**BMI Measurement and Counseling for Nutrition and Physical Activity**

### When should I provide a Body Mass Index (BMI) assessment?
Providers should complete a BMI assessment for every patient between the ages of 2 and 74 at any outpatient visit.

### How do BMI assessments differ for adults and children?

**Adult** BMI calculation is a straight BMI, based solely on weight and height.
- The BMI and weight must be present in the same medical record.

**Children** 2-17 years old should have their BMI percentile documented 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
- If you need age-growth charts, talk to your Meridian Provider Network Development Representative or visit [www.cdc.org](http://www.cdc.org)

### How is BMI Reported?

<table>
<thead>
<tr>
<th>Adult BMI</th>
<th>ICD-9-CM Diagnosis</th>
</tr>
</thead>
<tbody>
<tr>
<td>BMI less than 19 - Adult</td>
<td>V85.0</td>
</tr>
<tr>
<td>BMI 19-24 - Adult</td>
<td>V85.1</td>
</tr>
<tr>
<td>BMI 25-29 - Adult</td>
<td>V85.21 - V85.25</td>
</tr>
<tr>
<td>BMI 30-39 - Adult</td>
<td>V85.30 - V85.39</td>
</tr>
<tr>
<td>BMI 40 and over - Adult</td>
<td>V85.41 - V85.45</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Child BMI</th>
<th>ICD-9-CM Diagnosis</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;5%</td>
<td>V85.51</td>
</tr>
<tr>
<td>5% - &lt;85%</td>
<td>V85.52</td>
</tr>
<tr>
<td>85% - &lt;95%</td>
<td>V85.53</td>
</tr>
<tr>
<td>≥95%</td>
<td>V85.54</td>
</tr>
</tbody>
</table>

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

By using the below CPT codes, providers can be reimbursed for nutrition counseling.

<table>
<thead>
<tr>
<th>Description</th>
<th>CPT Codes</th>
<th>ICD-9-CM Diagnosis</th>
<th>HCPCS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Counseling for nutrition</td>
<td><strong>97802-97804</strong></td>
<td>V65.3</td>
<td>S9470, S9452, S9449, G0270, G0271, G0447</td>
</tr>
<tr>
<td>Counseling for physical activity</td>
<td>V65.41</td>
<td>S9451, G0447</td>
<td></td>
</tr>
</tbody>
</table>

**97802-97804 are not covered under the Medicaid benefit but Meridian reimburses for them in an effort to reduce childhood obesity rates.**

(CPT Code Limits: 97802 - 1 per 365 days, 97803 - 1 per 90 days, 97804 - 1 per 90 days)

### The medical records for patients 2-17 years of age should also include:
- An indication of a discussion regarding current nutrition behaviors (eating habits, dieting) or a discussion of current physical activity behaviors (exercise routine, sports physical)
- Counseling or 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
- Weight or obesity counseling
- Checklist indicating nutrition and/or physical activity was addressed (as appropriate)
- Anticipatory guidance for nutrition and/or physical activity

If you have any questions, please call Meridian’s Quality Improvement department at: **515-802-3500**

Medical Records may be faxed to: **515-802-3563**

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**Iowa**

**EDPS02 CAID & CARE (R 20150204)**

[www.mhplan.com](http://www.mhplan.com)
How is BMI used with children and teens?

BMI is used as a screening tool to identify possible weight problems for children. The Centers for Disease Control and Prevention (CDC) and the American Academy of Pediatrics (AAP) recommend the use of BMI to screen for overweight and obesity in children beginning at 2 years old. For children, BMI is used to screen for obesity, overweight, healthy weight or underweight. However, BMI is not a diagnostic tool. For example, a child may have a high BMI for age and sex, but to determine if excess fat is a problem, a healthcare provider would need to perform further assessments. These assessments might include skinfold thickness measurements, evaluations of diet, physical activity, family history and other appropriate health screenings. See the following example of how some sample BMI numbers would be interpreted for a 10-year-old boy.

Physical Activity Counseling Examples
- Encouraged 30 minutes to 1 hour 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.

Nutritional Counseling Examples
- Encouraged eating healthy foods, making good food choices
- Diet: balanced nutrition, low fat, low calorie, low cholesterol, four food groups based diet, fruits, vegetables, grains, etc.
- Dietary counseling provided
- Counseled patient/parents on childhood obesity