

**BASICS**

- Obesity is a life-long, progressive, multi-factorial disease of excess fat storage with multiple co-morbidities.
- Malnutrition is any disorder of nutrition status which is the result of nutrient deficiency, impaired nutrient metabolism or over nutrition.
- Both obesity and malnutrition have great effect on the health and outcomes for patients and both can occur at the same time.
- Body Mass Index (BMI) is a valuable tool to screen for weight and nutrition status, and should be calculated at least once annually.

ICD10 Code	Diagnosis
E66.01*	Morbid (severe) obesity due to excess calories
E66.09*	Other obesity due to excess calories
E66.1*	Drug-induced obesity
E66.2*	Morbid (severe) obesity with alveolar hypoventilation
E66.3*	Overweight
E66.8*	Other obesity
E66.9*	Obesity, unspecified
E68	Sequelae of hyperalimentation (Code first condition resulting from (sequela) of hyperalimentation)

ICD10 Code	Diagnosis
E43*	Severe protein-calorie malnutrition NOS
E44.0	Moderate protein-calorie malnutrition
E44.1	Mild protein-calorie malnutrition
E45	Retarded growth following malnutrition
E46	Unspecified protein-calorie malnutrition
R64	Cachexia

\*Use additional code to identify the BMI if known (Z68-Z68.54)

Use ALL applicable codes to accurately document a patient’s condition, more than 1 can be documented

Remember to M.E.A.T. (Monitor, Evaluate, Assess and/or Treat) and document:

- Weight loss or gain
- Physical examination signs
- BMI
- Lab values (total protein, albumin, pre-albumin)
- Degree or severity
- Treatment plan
- Underlying medical conditions
- Cachexia, when observed (Note: “Cachexic” describes a patient, but is not a diagnosis)
- Diagnosis of obesity or morbid obesity, overweight

**BMI**

- BMI should only be reported as a secondary diagnosis
- While BMI can be coded by the medical assistant or other health professional, but the provider must document related diagnosis in order to report the BMI (eg. Obese or morbidly obese)

BMI	Associated Condition
Less than 16.0	Severe malnutrition
16.00-16.99	Moderate malnutrition
17.00-18.49	Mild malnutrition
18.5-24.99	Normal

BMI	Associated Condition
25.00-29.9	Overweight
30 to < 39.9	Obese (Classes 1 and 2)
>40	Morbidly obese (extreme, severe, Class 3)

**NOTE:** BMI >35 with a comorbidity (eg. HTN, DM, etc) can be diagnosed as morbid obesity.

**BEYOND THE BASICS**  
**ICD10 CODING CONSIDERATIONS**

**BMI ICD10 CODES**

- Code BMI with any encounter where it is documented
- BMI codes cannot be reported without a documented weight-related diagnosis

ICD10 Code	BMI Description, Adult
Z68.1	19.9 or less
Z68.2X - Z68.3X	Append the first two digits to create code for adult BMIs from 20.0-39.9
Z68.41	40.0-44.9
Z68.42	45.0-49.9
Z68.43	50.0-59.9
Z68.44	60.0-69.9
Z68.45	70 or greater

**PREGNANCY AND OBESITY**

- BMI codes can't be assigned for pregnant patients
- Obesity is considered to be a complication of obesity
- Two codes should be used to report instead:

ICD10 Code	Description
O99.21	Obesity complicating pregnancy, childbirth and puerperium (depending on trimester of encounter or during delivery)
E66.X	Accompanying obesity diagnosis

**COMORBIDITIES**

- A BMI of 35-39.9 can be diagnosed as morbid obesity if there are relevant obesity-related conditions or comorbidities that are supported in medical record
- Common conditions include:

ICD10 Code	Condition
M15-M19	Osteoarthritis
G47.3X	Sleep apnea
E10.X, E11.X	Diabetes (Type 1, Type 2)
I10	Essential (Primary) Hypertension
E78.41-E78.5	Hyperlipidemia

**COUNSELING**

- Providers can bill for counseling services when patients with BMI >30 are receiving Intensive Behavioral Therapy (IBT)
- Frequency depends on length of service and weight loss

Code	Description
99401-99404	Preventive Medicine Individual Counseling (Diagnosis code required)
G0446, G0447, G0473	Behavioral Counseling or Therapy (Diagnosis code not required)

**ICD10 CODING SCENARIOS**

Example	ICD 10 Coding
Patient with morbid obesity and BMI 42 at physical exam. Treatment discussed but declined	E66.01 Morbid (severe) obesity due to excess calories AND • Z68.41 BMI 40.0-44.9, adult • Include note about treatment plan discussion
Follow up visit for patient with BMI 38 and hypertension.	E66.01 Morbid (severe) obesity due to excess calories (because comorbidity) AND • Z68.38 BMI 38.0-38.9 AND • I10 Hypertension
30 year old woman in first trimester of pregnancy who was morbidly obese prior to pregnancy	O99.211 Obesity complicating pregnancy, first trimester AND • E66.01 Morbid (severe) obesity due to excess calories