

Body Mass Index (BMI) Coding Requirements

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Problem and Goal

Problem

- Providing a diagnosis code for BMI (Z68) without documenting a first-listed diagnosis.

Goal

- To provide a general understanding of ICD-10 coding guidelines for reporting Body Mass Index (BMI) in order for TriCore to receive all diagnosis codes that accurately describe the patient's condition.

Body Mass Index

- BMI (Z68) considerations:
 - Is the patient underweight or obese?
 - Should only be assigned when there is an associated, reportable diagnosis.
 - Is considered a secondary code that requires a first-listed diagnosis per coding guidelines.
- Please refer to ICD-10 Coding Book and Guidelines for further guidance.
 - ICD-10 Coding Book Download
<https://www.cms.gov/Medicare/Coding/ICD10/2020-ICD-10-CM>
 - ICD-10 Coding Guidelines
<https://www.cms.gov/Medicare/Coding/ICD10/Downloads/2020-Coding-Guidelines.pdf>

This is not an all-inclusive list of guidelines and instructions for BMI coding.

These are examples only and TriCore does not encourage use of these codes unless they describe the patient's condition and are documented in the patient's chart.