

# Body Mass Index and BMI Percentile Workflow for Providers and Care Team Members

## Cerner PowerChart Ambulatory Education

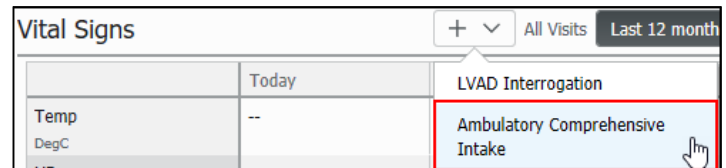
A Body Mass Index (BMI) is required to be documented for all adult patients 18 years and older every 6 months. A BMI percentile is required for all patients between the ages of 2-18. A BMI or BMI percentile is automatically calculated when the patient's weight and height is entered.

**Note:** BMI percentile is **not** calculated for patients less than 2 years old, or patients aged 18-20.

### Clinical Staff Documentation

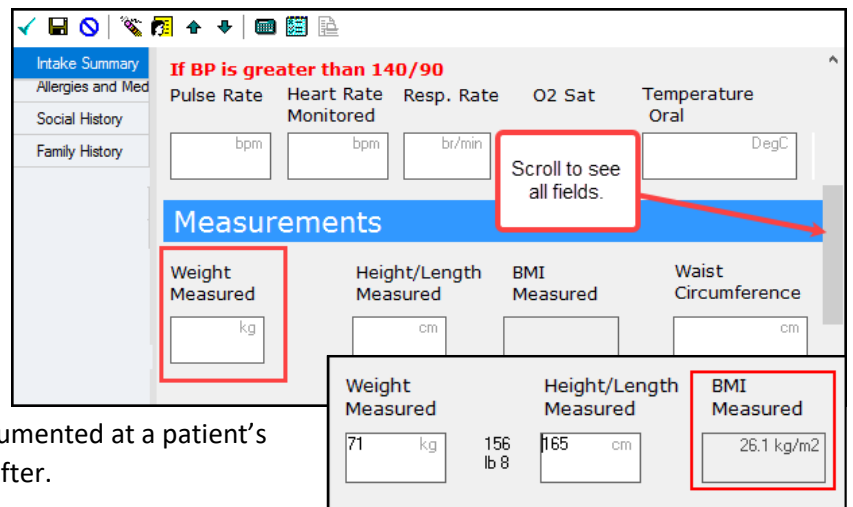
#### Ambulatory Intake Workflow – Intake Summary

BMI should be recorded during patient intake. Record BMI from the appropriate Intake PowerForm.



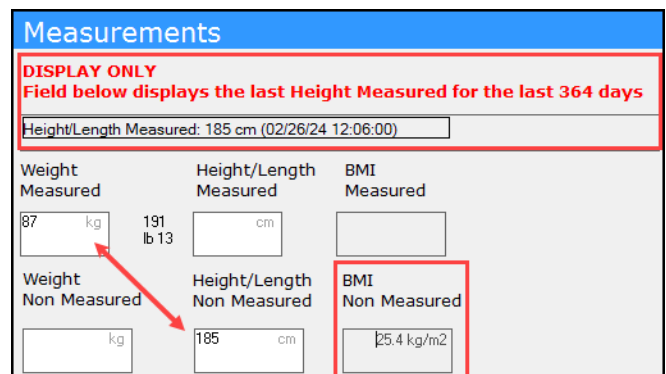
1. Click the drop-down arrow in the **Vital Signs** component and select the correct intake PowerForm.

2. Navigate to Measurements.
3. Record the patient's **current** weight in Weight Measured.



4. When values are entered in the patient's Weight Measured and Height/Length Measured fields, the patient's BMI or BMI percentile is automatically calculated.
  - o Height is required to be documented at a patient's initial visit and yearly thereafter.

5. To calculate a BMI for patients that have a historical height documented within the year:
  - a Enter the **Weight Measured**.
  - b View the Height/Length Measured in the **DISPLAY ONLY** field and enter it into **Height/Length Non Measured**.



