



## Annual Wellness Visits

As you know, Quality health care begins with an annual wellness visit (AWV). The visit serves a dual purpose: health maintenance and disease prevention.

Here's a checklist of what should be included as a part of an AWV:

- ✓ Comprehensive physical examination
- ✓ Assess current medical conditions
- ✓ Complete appropriate lab work
- ✓ Address preventive care
- ✓ Review medications
- ✓ Guidance to promote a healthy life style

AWVs provide an opportunity to address the many important preventive care needs including childhood/adult immunizations and cancer screenings (breast, cervical and colorectal).

Annual wellness visits should include the documentation of all active diagnoses with a specific and current treatment plan. All active diagnoses should be submitted on the claim to the highest specificity.

**TIP** For older adults (age 66 and up), this is also a great time to start a conversation regarding advance care planning, assessing pain and functional status, and conducting a comprehensive medication review.



To minimize chart retrieval and medical record requests for your office, **please include the appropriate coding for services rendered** during the AWV on your claim/encounter form.

## Body Mass Index (BMI) and Blood Pressure Screenings

Body mass index and blood pressure screenings are two simple but effective tools to minimize risk factors which can lead to many chronic diseases and conditions such as obesity, hypertension, hyperlipidemia, cardiovascular disease, diabetes, osteoarthritis, certain types of cancer, sleep apnea and more. Below are examples of codes for BMI and blood pressure:

BMI for ages 20 and older							
BMI Range	CPT Code	BMI Range	CPT Code	BMI Range	CPT Code	BMI Range	CPT Code
19.9 or less	Z68.1	27.0 – 27.9	Z68.27	34.0 – 34.9	Z68.34	45.0 – 49.9	Z68.42
20.0 – 20.0	Z68.20	28.0 – 28.9	Z68.28	35.0 – 35.9	Z68.35	50.0 – 59.9	Z68.43
21.0 – 21.9	Z68.21	29.0 – 29.9	Z68.29	36.0 – 36.9	Z68.36	60.0 – 69.9	Z68.44
22.0 – 22.9	Z68.22	30.0 – 30.9	Z68.30	37.0 – 37.9	Z68.37	≥ 70	Z68.45
23.0 – 23.9	Z68.23	31.0 – 31.9	Z68.31	38.0 – 38.9	Z68.38		
24.0 – 24.9	Z68.24	32.0 – 32.9	Z68.32	39.0 – 39.9	Z68.39		
25.0 – 25.9	Z68.25	33.0 – 33.9	Z68.33	40.0 – 44.9	Z68.41		
26.0 – 26.9	Z68.26	3008F - Body Mass Index (BMI), documented (PV)					
BMI % for ages < 20		Blood Pressure					
BMI% Range	CPT Code	Systolic Range	CPT Codes	Diastolic Range	CPT Codes		
<5%	Z68.51	Systolic < 130	3074F	Diastolic <80	3078F		
5% – <85%	Z68.52	Systolic 130-139	3075F	Diastolic 80-89	3079F		
85% – <95%	Z68.53	Systolic ≥ 140	3077F	Diastolic ≥ 90	3080F		
≥ 95%	Z68.54						

Ranges and thresholds do not meet criteria for this measure. A distinct BMI value or percentile is required to satisfy the measure. Remember to include the correct patient name, DOB, date of service and the servicing provider's full name, signature and credentials on each progress note.

## Medicare Risk Adjustment Coding for Morbid Obesity

Morbid obesity is a common condition and is often overlooked in coding – particularly as it pertains to risk adjustment. Morbid obesity is clinically significant as it puts the patient at an increased risk for certain other medical conditions or complications. Both morbid obesity and a BMI >40 are HCCs in the Medicare Risk Adjustment Model.

For adults the specific BMI value must be documented, not a range. A coder is not permitted to calculate the BMI based on the weight and height. As per ICD-10 CM guidelines, BMI codes should only be assigned when the associated diagnosis (such as overweight or obesity) meets the definition of a reportable diagnosis. A BMI code should only be reported as a secondary diagnosis. The codes for obesity vary in ICD-10, and must be explicitly documented by the treating provider in the medical record. A coder can never assume “morbid obesity” based on a BMI >40.

Morbid Obesity (HCC 22)			
Description / BMI Range	CPT Codes	Description / BMI Range	CPT Codes
Morbid obesity due to excess calories	E66.01	Body mass index (BMI) 50-59.9, adult	Z68.43
Morbid obesity with alveolar hypoventilation	E66.2	Body mass index (BMI) 60.0-69.9, adult	Z68.44
Body mass index (BMI) 40.0-44.9, adult	Z68.41	Body mass index (BMI) 70 or greater, adult	Z68.45
Body mass index (BMI) 45.0-49.9, adult	Z68.42		