



One in a series of tip sheets that look at key 2019 Healthcare Effectiveness Data and Information Set measures, commonly referred to as HEDIS® measures.

Adult Body Mass Index Assessment (ABA)

Effectiveness of Care HEDIS® Measure

HEDIS measure definition

Patients ages 18 to 74 in the measurement year who had an outpatient visit and whose body mass index was documented during the current measurement year or the year prior.

Exclusions from the HEDIS measure

Patients are excluded if they:

- Are a patient in hospice any time in the measurement year.
- Have a diagnosis of pregnancy during the current measurement year or the year prior.

Information patient medical records should include

Patient's height, weight, calculated BMI and date of service. Documented calculation of BMI is commonly overlooked, which prevents the documentation from meeting criteria for this measure. For patients ages 18 to 19, document height, weight and BMI percentile. The percentile can be a value or on an age-growth chart (ranges and thresholds are not acceptable).

Information patient claims should include

- Bill the proper BMI billing code from the table below after the evaluation and management code on the bill.
- Use appropriate diagnosis codes and procedure codes for claims data.

Adult BMI – ages 20 and older			
ICD-10 code	Description	ICD-10 code	Description
Z68.1	BMI 19.9 or less	Z68.32	BMI 32.0-32.9
Z68.20	BMI 20.0-20.9	Z68.33	BMI 33.0-33.9
Z68.21	BMI 21.0-21.9	Z68.34	BMI 34.0-34.9
Z68.22	BMI 22.0-22.9	Z68.35	BMI 35.0-35.9
Z68.23	BMI 23.0-23.9	Z68.36	BMI 36.0-36.9
Z68.24	BMI 24.0-24.9	Z68.37	BMI 37.0-37.9
Z68.25	BMI 25.0-25.9	Z68.38	BMI 38.0-38.9
Z68.26	BMI 26.0-26.9	Z68.39	BMI 39.0-39.9

Adult BMI – ages 20 and older			
ICD-10 code	Description	ICD-10 code	Description
Z68.27	BMI 27.0-27.9	Z68.41	BMI 40.0-44.9
Z68.28	BMI 28.0-28.9	Z68.42	BMI 45.0-49.9
Z68.29	BMI 29.0-29.9	Z68.43	BMI 50.0-59.9
Z68.30	BMI 30.0-30.9	Z68.44	BMI 60.0-69.9
Z68.31	BMI 31.0-31.9	Z68.45	BMI 70 or greater

BMI Percentile – ages 18 and 19	
ICD-10 code	Description
Z68.51	BMI, pediatric, less than 5th percentile for age
Z68.52	BMI, pediatric, 5th percentile to less than 85th percentile for age
Z68.53	BMI, pediatric, 85th percentile to less than 95th percentile for age
Z68.54	BMI, pediatric, greater than 95th percentile for age

General tips

If a patient's BMI exceeds the expected percentage:

- Reinforce the importance of lifestyle changes, such as being active or making dietary choices, that will lead to weight loss and improve overall health.
- Encourage the patient to set goals about his or her weight.
- Discuss weight-loss medications for people with health problems related to excess weight.
- Consider bariatric surgery for patients who:
 - Continue to have severe obesity (BMI greater than 40 kg/m² after trying lifestyle changes to lose weight).
 - Have a BMI greater than 35 kg/m² and have one or more chronic conditions linked to obesity.