

# ADULT BMI

## Common Chart Deficiencies:

- Height and weight only documented without BMI. HEDIS requires that all elements be documented; the Health Plan is not permitted to perform the BMI calculation from height and weight data.

## Tips to Improve HEDIS rate:

- Avoid missed opportunities. Utilize sick contacts to collect patient's height and weight.
- Electronic Medical Records (EMR) may provide a means to track gaps in care and reminders of needed services.
- EMR's may also provide a means to auto-calculate BMI value and percentile from height and weight measurements.

Members 18-74 years of age, who had an outpatient visit and whose body mass index (BMI) was documented during the measurement year or the year prior to the measurement year. (2017 or 2018):

⇒ Height  
⇒ Weight  
⇒ BMI\*

⇒ \*BMI:

For members 18-19 years of age, BMI must be recorded as a percentile.

BMI percentile is the percentile ranking based on the Centers for Disease Control and Prevention's (CDC) BMI-for age growth charts, which indicate the relative position of a patient's BMI number among those of the same sex and age.

For members 20-74 years of age, BMI recorded as a value.

BMI is a statistical measure of the weight of a person scaled according to their height.

**Exclusion: Pregnancy during the measurement year or the year prior to the measurement year (2017 or 2018).**

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### Administrative Codes associated with this measure

#### ICD-10 Codes:

BMI *value*: Z68.1; Z68.20-Z68.39; Z68.41-Z68.45

BMI *percentile*: Z68.51-Z68.54

**\*NOTE:** This is not a comprehensive list.