

Proper Coding and Reimbursement Strategies

At all health supervision visits from age 3 and up, always use the proper ICD-9-CM Diagnosis code to document BMI percentile, counseling for nutrition and counseling for physical activity. The combination of these three codes makes up the Healthcare Effectiveness Data and Information Set (HEDIS) measure that document quality. Also add the appropriate ICD-9-CM Diagnosis code if the patient is overweight or obese.

Using the appropriate code, however, is important for tracking the incidence of obesity. The American Academy of Pediatrics has a fact sheet about appropriate coding and can answer coding questions (see the Resources).

The American Academy of Family Physicians, Americans in Motion (AIM) initiative offers the following strategies for reimbursement of preventive services⁹:

- Schedule a separate visit to address chronic illness (e.g., diabetes management) so there is enough time in wellness visits for counseling and guidance.
- Bill for treatment of co-morbidities such as diabetes and metabolic syndrome.
- Consult with the health plans. Some may be willing to pay for fitness conversations.
- Negotiate for reimbursement with self-insured companies.
- Ask families about using Flexible Spending Accounts to pay for additional visits.
- Group visits for billable conditions like hypertension may be an opportunity for group conversations about making lifestyle changes.



Pediatric Obesity Coding

At Health Supervision Visits:	At Follow up visits:
<p>Always Add V Codes:</p> <ul style="list-style-type: none"> • V85.51 BMI, less than 5th percentile for age • V85.52 BMI, 5th to less than 85th percentile for age • V85.53 BMI, 85th to 95th percentile for age • V85.54 BMI, greater than or equal to 95th percentile for age 	<p>Consider coding for time if > than 50% of time spent counseling:</p> <ul style="list-style-type: none"> • 99213 – 15 minutes • 99214 – 25 minutes • 99215 – 40 minutes
	<p>Use ICD 9 Codes:</p> <ul style="list-style-type: none"> • 278.00 - Obesity NOS • 278.01 – Morbid Obesity • 278.02 – Overweight • 783.1 Abnormal weight gain
	<p>Add V Codes:</p> <ul style="list-style-type: none"> • V85.53 BMI, 85th to 95th percentile for age • V85.54 BMI, greater than or equal to 95th percentile for age
	<p>Counseling codes:</p> <ul style="list-style-type: none"> • V65.3 – Counseling on Nutrition • V65.41 – Counseling on Physical Activity

Add codes for all existing co-morbidities:

Cardiovascular

- 796.2 Elevated Blood Pressure (BP)
- 401.9 Hypertension (HTN)

Female

- 626.0 Amenorrhea
- 626.1 Infrequent Menses
- 626.4 Irregular Menses
- 704.1 Hirsutism
- 259.1 Sexual Precocity
- 256.4 Polycystic (Ovaries) Syndrome

Skin

- 706.1 Acne
- 701.2 Acquired Acanthosis Nigricans
- 701.3 Striae

Sleep

- 780.57 Unspecified Sleep Apnea
- 786.09 Snoring

Ortho

- 736.41 Genu Valgum
- 732.2 SCFE
- 732.4 Blount's Disease

GI

- 530.81 GERD/ Esophageal Reflux
- 574.1 Cholecystitis
- 574.2 Cholelithiasis

Mental Health

- 311 Depression
- 300.4 Dysthymic Disorder

Neurologic

- 348.2 Pseudotumor Cerebri

Conditions Diagnosed with Lab Tests:

- 272.0 (Pure) Hypercholesterolemia
- 772.2 Mixed Lipidemia
- 790.29 Insulin Resistance- other abnormal glucose (pre-diabetes not otherwise specified; hyperglycemia)
- 277.7 (Dys)metabolic Syndrome (X)
- 794.8 Abnormal LFT's
- 571.8 Fatty Liver- Other Chronic Non-Alcoholic Liver Disease
- 250.00 Diabetes Mellitus without mention of complication, Type II or unspecified type, not stated as uncontrolled