

Provider Education

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

Did you know?

Providers should complete a BMI assessment at any outpatient visit for patients between three and 74 years of age.

How do I complete a BMI assessment for children and adolescents?

Children three to 17 years old should have their **BMI percentile** calculated or plotted on an age-growth chart. The BMI percentile and proper counseling should be completed during the well-child visit, but may be completed at any outpatient visit.

- The BMI percentile with the **height and weight** must be present in the same medical record and not documented as a range.
- If you need age-growth charts, talk to your Meridian Provider Relations Specialist or visit www.CDC.gov.
- Height and weight must be documented with units.

How do I report counseling for nutrition and counseling for physical activity for children and adolescents?

Description	CPT Codes♦	ICD-10-CM Diagnosis♦	HCPCS♦
Counseling for nutrition	97802-97804	Z71.3	S9449, S9452, S9470, G0270, G0271, G0447
Counseling for physical activity		Z02.5, Z71.82	S9451, G0447

The medical records for patients three to 17 years of age should also include:

- An indication of a discussion regarding current nutrition behaviors (e.g., eating habits, dieting) and a discussion of current physical activity behaviors (e.g., exercise routine, sports physical).
- An indication of counseling or a referral for nutrition education and/or physical activity.
- Notation that patient received educational materials on nutrition and/or physical activity during a face-to-face visit.
- An indication of weight or obesity counseling.
- Checklist indicating nutrition and/or physical activity was addressed (as appropriate).
- Notation that patient received anticipatory guidance for nutrition and/or physical activity.

The Centers for Disease Control and Prevention (CDC) recognizes that BMI is to be used as a screening tool, not a diagnosis of health level or body fatness.* Provider BMI assessments are needed for further diagnosis.

How is BMI reported?

Child Body Mass Index

Description	ICD-10-CM Diagnosis♦
<5%	Z68.51
5% - <85%	Z68.52
85% - <95%	Z68.53
95%	Z68.54



If you have any questions, call MeridianHealth at: **866-606-3700**



Medical records may be faxed to: **833-702-2523**

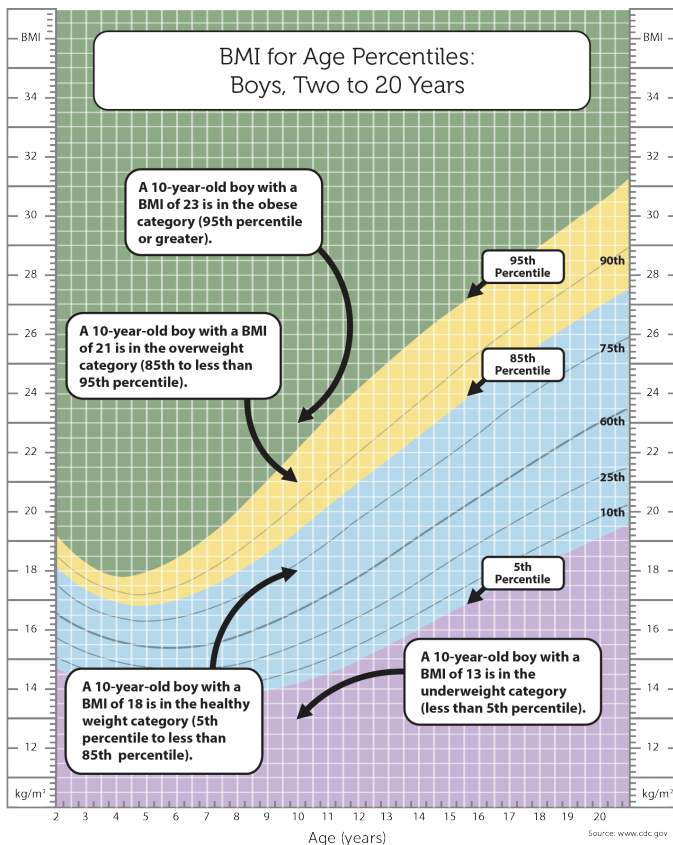
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How is BMI used with children and teens?

BMI is used as a screening tool to identify healthy weight and growth in children. The Centers for Disease Control and Prevention (CDC) and the American Academy of Pediatrics (AAP) recommend the use of BMI to screen for the following categories in children beginning at two years old: obese, overweight, healthy weight, or underweight. BMI is not used as a diagnostic tool. A child may have a high BMI for age and sex, but in order to determine if excess weight is a concern, a healthcare provider needs to perform further assessments.

These assessments might include evaluation of skinfold thickness measurements, diet, physical activity, family history, and other appropriate health screenings. The following example illustrates sample BMIs interpreted for a 10-year-old boy.



Nutritional counseling examples

- Encouraged to eat healthy foods
- Diet: balanced nutrition, low fat, calorie restriction, low cholesterol, four food groups-based diet, fruits, vegetables, grains, etc.
- Dietary counseling provided
- Counseled patient/parents or guardians on childhood obesity

Physical activity counseling examples

- Encouraged to get 30-60 minutes of physical activity per day
- Anticipatory guidance: physical activity
- Exercise counseling
- Patient educated on importance of staying physically active
- Patient is physically active in football/baseball/cheerleading/etc.

◆ Codes listed are specific to the subject matter of this flyer. While Meridian encourages you to use these codes in association with the subject matter of this flyer, Meridian recognizes that the circumstances around the services provided may not always directly support/match the codes. It is crucial that the medical record documentation describes the services rendered in order to support the medical necessity and use of these codes.

* Source: www.CDC.gov