

# HEDIS® Tips:

## Adult BMI Assessment (ABA)

### MEASURE DESCRIPTION

The percentage of patients 18–74 years of age who had an outpatient visit and whose body mass index was documented during the measurement year or the year prior to the measurement year.

For adults 20 years of age or older on the date of service, documentation in the medical record must indicate the weight and BMI value, dated during the measurement year or year prior to the measurement year. The weight and BMI value must be from the same data source.

For adults younger than 20 years on the date of service, documentation in the medical record must indicate the height, weight and BMI percentile, dated during the measurement year or year prior to the measurement year. The height, weight and BMI percentile must be from the same data source. The following meets criteria for BMI percentile:

- BMI percentile documented as a value (e.g., 85th percentile)
- BMI percentile plotted on an age-growth chart

### CODES INCLUDED IN THE CURRENT HEDIS MEASURE

#### Codes to Identify BMI

Description	ICD-10 Code
BMI 19.9 or less, adult	Z68.1
BMI between 20-24.9, adult	Z68.20-Z68.24
BMI between 25-29.9, adult	Z68.25-Z68.29
BMI between 30-39.9, adult	Z68.30-Z68.39
BMI 40 and over, adult	Z68.41-Z68.45
BMI, pediatric, <5th percentile for age	Z68.51
BMI, pediatric, 5th percentile to <85th percentile for age	Z68.52
BMI, pediatric, 85th percentile to <95th percentile for age	Z68.53
BMI, pediatric, ≥ 95 <sup>th</sup> percentile, for age	Z68.54

### HOW TO IMPROVE HEDIS SCORES

- ☐ Make BMI assessment part of the vital sign assessment at each visit.
- ☐ Use correct billing codes to report BMI (Z68.1-Z68.54) in order to ensure accurate billing and coding.
- ☐ Ensure proper documentation for BMI in the medical record with all components (i.e., date, weight, height, and BMI value). Provider signature must be on the same page.
- ☐ Update the EMR templates to automatically calculate a BMI if on an EMR.
- ☐ Calculate the BMI here if not on an EMR: <http://www.cdc.gov/healthyweight/assessing/bmi/>

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