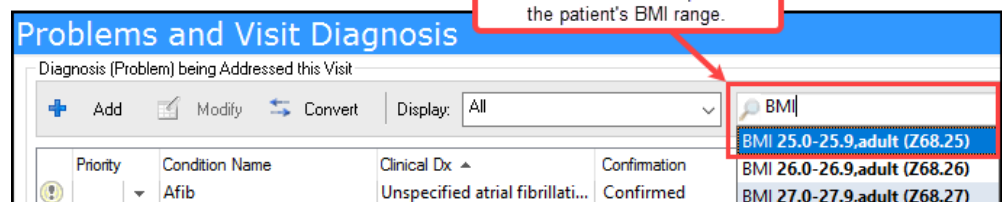
6. Within the **Problems and Diagnosis** section of the PowerForm, search for and select the correct BMI ICD-10 code.

**Note:** Additional data may be entered.

Example: BMI 40.

- The ICD-10 code can be entered in

Type BMI to search and select the ICD-10 code that represents the patient's BMI range.



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Body Mass Index Adult ICD-10 Codes			
ICD-10	Description	ICD-10	Description
Z68.1	BMI 19.9 or less, adult	Z68.32	BMI 32.0-23.9, adult
Z68.20	BMI 20.0-20.9, adult	Z68.33	BMI 33.0-33.9, adult
Z68.21	BMI 21.0-21.9, adult	Z68.34	BMI 34.0-34.9, adult
Z68.22	BMI 22.0-22.9, adult	Z68.35	BMI 35.0-35.9, adult
Z68.23	BMI 23.0-23.9, adult	Z68.36	BMI 36.0-36.9, adult
Z68.24	BMI 24.0-24.9, adult	Z68.37	BMI 37.0-37.9, adult
Z68.25	BMI 25.0-25.9, adult	Z68.38	BMI 38.0-38.9, adult
Z68.26	BMI 26.0-26.9, adult	Z68.39	BMI 39.0-39.9, adult
Z68.27	BMI 27.0-27.9, adult	Z68.41	BMI 40.0-44.9, adult
Z68.28	BMI 28.0-28.9, adult	Z68.42	BMI 45.0-49.9, adult
Z68.29	BMI 29.0-29.9, adult	Z68.43	BMI 50-59.9, adult
Z68.30	BMI 30.0-30.9, adult	Z68.44	BMI 60.0-69.9, adult
Z68.31	BMI 31.0-31.9, adult	Z68.45	BMI 70 or greater, adult

place of the description.

BMI Percentile Pediatric ICD-10 Codes	
ICD-10	Description
Z68.51	less than 5th percentile for age
Z68.52	5th percentile to less than 85th percentile for age
Z68.53	85th percentile to less than 95th percentile for age
Z68.54	greater than or equal to 95th percentile for age
E66.01	Morbid (Severe) Obesity*

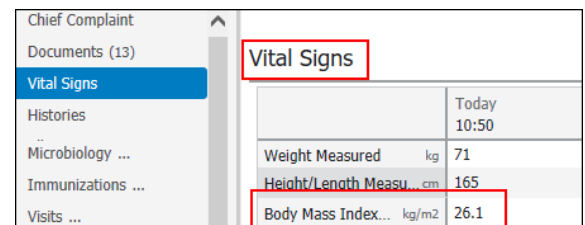
\*See criteria listed above on when to add this code. This code is added when a patient has a qualifying co-morbidity.

When one of the criteria below is present, clinical staff should also document the diagnosis of Morbid (Severe) Obesity. E66.01 in the Problem List.

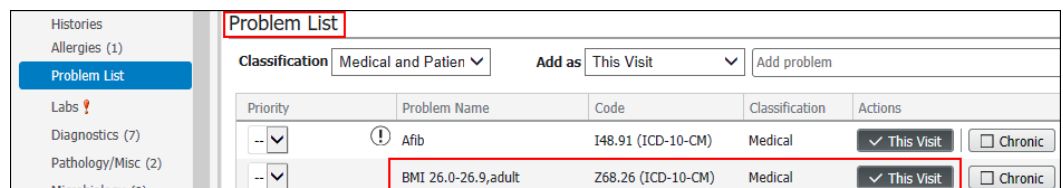
- I. BMI ≥ 40 Regardless of comorbid conditions, **OR**
- II. BMI ≥ 35 with one or more comorbid conditions that can be linked to obesity.

**DM** = Diabetes Mellitus  
**HTN** = Hypertension  
**GERD** = Gastroesophageal Reflux Disease  
**OSA** = Obstructive Sleep Apnea  
**DJD** = Degenerative Joint Disease of Lower Extremity Joints  
**DDD** = Degenerative Disc Disease of Lumbar Spine

- Continue documenting the patient Intake. When completed, click the green check to sign the PowerForm.
- After the PowerForm is signed, the BMI information documented on the PowerForm is available in the **Ambulatory Nursing Workflow** within the Vital Signs Component and the Problem List Component.



