Adult BMI Assessment (ABA)

Performance Measure Set: ☑ Medicare Star Measure  ☐ CCO Incentive Metric

Quality Measurement Type: ☑ Process  ☐ Outcome  ☐ Structure  ☐ Patient Experience

Data Type: ☑ Claims  ☑ Chart Documentation  ☐ eCQM  ☐ Survey  ☐ Other

HEDIS Benchmarks Nat’l Percentile: 93 (75th), 98 (90th)

Who: Patients between the ages of 18 (as of Jan 1, 2018) and 74 (as of Dec 31, 2019).

Why: BMI provides the most useful population-level measure of overweight and obesity. Careful monitoring of BMI helps providers identify adults at risk of obesity which can lead to serious health problems. Screening for overall healthy weight not only assesses for obesity but can also identify underweight levels and potentially malnourishment.

What: Percentage of patients who had an outpatient visit in the measurement year or year prior, who had a BMI assessment.

For patients 20 years of age and older the weight and body mass index value is captured on the date of service and documented.

For patients younger than 20 years of age, height, weight, and BMI percentile is captured on the date of service with BMI percentile documented as a value (e.g., 85th percentile) or plotted on an age-growth chart.

How: Any outpatient visits, including seen by a nurse, CMA, nutritionist, or pharmacist. This measure can be satisfied using two methods: 1) by coding BMI and BMI percentiles using ICD-10 codes, or 2) documenting in the medical record:

- Document the weight in pounds or kilograms and BMI in office visit/vitals signs flowsheet
- Less than 20 years of age: document weight and BMI % on growth chart
- BMI can be calculated with height and weight values

Exclusions: Pregnant female patients during the measurement year or year prior, or patients in hospice or using hospice services during the measurement year.

Coding: ICD-10 BMI: Z68.20 – Z68.39, Z68.41 – Z68.45, BMI Percentile: Z68.51 - Z68.54

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**Adult BMI Assessment FAQs**

**Q:** Does notation in the medical record of weight only count?

**A:** No. For members 20 years and older documentation in the medical record must indicate weight and BMI value on date of service. For members less than 20 years old documentation in the medical record must indicate the height, weight and BMI percentile on the date of service.

**Q:** Does documentation of ranges in the medical record count for the BMI percentile for patients under 20 years of age?

**A:** No. Documentation of a distinct BMI value or percentile, or BMI percentile plotted on an age growth chart in the medical record is required.

**Q:** How do you capture height and weight if a patient has a physical limitation?

**A:** Although not ideal, you can use a stated height and weight. Ask the patient or caregiver, and document that it is “stated”.