Documentation and Coding Tips: Obesity

Patients with a BMI ≥ 40, or who are 100 pounds or more overweight, qualify as morbidly obese. *It is essential to clearly document both the BMI and the morbid obesity diagnosis for appropriate HCC assignment and risk contribution.* Increasing a patient's risk score will help to adjust CMS' monthly payment amount to be more reflective of the cost of that patient's care.

- For example, for a patient with a BMI of 45, both ICD-10 codes E66.01 (morbid obesity) and Z68.42 (BMI 45 - 49.9) should be assigned.

ICD-10-CM codes	Code Description
E66.01	Morbid (severe) obesity due to excess calories
E66.09	Other obesity due to excess calories
E66.3	Overweight

Facts about protein-calorie malnutrition and obesity: the BMI should be coded secondary to the underlying condition (overweight, obesity, morbid obesity or protein-calorie malnutrition).

BMI (adult 21 years of age or older)[6,7]

- Z68.1 BMI 19 or less, adult
- Z68.20–Z68.24 BMI 20.0 –24.9 Normal
- Z68.25–Z68.29 BMI 25.0–29.9 Overweight
- Z68.30–Z68.39 BMI 30.0–39.9 Obesity
    - **Z68.41** Body mass index (BMI) 40.0–44.9, adult
    - **Z68.42** Body mass index (BMI) 45.0–49.9, adult
    - **Z68.43** Body mass index (BMI) 50–59.9, adult
    - **Z68.44** Body mass index (BMI) 60.0–69.9, adult
    - **Z68.45** Body mass index (BMI) 70 or greater, adult

Intensive Behavioral Therapy for Obesity: CMS covers intensive behavioral therapy for obesity, defined as BMI >30, for the prevention or early detection of illness or disability. All intensive behavioral therapies should be consistent with the five "A"s: assess, advise, agree, assist and arrange.

Important Note: Since patients have access to their medical information, you may feel more comfortable using a Severe obesity diagnosis, rather than Morbid obesity. Both options are coded with E66.01 and are available in the EHR.