Body Mass Index (BMI) Screening and Follow-Up

*This measure is to be reported for all patients aged 18 years and older seen by the clinician — a minimum of **once** per reporting period.*

Measure description

Percentage of patients aged 18 years and older with a calculated Body Mass Index (BMI)[1] in the past six months or during the current visit documented in the medical record AND if the most recent BMI is outside parameters, a follow-up plan is documented

Parameters:

Age 65 and older BMI ≥ 30 or < 22
Age 18–64 BMI ≥ 25 or < 18.5

What will you need to report for each patient aged 18 years and older for this measure?

If you select this measure for reporting, you will report:

- Whether or not a calculated BMI in the past 6 months is documented in the medical record (and if most recent BMI is outside parameters, a follow-up plan is also documented)

Patients will fall into one of three categories described below:

- BMI within normal parameters was calculated and documented
- BMI was calculated to be above the upper parameter and a follow-up plan was documented in the medical record
- BMI was calculated to be below the lower parameter and a follow-up plan was documented in the medical record

What if this process or outcome of care is not appropriate for your patient?

There may be times when it is not appropriate to calculate BMI, due to:

- Documented reasons (eg, documentation in the medical record that the weight problem is being managed by another eligible health professional, patient has a terminal illness, patient refuses BMI measurement, patient is in urgent medical situation and to delay treatment would jeopardize the patient's health)

In these cases, you will need to indicate that a documented reason applies, and specify the reason on the worksheet and in the medical chart. The office/billing staff will then report the G-code that represents these valid reasons (also called exclusions).

[1]Body Mass Index (BMI) is a number calculated from a person's weight and height. BMI is calculated by dividing a person's weight (in kilograms) by his/her height (in meters, squared). BMI can also be calculated by multiplying weight (in pounds) by 705, then dividing by height (in inches) twice. A simpler method to calculate the BMI involves the use of a chart. The weight is plotted on one axis and the height is plotted on the other axis. The BMI can then be read where the two points intersect. A **calculated BMI** requires that both the height and weight are actually measured. Values reported by the patient cannot be used.