

## 2022 MCAS MEASURE: WEIGHT ASSESSMENT AND COUNSELING FOR NUTRITION AND PHYSICAL ACTIVITY FOR CHILDREN / ADOLESCENTS (WCC)

Measure Steward: National Committee for Quality Assurance (NCQA)

Gold Coast Health Plan's (GCHP) goal is to help its providers gain compliance with their annual Managed Care Accountability Set (MCAS) scores by providing guidance and resources. This tip sheet will provide the key components to the MCAS measure, "Weight Assessment and Counseling for Nutrition and Physical Activity for Children / Adolescents (WCC)."

**Measure Description:** Measures the percentage of members 3 to 17 years of age who had an outpatient visit with a primary care provider (PCP) or OB/GYN and who had evidence of the following during the measurement year:

- ▶ **BMI percentile documentation.\***
- ▶ **Counseling for nutrition.**
- ▶ **Counseling for physical activity.**

\* Because BMI norms for youth vary with age and gender, this measure evaluates whether BMI percentile is assessed rather than an absolute BMI value.

**Data Collection Method:** Hybrid<sup>1</sup>

### WCC Clinical Code Sets

- ▶ For billing, reimbursement, and reporting of services completed, submit claims in a timely manner with the appropriate medical codes for all clinical conditions evaluated and services completed.

### Codes used to identify outpatient visits with a PCP or OB/GYN.

Description	CPT	HCPCS	UBREV	SNOMED
Outpatient Visit with PCP or OB/GYN	99201-99205, 99211-99215, 99241-99245, 99341-99345, 99347-99350, 99381-99387, 99391-99397, 99401-99404, 99411-99412, 99429, 99455, 99456, 99483	G0402, G0438, G0439, G0463, T1015	0510-0517, 0519-0523, 0526-0529, 0982-0983	30346009, 37894004, 77406008, 84251009, 185463005, 185464004, 185465003, 281036007, 439740005, 3391000175108, 444971000124105

### Codes used to identify BMI assessment and counseling for nutrition and physical activity.

Description	ICD-10-CM	CPT	HCPCS	LOINC	SNOMED
BMI Assessment	Z68.51- Z68.54			59574-4, 59575-1, 59576-9	

Description	ICD-10-CM	CPT	HCPCS	LOINC	SNOMED
Nutrition Counseling	Z71.3	97802, 97803, 97804	G0270, G0271, G0447, S9449, S9452, S9470		11816003, 61310001, 183059007, 183060002, 183061003, 183062005, 183063000, 183065007, 183066008, 183067004, 183070000, 183071001, 226067002, 266724001, 275919002, 281085002, 284352003, 305849009, 305850009, 305851008, 306163007, 306164001, 306165000, 306626002, 306627006, 306628001, 313210009, 370847001, 386464006, 404923009, 408910007, 410171007, 410177006, 410200000, 429095004, 431482008, 443288003, 609104008, 698471002, 699827002, 699829004, 699830009, 699849008, 700154005, 700258004, 705060005, 710881000, 428461000124101, 428691000124107, 441041000124100, 441201000124108, 441231000124100, 441241000124105, 441251000124107, 441261000124109, 441271000124102, 441281000124104, 441291000124101, 441301000124100, 441311000124102, 441321000124105, 441331000124108, 441341000124103, 441351000124101, 445291000124103, 445301000124102, 445331000124105, 445641000124105
Physical Activity Counseling	Z02.5, Z71.82		G0447, S9451		103736005, 183073003, 281090004, 304507003, 304549008, 304558001, 310882002, 386291006, 386292004, 386463000, 390864007, 390893007, 398636004, 398752005, 408289007, 410200000, 410289001, 410335001, 429778002, 710849009, 435551000124105

**Exclusion Criteria:**

Members with any of the following conditions are excluded from the WCC measure:

- ▶ Members receiving hospice care during the measurement year.
- ▶ Female members who had a pregnancy diagnosis during the measurement year.

**BMI Percentile:**

The compliant medical record must include any of the following documentation:

- ▶ Documentation must include height, weight and BMI percentile during the measurement year. The height, weight and BMI percentile must be from the same data source. Either of the following meets criteria for BMI percentile:
  - BMI percentile documented as a value (e.g., 85<sup>th</sup> percentile).
  - BMI percentile plotted on an age-growth chart. Only evidence of the BMI percentile or BMI percentile plotted on an age-growth chart meets criteria.
- ▶ Member-collected biometric values (height, weight, and BMI percentile) that meet the requirements of General Guideline 39: Member-Reported Services and Biometric Values are eligible for use in reporting.
- ▶ Ranges and thresholds do not meet criteria for this indicator. A distinct BMI percentile is required for numerator compliance. Documentation of > 99% or < 1% meet criteria because a distinct BMI percentile is evident (i.e., 100% or 0%).

**Counseling for Nutrition:**

The compliant medical record must include any of the following documentation:

- ▶ Documentation must include a note indicating the date and at least one of the following:
  - Discussion of current nutrition behaviors (e.g., eating habits, dieting behaviors).
  - Checklist indicating nutrition was addressed.
  - Counseling or referral for nutrition education.
  - Member received educational materials on nutrition during a face-to-face visit.
  - Anticipatory guidance for nutrition.
  - Weight or obesity counseling.



### Counseling for Physical Activity:

The compliant medical record must include any of the following documentation:

- ▶ Documentation must include a note indicating the date and at least one of the following:
  - Discussion of current physical activity behaviors (e.g., exercise routine, participation in sports activities, exam for sports participation).
  - Checklist indicating physical activity was addressed.
  - Counseling or referral for physical activity.
  - Member received educational materials on physical activity during a face to-face visit.
  - Anticipatory guidance specific to the child's physical activity.
  - Weight or obesity counseling.

### Best Practices:

- ▶ Use the Inovalon® INDICES® Provider Insights Dashboards to identify members with gaps in care.
- ▶ How to calculate BMI:
  - First divide height in centimeters by 100 to obtain height in meters then plug into formula:  $BMI = \text{Weight (kg)} / [\text{Height (m)}]^2$ 
    - » Example: Weight = 68 kg, Height = 165 cm (1.65 m)<sup>2</sup>
    - » Calculation:  $68 \div (1.65)^2 = 24.98$
- ▶ Be sure to document BMI percentile and counseling for nutrition and physical activity accurately in the medical record and on the claim.
- ▶ Take advantage of every office visit to document BMI percentile or plot the BMI on the age-growth chart.
- ▶ Monitor patients via telehealth visits, as appropriate.
- ▶ GCHP offers free health education services, materials, classes, and online resources to help members achieve a healthy lifestyle. Providers can contact the Health Education Department or refer patients / guardians / caregivers to the following information:
  - Providers, call: 1-805-437-5718
  - Members, call: 1-888-301-1228 / TTY 1-888-310-7347
  - GCHP Website, Health Education Resources (provided in English and Spanish): [Click Here](#)

<sup>1</sup> Measures reported using the *hybrid* data collection method report on a sample of the eligible population (usually 411) and use both administrative and medical record data sources to evaluate if services were performed.