Weight Assessment and Counseling for Nutrition and Physical Activity for Children/Adolescents

Aetna Better Health of Nebraska works with providers annually to ensure HEDIS measures are documented appropriately in the patient medical record. Beginning at age 2 years old, each child must have documentation of weight, height, and BMI plotted on appropriate growth chart at every EPSDT visit. Children ages 3 -17 years old must have documentation of BMI Percentile, Nutritional Counseling and Physical Activity Counseling in the medical record at least annually.

BMI PERCENTILE
BMI percentile must be obtained and documented on all members 2 years and older regardless of BMI results or appearance of over/under weight.

BMI percentile (not BMI value) has to be entered in the chart.

Obtaining a BMI percentile can be done at any well or sick visit - must be done at least annually.

A chart review by the health plan will not be necessary if the informational diagnosis codes listed below are submitted at least annually.

* Z68.51: <5th percentile
* Z68.52: 5th to <85th percentile
* Z68.53: 85th to <95th percentile
* Z68.54: ≥95th percentile for age

Providers should submit growth charts to show BMI percentile when records are requested; please ensure growth chart has member name, date of birth and date of measurement.

COUNSELING OR REFERRAL FOR NUTRITION
Nutritional Counseling must be provided and documented on all members age 3 years and older regardless of BMI results or appearance of over/under weight.

Provide Nutritional Counseling at any well or sick visit - must be done at least annually.

A chart review by the health plan will not be necessary if the correct informational diagnosis code is submitted at least annually (Z71.3).

Documenting "well nourished" is not acceptable.
Please see below examples of acceptable documentation:

- Nutrition good
- Decrease salt intake
- Appetite good
- Recommend weight loss
- Referred to WIC
- Referral for Nutritional Counseling
- A checklist indicating nutrition was addressed and/or guidance given for future eating habits or recommended changes in diet is acceptable.

Providers should ensure documentation includes educational materials given to members or parents/guardians.

**COUNSELING OR REFERRAL FOR PHYSICAL ACTIVITY**

Physical Activity Counseling must be provided and documented on all members age 3 years and older regardless of BMI results or appearance of over/under weight.

Provide Physical Activity Counseling at any well or sick visit - **must be done at least annually**.

Documenting developmental milestones, notation of 'cleared for gym' and or screen time or guidance related solely to safety (e.g. wears helmet or water safety) is not acceptable.

Please see below examples of acceptable documentation:

- Increase physical activity
- Swimming
- Plays on team
- Needs to lose weight
- Discussion of current physical activities (plays sports, participates in gym)
- Counseling and/or referral for physical activity
- A checklist indicating physical activity was addressed and/or guidance given for future activities given (begin walking, join gym)

Providers should ensure documentation includes educational materials given to members or parents/guardians.

**Provider Portal Webinars**

Aetna Better Health of Nebraska is hosting webinar sessions to assist providers with functions of the secure provider web portal. The next webinar session is listed below.

**Thursday, March 24th, 2:00-3:00 PM (CST)**

Any provider who wishes to participate will need to register. Please email us with your name, email address, date & time preferred. All registered providers will receive an email invitation to the webinar with further instructions the day prior to the scheduled webinar.

**Claims Inquiry/Claims Research  (1-888-784-2693)**

Our dedicated Claims Inquiry/Claims Research Team (CI/CR) will assist providers with all claims issues, remittance advice questions, and reconsiderations. Please call **1-888-784-2693 option 2/3**, for assistance on
your claim issues. If resolution is not reached with a representative, please ask for the assistance of a supervisor.

Provider Manual
The provider handbook updates are now available and posted on our website at the link here. Please contact your Provider Relations Representative, if you have any questions.