

Evaluation and Treatment of Children and Adolescents with Overweight & Obesity: Coding Quick Reference Card

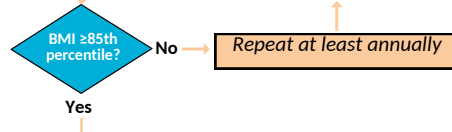
CPG

Evaluation & Treatment
of Pediatric Obesity

Algorithm for Evaluation and Treatment of Children and Adolescents with Overweight & Obesity

SCREENING

P&PHCPs should measure height & weight, calculate BMI, and assess BMI percentile using age- and sex-specific CDC growth charts or severe obesity growth charts for all children 2-18 years (KAS 1)



DIAGNOSIS

Overweight	Obesity	Severe Obesity
BMI ≥85th to <95th percentile	BMI ≥95th percentile	BMI ≥120% of the 95th percentile

EVALUATION

Components of Comprehensive Evaluation	Overweight		Obesity		Elevated BP?
	<10y	≥10y	<10y	≥10y	
Comprehensive history, MBH screening, SDOH evaluation, physical examination, & diagnostic studies (KAS 2)	✓	✓	✓	✓	Yes: Refer to AAP High BP CPG ² No: Repeat at every visit
Blood pressure (KAS 8)	✓ ^a	✓	✓ ^a	✓	
Fasting lipid panel (KAS 3, 3.1, 5)		✓	⚖	✓	Yes: Refer to Appendix 4 No: May repeat testing in 2 years or sooner if changes in exam/risk
FPG, OGTT, or HgbA1C (KAS 3,3.1, 6) & ALT (KAS 3,3.1, 7)		⚖ ^b		✓	

TREATMENT

Components of Comprehensive Treatment	Overweight			Obesity		
	<6y	6 to <12y	≥12y	<6y	6 to <12y	≥12y
Motivational Interviewing (KAS 10)	✓	✓	✓	✓	✓	✓
Intensive Health Behavior and Lifestyle Treatment (KAS 11)	⚖	✓	✓	⚖	✓	✓
Weight Loss Pharmacotherapy						✓
Offer referral to Comprehensive Pediatric Metabolic & Bariatric Surgery programs (KAS 13)						✓ ⁱ

P&PHCPs should treat overweight/obesity & comorbidities concurrently (KAS 4) following the principles of the medical home and chronic care model, using a family-centered and non-stigmatizing approach that acknowledges obesity's biologic, social, and structural drivers. (KAS 9)

Current Procedural Terminology

Screening: BMI Screening during routine well visit:

- 99381-99385 (initial, age appropriate);
- 99391-99395 (reevaluation, age appropriate)

Diagnosis: If a significant amount of time is spent on Overweight, Obesity, Severe Obesity or related comorbidities, the appropriate time-based code should also be reported with a separate diagnosis and modifier (refer to page 2, Diagnosis Codes & page 3, Outpatient Modifiers):

- Primary - If primary, must be paired with E66 codes -
- E66.8 (obesity, other)
 - E66.01 (severe obesity)
 - E66.3 (overweight)
 - Z68.53 (85th %tile to <95th%ile for age)
 - Z68.54 (≥95th %ile for age)

Evaluation: Obesity specific visit incorporating the components of a comprehensive evaluation:

- Time-based interactions that occur outside of the standard well visit*:
 - New patients: 99203 (30-44 mins); 99204 (45-59 mins); 99205 (60-74 mins)
 - Established patients: 99213 (20-29 mins); 99214 (30-39 mins); 99215 (40-54 mins)

*For any time-based interactions, be sure to consider time spent charting, reviewing tests and labs, educating/counseling, care coordination, making referrals and/or ordering additional services, etc.

