

Adult BMI Assessment (ABA)

Effectiveness of Care HEDIS® Measureⁱ

HEDIS MEASURE DEFINITION

Patients 18-74 who had an outpatient visit and whose body mass index (BMI) was documented during the current measurement year or the year prior.ⁱⁱ

EXCLUSIONS FOR THE ABA HEDIS MEASURE

Patients are excluded if they:

- Are in hospice care any time in the measurement year
- Have a diagnosis of pregnancy during the current measurement year or the year prior

TIPS FOR PATIENT EDUCATION

If a patient's BMI exceeds the expected range:

- Reinforce the importance of lifestyle changes, such as being active or making dietary choices that will lead to weight loss and improve overall health
- Encourage the patient to set weight goals

MEDICAL RECORDS SHOULD INCLUDE

- For patients 18-19 years of age, document height, weight and BMI percentile
- For patients 20 and older, document height, weight, calculated BMI and date of service

INFORMATION PATIENT CLAIMS SHOULD INCLUDE

BMI Percentile – Ages 18 and 19	
ICD-10 Code	Description
Z68.51	BMI, pediatric, less than 5 th percentile for age
Z68.52	BMI, pediatric, 5 th percentile to less than 85 th percentile for age
Z68.53	BMI, pediatric, 85 th percentile to less than 95 th percentile for age
Z68.54	BMI, pediatric, greater than 95 th percentile for age

Adult BMI – Age 20 and older			
ICD-10 Code	Description	ICD-10 Code	Description
Z68.1	BMI 19.9 or less	Z68.32	BMI 32.0-32.9
Z68.20	BMI 20.0-20.9	Z68.33	BMI 33.0-33.9
Z68.21	BMI 21.0-21.9	Z68.34	BMI 34.0-34.9
Z68.22	BMI 22.0-22.9	Z68.35	BMI 35.0-35.9
Z68.23	BMI 23.0-23.9	Z68.36	BMI 36.0-36.9
Z68.24	BMI 24.0-24.9	Z68.37	BMI 37.0-37.9
Z68.25	BMI 25.0-25.9	Z68.38	BMI 38.0-38.9
Z68.26	BMI 26.0-26.9	Z68.39	BMI 39.0-39.9
Z68.27	BMI 27.0-27.9	Z68.41	BMI 40.0-44.9

Adult BMI – Age 20 and older			
ICD-10 Code	Description	ICD-10 Code	Description
Z68.28	BMI 28.0-28.9	Z68.42	BMI 45.0-49.9
Z68.29	BMI 29.0-29.9	Z68.43	BMI 50.0-59.9
Z68.30	BMI 30.0-30.9	Z68.44	BMI 60.0-69.9
Z68.31	BMI 31.0-31.9	Z68.45	BMI 70 or greater

Sources:

ⁱHEDIS is a registered trademark of the National Committee for Quality Assurance (NCQA).

ⁱⁱⁱPeter Bach et al. HEDIS 2018 Technical Specifications for Health Plans (National Committee for Quality Assurance 2017), 58-60
