% to <95% for age	ICD-10: Z68.53
BMI Percentile ≥95% for age	ICD-10: Z68.54
Counseling for Nutrition	CPT®: 97802-97804 ICD-10: Z71.3 HCPCS: G0270, G0271, G0447, S9449, S9452, S9470
Counseling for Physical Activity	ICD-10: Z02.5, Z71.82 HCPCS: S9451, G0447
Telephone Visits	CPT®: 98966-98968, 99441-99443
Telehealth Modifier	95, GT with POS: 02
Online Assessments (E-visits or Virtual Check-in)	CPT®: 98969-98972, 99421-99423, 99444, 99457 HCPCS: G0071, G2010, G2012, G2061-G2063

HOW TO IMPROVE HEDIS® SCORES

- Use appropriate HEDIS codes to avoid medical record review.
- Avoid missed opportunities by taking advantage of every office visit (including sick visits and sports physicals) to capture BMI percentile, counsel on nutrition and physical activity.
- Place BMI percentile charts near scales.
- Document **BMI percentile**. This includes height, weight and BMI percentile.
- Document current nutrition behaviors (e.g., meal patterns, eating and dieting habits) when **counseling for nutrition**, use a checklist that notates nutrition was addressed, provide counseling or refer to nutrition education, document that children/teens received nutritional educational materials during the visit, highlight anticipatory guidance, and document weight or obesity counseling. Documentation of a referral to nutritional education/ Women, Infants, and Child (WIC) services does meet criteria. *Documentation related to a patient's appetite does not meet criteria.*
- Document the following when **counseling for physical activity**:
 - Physical activity counseling/education (e.g., child rides tricycle in yard).
 - Discussion of current physical activity behaviors (e.g., exercise routine, participation in sports activities and exam for sports participation).
 - While “cleared for sports” does not count, a sports physical does count.
 - Include specific mention of physical activity recommendations to meet criteria for notation of anticipatory guidance.
 - Document weight or obesity counseling.
 - Document that children/teens received physical activity educational materials during the visit.
- Schedule **telephone, telehealth, e-visit or virtual check-in** appointments to provide counseling for nutrition, counseling for physical activity, and capture BMI percentile.

“For children and teens, BMI is age- and sex-specific and is often referred to as BMI-for-age. In children, a high amount of body fat can lead to weight-related diseases and other health issues. Being underweight can also put one at risk for health issues.”

Reference: Centers for Disease Control and Prevention. (2021, March 17). *About child & teen BMI*. Centers for Disease Control and Prevention. https://www.cdc.gov/healthyweight/assessing/bmi/childrens_bmi/about_childrens_bmi.html

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