BMI AND OBESITY –

GENERAL NOTES

Body Mass Index or BMI is a simple index of weight-for-height that is commonly used to classify - underweight, overweight and obesity in adults. -

Many physicians include this information in the patient's visit note. -

BMI adult codes are for use for persons twenty-one years of age or older. -

BMI pediatric codes are for persons two through twenty years of age. -

These pediatric percentiles are based on the growth charts published by the Centers for Disease Control - and Prevention (CDC). -

The provider must provide documentation of a clinical condition to code BMI as a secondary diagnosis. -

The BMI may be assigned based on medical record documentation from clinicians, including nurses and - dieticians who are not the patient's provider -

BODY MASS INDEX

If the BMI is noted in the chart documentation, use the BMI to determine if any codes from category V85.4; Body Mass Index 40 and over, Adult; are appropriate.

This category includes:
- V85.41; Body Mass Index 40.0-44.9, Adult
- V85.42; Body Mass Index 45.0-49.9, Adult
- V85.43; Body Mass Index 50.0-59.9, Adult
- V85.44; Body Mass Index 60.0-69.9, Adult
- V85.45; Body Mass Index 70.0 and over, Adult

There are V Codes for BMI values under 40, but they do not fall into the definition of morbid obesity.

In ICD-9 if the body mass index is known, it is reported with an additional code from category V85 and in ICD-10 from category Z68

The BMI may be assigned based on medical record documentation from clinicians, including nurses and dieticians who are not the patient's provider.

OVERWEIGHT AND OBESITY -

Overweight and obesity are defined as abnormal or excessive fat accumulation that may impair health. -

The World Health Organization (WHO) definition is:
- BMI greater than or equal to 25 is overweight
- BMI greater than or equal to 30 is obesity

In ICD-9, overweight and obesity codes are listed in category 278- and in ICD-10 codes are listed in - category E66. -

Obesity means having too much body fat. -

Overweight means weighing too much. -

MORBID OBESITY

Morbid Obesity is defined as a BMI > 40.0.

If the physician uses the verbiage "morbid obesity" in the chart note, AND there is no reference to the BMI value, then it is appropriate to code the morbid obesity using code 278.01.

If the physician uses the verbiage "morbid obesity" in the chart note AND there IS mention of the BMI value, both codes can be used IF the BMI value is > 40.

If the BMI is less than 40, then the morbid obesity code should not be used, only the correlating BMI V code would be appropriate.

In order for morbid obesity to qualify as a secondary diagnosis, the BMI must have some bearing on the care provided. -

In ICD-9 morbid obesity is listed under category 278.01 and in ICD-10 listed under category E66.8 -