

## DID YOU KNOW?

- The National Institutes of Health\* recommends the term “clinically severe obesity” as a replacement for the term “morbid obesity.”
- The National Institutes of Health\* defines clinically severe obesity as BMI 40 or over, or BMI 35 or over *with* obesity-related conditions.
- The American Society for Parenteral and Enteral Nutrition (ASPEN) guidelines recommend that the diagnosis of malnutrition be based on the presence of two or more of the following characteristics:
  - insufficient energy intake;
  - weight loss;
  - loss of muscle mass;
  - loss of subcutaneous fat;
  - localized or generalized fluid accumulation; and
  - diminished functional status as measured by hand grip strength.

## EXAMPLES (Blue font indicates code risk adjusts):

Diagnostic Statement:	ICD-10 Code:(s)
Overweight	E66.3
Obese	E66.9
Severe obesity	<b>E66.01</b>
Morbid obesity	<b>E66.01</b>
Pickwickian syndrome	<b>E66.2</b>
Cardiopulmonary-obesity syndrome	<b>E66.2</b>
Alveolar hypoventilation syndrome	<b>E66.2</b>
Morbid obesity, BMI 42	<b>E66.01, Z68.41</b>
Malnutrition	<b>E46</b>
Retarded development following protein-calorie malnutrition	<b>E45</b>
Cachexia, BMI 18.1	<b>R64, Z68.1</b>

## CODING TIPS:

BMI pediatric codes are for use for persons 2 – 20 years of age. Those codes are based on percentiles. BMI adult codes are for use for persons 21 years of age or older and are based on actual BMI measurement.

Body mass index cannot be computed by the coder from height and weight measurements; the BMI must be specifically documented for the code to be submitted.

## DOCUMENTATION CONSIDERATIONS:

Document any weight changes and period of time for weight change.

Document to the highest specificity. Is the obesity severe? Is the malnutrition mild? Moderate?

### Examples of diagnosis documentation:

BMI 36.2, severe obesity [E66.01, Z68.36]

Wasting syndrome – BMI 17.5 [R64, Z68.1]

Moderate protein-calorie malnutrition [E44.0]

Severe malnutrition with marasmus, BMI 16 [E41, Z68.1]

Excessive weight gain, BMI now 31 [R63.5, Z68.31]

Weight loss - BMI 26.3 [R63.4, Z68.26]

## QUALITY REPORTING:

BMI is reported with Z68.xx. For BMI 20.0 - 39.9, the two digits after the decimal represent the BMI, e.g. BMI = 26, corresponding ICD-10 code = Z68.26.

Abnormal Range BMIs:

- BMI <19.9 = Z68.1 (considered underweight)
- BMI 40-44.9 = Z68.41
- BMI 45-49.99 = Z68.42
- BMI 50-59.9 = Z68.43
- BMI 60-69.9 = Z68.44
- BMI 70 and over = Z68.45

## INTENSIVE BEHAVIORAL THERAPY (IBT) FOR OBESITY

- **G0447** - Face-to-face behavioral counseling for obesity, 15 minutes
- **G0473** - Face-to-face behavioral counseling for obesity, group (2 – 10), 30 minutes

*IBT codes not covered by Medicaid. See Medicare guidelines for coverage detail*

\*Identification, Evaluation, and Treatment of Overweight and Obesity in Adults. NIH Publication No. 00-4084. Available at [http://www.nhlbi.nih.gov/files/docs/guidelines/prctgd\\_c.pdf](http://www.nhlbi.nih.gov/files/docs/guidelines/prctgd_c.pdf)