

HEDIS® Adult Body Mass Index Assessment (ABA)

Why HEDIS ABA?

A healthy weight as determined by a person's Body Mass Index (BMI) is one of 90 Healthcare Effectiveness Data and Information Set (HEDIS®) measurements. The National Committee for Quality Assurance (NCQA) collects HEDIS measurements. The goal is to provide information on the performance of our health care system. Blue Cross and Blue Shield of Texas collects HEDIS data from our providers to measure and improve the quality of care our members receive.

The NCQA recommends our members between 18 and 74 years old should have a body mass index (BMI) assessment every two years during an outpatient visit.

What is a HEDIS ABA?

Please measure and report the HEDIS ABA for our members every two years. HEDIS requirements for a valid ABA are:

- Members 20 years of age and older on the date of service:
 - BMI in the current or previous year must be documented from the same data source
 - Chart documentation should include weight and BMI value
- Members younger than 20 years of age on the date of service:
 - BMI must be documented in the current or previous year
 - Chart documentation should include height, weight and BMI percentile (e.g. 85th percentile or plotted on a growth chart). Documented ranges or thresholds do not meet criteria for this indicator

Tips and Chart Deficiencies to Avoid

- ICD-10 Z-Codes must be used or medical records will be requested
- If your office uses paper charts:
 - Calculate and document the BMI or BMI percentile using a BMI wheel or BMI smartphone app
 - Document the BMI or BMI percentile in the medical record
- If your office uses an electronic medical record:
 - Ensure that the ICD-10, height, weight and calculated BMI or percentile transfers to the vitals sheet or progress notes with a date of service
- Be sure to include the date of service for each episode in the medical record

Note: The Z code must be used as a secondary code and is non-reimbursable



BMI Age Specifications

- Members age 18-19: Use BMI percentile
- Members age 20 and older: Use BMI value

Coding Instructions

- Use ICD-10 Codes to Close Gaps

ABA ICD-10 Codes (Age 20 and older)

| | | |
|------------------------|------------------------|------------------------|
| Z68.1 BMI 19 or Below | Z68.28 BMI 28.0 – 28.9 | Z68.36 BMI 36.0 – 36.9 |
| Z68.20 BMI 20.0 – 20.9 | Z68.29 BMI 29.0 – 29.9 | Z68.37 BMI 37.0 – 37.9 |
| Z68.21 BMI 21.0 – 21.9 | Z68.30 BMI 30.0 – 30.9 | Z68.38 BMI 38.0 – 38.9 |
| Z68.22 BMI 22.0 – 22.9 | Z68.31 BMI 31.0 – 31.9 | Z68.39 BMI 39.0 – 39.9 |
| Z68.23 BMI 23.0 – 23.9 | Z68.32 BMI 32.0 – 32.9 | Z68.41 BMI 40.0 – 44.9 |
| Z68.24 BMI 24.0 – 24.9 | Z68.33 BMI 33.0 – 33.9 | Z68.42 BMI 45.0 – 49.9 |
| Z68.25 BMI 25.0 – 25.9 | Z68.34 BMI 34.0 – 34.9 | Z68.43 BMI 50.0 – 59.9 |
| Z68.26 BMI 26.0 – 26.9 | Z68.35 BMI 35.0 – 35.9 | Z68.44 BMI 60.0 – 69.9 |
| Z68.27 BMI 27.0 – 27.9 | | |

PEDIATRIC ICD-10 (Age 18-19)

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| Z68.51: < 5th Percentile for age |
| Z68.52: 5th Percentile to < 85th percentile for age |
| Z68.53: 85th Percentile to < 95th percentile for age |
| Z68.54: ≥ 95th percentile for age |

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