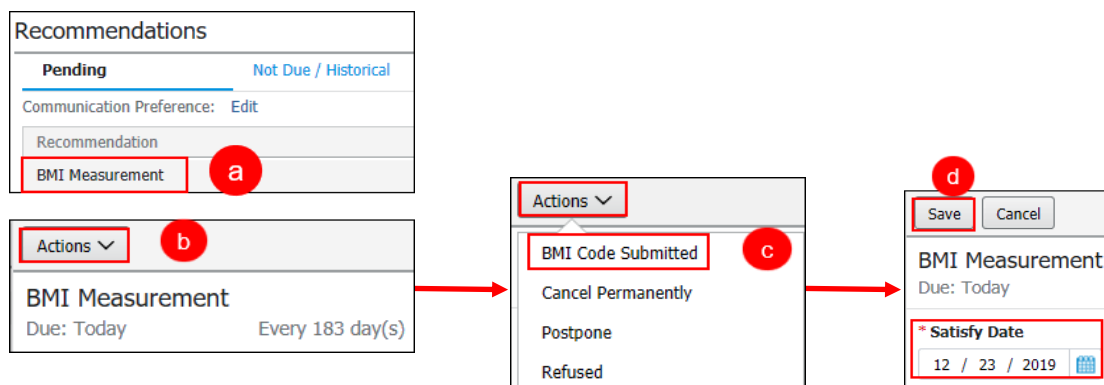
- **Vital Signs Component**
- **Problem List Component**



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9. Once the ICD-10 code is submitted for BMI/BMI percentile for this visit, the BMI Measurement or BMI Percentile Recommendation must be manually updated. (The Recommendation of BMI measurement for adults/BMI percentile for children will recur every six months).
  - a. Select **BMI Measurement/Percentile** under **Recommendations**.
  - b. Click on **Actions**.
  - c. Select **BMI Code Submitted**.
  - d. Change the Satisfy Date if needed, click **Save**.



## Provider Documentation

### Ambulatory Workflow – Primary Care

Review the patient’s Problem List for a BMI problem. If present, document on the Assessment and Plan component. If the BMI/BMI percentile is above or below normal limits a follow-up plan should be documented.

- Normal BMI parameters: 18.5 kg/m<sup>2</sup> – 25 kg/m<sup>2</sup>.
- Normal BMI percentile: 5th percentile – 85th percentile.

#### 1. Follow-up plans may include one or more of the following:

- **Counseling**
  - If nutrition or exercise counseling is provided, add the corresponding diagnosis code as a This Visit problem and document in the Assessment and Plan.

Counseling ICD-10 Codes	
ICD-10	Description
Z71.3	Nutrition Counseling
Z71.82	Exercise Counseling

# Body Mass Index and BMI Percentile Workflow for Providers and Care Team Members

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- **Patient Education**

1. Navigate to the **Patient Education** component on the **AMB Workflow**.
2. Highlight the desired This Visit Problem. Suggested patient education is displayed on the right.
3. Click the desired Patient Education. The selection is displayed under **Added Education**.

Patient Education	
▼ Quick Suggestions	
All This Visit Problems	Suggestions based on 1:Nutritional counseling
<b>1:Nutritional counseling</b>	Creative, Healthy Cooking ☆ Eating a Bland Diet, Discharge Instructions ☆
Afib	Diabetes: Learning About Serving and Portion Sizes ☆ Eating a High-Fiber Diet ☆
BMI 26.0-26.9,adult	Diabetes: Meal Planning ☆ Eating Healthy ☆
	Diabetes: Understanding Carbohydrates ☆ Eating Healthy on the Run ☆

- **Treatment referrals:**

- Registered dietician
- Physical Therapy
- Nutritionist
- Exercise Physiologist
- Surgeon
- Mental Health Professional
- Occupational Therapy

- **Pharmacological interventions**

- **Dietary supplements**

- **Behavior Counseling**

- Add Behavior Counsel for Obesity Charge.
- Located on the AMB QOC page within the Other Visit Charges component, or search for the code as needed.

Counseling CPT-4 Codes	
CPT-4	Description
G0447	Behavior Counsel for Obesity up to 15 Minutes

**Note:** To meet the requirements to charge for Behavior Counseling, providers must counsel for at least 15 minutes.