

# Preventive Health Counseling and Education for Children and Adolescents

## Ages 3–17 Years



Member ID: \_\_\_\_\_  
 Member Name: \_\_\_\_\_  
 Date of Service: \_\_\_\_\_ Member DOB: \_\_\_\_\_

During the office visit, the following topics were discussed with:  
 (Check all that apply.)  
 Member  Parent/Guardian

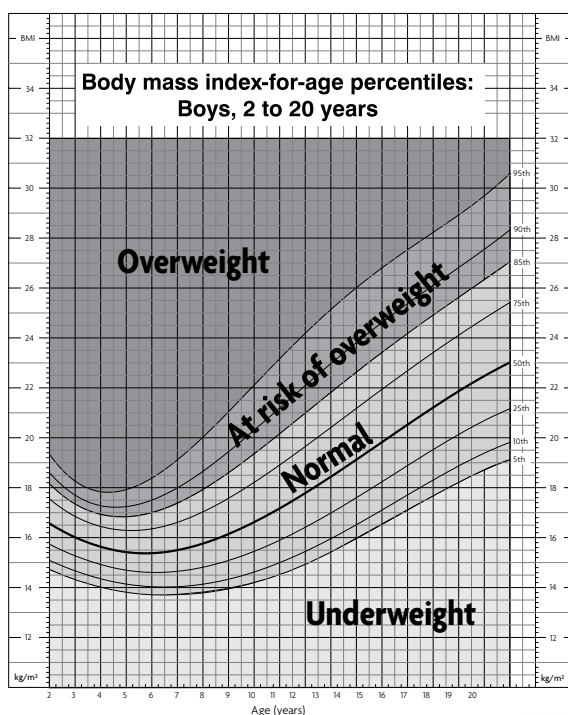
Check all that apply and document discussion with patient. Documentation must include a note indicating the date and at least one of the following:

**BMI (Body Mass Index Percentiles – ages younger than 20 years)**       ASSESSMENT       COUNSELING       EDUCATION

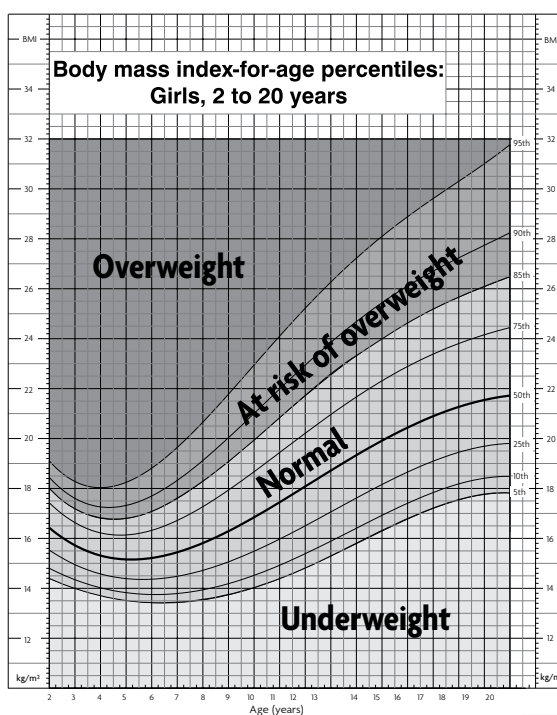
BMI percentile = \_\_\_\_\_ (use codes Z68.51-Z68.54)      Height \_\_\_\_\_      Weight \_\_\_\_\_

BMI percentile plotted on age/growth chart (Please complete the age/growth chart below and include in the member's chart.)

**CDC GROWTH CHARTS: United States**



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**REMINDER:**  
 Please Complete BMI Percentile Chart.  
 Keep This Document in Patient's Medical Record.

Published May 30, 2000.  
 SOURCE: Developed by the National Center for Health Statistics in collaboration with the National Center for Chronic Disease Prevention and Health Promotion (2000).

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Signature: \_\_\_\_\_ Completed by (Name): \_\_\_\_\_  
 Date: \_\_\_\_\_  MD  DO  PA  NP

**COUNSELING FOR NUTRITION**  
(use codes 97802-97804)

ASSESSMENT

COUNSELING

EDUCATION

Discussed the member's current nutrition behaviors such as

Eating habits, dieting behaviors

Counseled and/or referred member for nutrition education (use code Z71.3)

Add vegetables, fruit, protein, and whole grains

Consume milk and milk products

Aim for 3 vegetables and 2 fruits daily

Eat meals as a family

Make breakfast a priority

Drink more water

Try whole wheat bread and pasta

Provided member with anticipatory guidance/education materials on nutrition

Addressed nutrition checklist

**COUNSELING FOR PHYSICAL ACTIVITY**

ASSESSMENT

COUNSELING

EDUCATION

Discussed current physical activity behaviors (e.g., exercise routine, participation in sports activities, exam for sports participation)  
[use code **Z71.82** (Exercise Counseling); **Z02.5** (Sports Exam); **G0447** (Face-to-face obesity counseling); **S9451** (Exercise classes)]

Aim for 60 minutes of physical activity throughout the day

Take the stairs, play sports, dance, play tag, etc.

Counseled or referred for physical activity

Provided member with anticipatory guidance/education materials on physical activity

Addressed checklist indicating physical activity

**COUNSELING FOR SEXUAL ACTIVITY**

ASSESSMENT

COUNSELING

EDUCATION

Counseling for oral and other contraceptives (use codes **Z30.02**, **Z30.09**, **Z30.8**, **Z30.9**)

**COUNSELING FOR DEPRESSION**

ASSESSMENT

COUNSELING

EDUCATION

Depression screening (use code **96127**)

**COUNSELING FOR SUBSTANCE USE**

ASSESSMENT

COUNSELING

EDUCATION

Alcohol and/or Drug Assessment or Screening (use codes **99408**, **99409**, **G0396**, **G0397**, **H0001**, **H0049**, for ICD-10, use appropriate code family: F)

Alcohol and/or Drug Use Counseling (use codes **H0005**, **H0050**, **T1006**, or **Z71.41**, **Z71.89**)