

## HEDIS TIPS: Adult BMI Assessment

### MEASURE DESCRIPTION

Adults 18 to 74 years of age who had an outpatients visit and whose body mass index (BMI) was documented during the measurement year or the year prior to the measurement year.

**Documentation in the medical record must indicate the weight and BMI value**, dated during the measurement year or year prior to the measurement year. The weight and BMI must be from the same data source.

For patients younger than 19 years on the date of service, documentation of BMI percentile also meets criteria:

- BMI percentile documented as a value (e.g., 85th percentile);
- BMI percentile plotted on an age-growth chart

**Exclusion:** Diagnosis of pregnancy during the measurement year

### USING CORRECT BILLING CODES

Codes to Identify BMI	
Description	ICD-9 Code
BMI less than 19, adult	V85.0
BMI between 19-24, adult	V85.1
BMI 25.0-25.9	V85.21
BMI 26.0-26.9	V85.22
BMI 27.0-27.9	V85.23
BMI 28.0-28.9	V85.24
BMI 29.0-29.9	V85.25
BMI 30.0-30.9	V85.30
BMI 31.0-31.9	V85.31
BMI 32.0-32.9	V85.32
BMI 33.0-33.9	V85.33
BMI 34.0-34.9	V85.34
BMI 35.0-35.9	V85.35
BMI 36.0-36.9	V85.36
BMI 37.0-37.9	V85.37
BMI 38.0-38.9	V85.38
BMI 39.0-39.9	V85.39
BMI 40.0-44.9	V85.41
BMI 45.0-49.9	V85.42
BMI 50.0-59.9	V85.43
BMI 60.0-69.9	V85.44
BMI >=70	V85.45

### HOW TO IMPROVE HEDIS SCORES

- Make BMI assessment part of the vital sign assessment at each visit.
- Use correct billing codes.
- Ensure proper documentation for BMI in the medical record with all components (i.e., date, weight, height, and BMI value).
- If on an EMR, update the EMR templates to automatically calculate a BMI.
- Place BMI charts near scales.
- If not on an EMR, you can calculate the BMI here:  
<http://www.cdc.gov/healthyweight/assessing/bmi/>