

Weight Assessment and Counseling for Nutrition and Physical Activity for Children/Adolescents (WCC)



WCC Key Points

- Measure consists of three components:
 - Body Mass Index (BMI) Percentile
 - Nutrition Counseling/Education
 - Physical Activity Counseling/Education
- All members ages 3-17
- All three components may occur during a well visit and/or sick visit.

Coding Summary

WCC Component	ICD-10 Code
BMI <5 th percentile	Z68.51
BMI 5 th to <85 th percentile	Z68.52
BMI 85 th to <95 th percentile	Z68.53
BMI > or = to 95 th percentile	Z68.54
Nutritional Counseling	Z71.3
Physical Activity Counseling	Z71.82, Z02.5

BMI Percentile

Documentation must include height, weight, and BMI percentile during the measurement year.

Either of the following meets criteria for BMI percentile:

- BMI percentile
- BMI percentile plotted on an age-growth chart

Ranges and thresholds **do not** meet criteria for this indicator. A distinct BMI percentile is required.

A BMI percentile is also required for members ages 18-19 as part of the Adult BMI measure. Ages 20 and up may use a BMI Index.

Coding: To improve HEDIS scores, add the appropriate ICD-10 informational codes **Z68.51-Z68.54** below to claim:

BMI Percentile	ICD-10 Code
BMI <5 th percentile	Z68.51
BMI 5 th to <85 th percentile	Z68.52
BMI 85 th to <95 th percentile	Z68.53
BMI > or = to 95 th percentile	Z68.54

Nutritional Counseling

Coding: To improve HEDIS scores, add ICD-10 informational code **Z71.3** to claim.

Acceptable Documentation	Unacceptable Documentation
Discussion of current nutrition behaviors (e.g., eating habits, dieting behaviors)	Documentation of appetite alone without discussion of nutrition factors (e.g., “appetite good,” “eats well”)
Documentation of quality/type of diet (e.g., “diet good,” “diet regular,” “diet well balanced,” “balanced meals”)	A physical exam finding or observation alone (e.g., “well nourished”)
Member/parent/guardian received educational materials on nutrition during a face-to-face visit (e.g., 5-2-1-0)	Sending member educational material via email or directing to a website to research information on their own
Anticipatory guidance for nutrition (e.g., 5-2-1-0)	Notation of “health education” or “anticipatory guidance” without specific mention of nutrition
Weight or obesity counseling (Note: Weight or obesity counseling counts for both Nutrition and Physical Activity Counseling.)	Documentation of healthy behaviors without specific mention of nutrition (e.g., “healthy lifestyle,” “caffeine: soda approximately 16 ounces a day”)
Providing referrals to food and nutrition programs if needed (e.g., WIC)	Diet prescribed specific to an acute or chronic condition (e.g., ADA diet that was provided specifically to manage the diabetes, the BRAT diet for gastroenteritis)
Counseling or referral for nutrition education (e.g., “counseled on healthy eating habits”)	Questionnaires filled out by the parent with no indication that provider discussed or reviewed
Checklist indicating nutrition was addressed (must be marked: circled, checked, or underlined)	Checklist not marked in any way

Physical Activity Counseling

Coding: To improve HEDIS scores, add ICD -10 informational code **Z71.82** to claim. Sports physical code **Z02.5** may also be used.

Acceptable Documentation	Unacceptable Documentation
Discussion of current physical activity behaviors like exercise routine, participation in sports activities (e.g., “no sports,” “physical activity: WNL,” “Physical activity: active, plays sports”)	Documentation of “plays with peers” without any other mention of physical activity
A sports physical exam completed during visit	Notation of “cleared for gym class” alone without documentation of discussion
Member received educational materials on physical activity during a face-to-face visit (e.g., 5-2-1-0)	Sending member educational material via email or directing to a website to research information on their own
Anticipatory guidance specific to the child’s physical activity (e.g., “encourage opportunities for physical activity,” “regular exercise 3 times a week,” “exercise education,” 5-2-1-0)	Notation of “health education” or “anticipatory guidance” without specific mention of physical activity
Weight or obesity counseling (Note: Weight or obesity counseling counts for both Nutrition and Physical Activity Counseling.)	Notation solely related to screen time (computer or television) without specific mention of physical activity
Counseling or referral for physical activity	Services specific to an acute or chronic condition do not meet criteria (e.g., referral to physical therapy for an injury, sports contraindicated until injury/illness is resolved)
Bike safety and water safety discussions with specific mention of physical activity recommendations	Notation of anticipatory guidance related solely to safety (e.g., wears helmet, water safety) without specific mention of physical activity recommendations
Checklist indicating physical activity was addressed (must be marked: circled, checked, or underlined)	Checklist not marked in any way