

Provider Education

Quality Documentation & Coding Pearls

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MORBID OBESITY

Obesity is a national health concern affecting 1/3 of the adult population and its prevalence is increasing. The accumulation of excess fat is associated with an increase in all-cause mortality and risk of developing serious health complications. Obesity also reduces a person's functional status and quality of life causing problems with breathing, mobility, and depression.

A patient's risk of serious complications increases proportionally with their BMI and is lowered with weight loss. Being physically fit (or metabolically healthy) can negate some of the adverse effect for only those who are overweight but not for those who are obese. Exercise is important, but weight loss is crucial. It is critical that you counsel both your overweight patients (who have CV risk factors) and your obese patients about the seriousness of their condition. You should discuss diet, exercise, behavioral modification, and the possibility of medication. Patients who are morbidly obese are at very high risk, and the discussion should include bariatric surgery as well.



Morbid obesity is defined as:

- BMI of ≥ 40
- BMI of 35-39.9 and experiencing an obesity-related health condition (comorbid condition)

Comorbid conditions: (Diagnose and Link)

- Diabetes
- Cancer
- Depression
- Cardiovascular (CAD, CHF, CVA, atherosclerotic disease)
- Obstructive sleep apnea
- HTN
- High cholesterol
- Osteoarthritis
- GERD
- Stress incontinence
- Female reproductive health disorders

CODING TIPS

When the patient has a BMI between 35 and 39.9, diagnose morbid obesity and state what the comorbid conditions are.

Morbid Obesity E66.01

BMI codes

Reporting BMI is a STAR Measure

Z68.35	=	BMI 35.0-35.9
Z68.36	=	BMI 36.0-36.9
Z68.37	=	BMI 37.0-37.9
Z68.38	=	BMI 38.0-38.9
Z68.39	=	BMI 39.0-39.9
Z68.41	=	BMI 40.0-44.9
Z68.42	=	BMI 45.0-49.9
Z68.43	=	BMI 50.0-59.9
Z68.44	=	BMI 60.0-69.9
Z68.45	=	BMI ≥ 70

Example

1) Morbid obesity (E66.01)

Patient has a BMI of 36.5 with a comorbid condition of sleep apnea. Diet and exercise discussed

2) BMI 36.5 (Z68.36)

3) Sleep apnea (G47.33)

Patient is doing well using CPAP. Follow-up 3 months



Don't forget to **VALIDATE: DIAGNOSIS, STATUS & PLAN**

Revised 09/11/18 Questions? Call (480) 499-8700 ext. 8205 or email provider.education@azprioritycare.com