- Emotional/Behavioral Health Assessment: 96127 (adolescent depression and related screenings)
- SDOH Evaluation: 96160 (patient-focused); 96161 (caregiver-focused)
- Common Comorbidities & Abnormal Labs: Refer to page 2 (Diagnosis Codes)

Treatment: Ongoing, comprehensive obesity treatment specific visits:

- Most relevant diagnosis code to the visit, as determined previously (Refer to page 2, Diagnosis Codes)
- Time base interactions: 99212-99215 (established patients)*; see above for associated times

*For any time-based interactions be sure to consider time spent charting, reviewing tests and labs, educating/counseling, care coordination, making referrals and/or ordering additional services, etc.

The algorithm is shown here to contextualize the best procedural terminology. See aap.org/obesitycpq for the complete algorithm with footnotes and relevant citations and for a list of related recommendations.

✓ = Pediatricians & other pediatric health care providers should ⚖ = Pediatricians & other pediatric health care providers may
^a = In children 3y and older with overweight/obesity, P&PHCPs should evaluate for hypertension using blood pressure

⚖^b = In the presence of risk factors for T2DM or NAFLD, P&PHCPs may evaluate for abnormal glucose metabolism and liver function. **T2DM risk factors:** family history of T2DM in 1st or 2nd degree relative, maternal gestational diabetes, signs of insulin resistance or conditions associated with insulin resistance (acanthosis nigricans, hypertension, dyslipidemia, polycystic ovary syndrome, or small-for-gestational-age birth weight), obesogenic psychotropic medication. **NAFLD risk factors:** Male sex, prediabetes/diabetes, obstructive sleep apnea, dyslipidemia, sibling with NAFLD.

ICD -10 Diagnosis Codes: Obesity, Comorbidities & Lab Abnormalities

Obesity as a Primary Diagnosis		BMI Specification	Code	Description	Code	Description
E66.3	Overweight		E28.2	Polycystic Ovarian Syndrome (PCOS)	K59.00	Constipation
E66.8	Obesity, other	Z68.53 (85th %tile to <95th%ile for age)	E55.9	Vitamin D Deficiency	F50.9	Eating Disorder, unspecified
E66.01	Severe Obesity	Z68.54 (≥95th %ile for age)	R73.03	Other abnormal glucose; prediabetes	F41.9	Anxiety Disorder
			R73.01	Impaired Fasting Glucose	F32.9	Depression, single episode
I10	Hypertension		E03.8	Hypothyroidism, other unspecified	G93.2	Idiopathic Intracranial Hypertension (IIH)
E78.5	Dyslipidemia aka Hyperlipidemia		G47.33	Obstructive Sleep Apnea	M92.51	Blount Disease
E78.0-	Hypercholesterolemia (elevated LDL or VLDL)		K76.0	Non-Alcoholic Fatty Liver Disease (NAFLD)	M93.00-	Slipped Capital Femoral Epiphysis (SFCE)
E78.2	Mixed hyperlipidemia aka Combined hyperlipidemia (elevated LDL, VLDL, and/or TG)		R74.01	Elevated ALT		
E78.1	Hypertriglyceridemia		R74.8	Elevated liver enzymes		
			K21.9	Esophageal Reflux		

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ICD -10 Diagnosis Codes: Common Weight Related Signs & Symptoms

Code	Description	Code	Description	Code	Description
L83	Acanthosis Nigricans	R63.1	Polydipsia	R06.83	Snoring
L90.6	Abdominal Striae	R35.-	Polyuria	Z83.3	Family history of diabetes
E65	Localized adiposity	M21.06-	Genu Valgum (Knock Knees)	Z83.42	Family history of hypercholesterolemia
J35.1	Hypertrophy of tonsils	M21.4	Pes Planus (Flat Feet)	Z82.49	Family history of heart disease
R03.0	Elevated blood pressure without diagnosis of hypertension	R63.2	Polyphagia	R10.11	Right upper quadrant pain
L68.0	Hirsutism	G47.-	Sleep disturbance, other		

CPT: Obesity Related Treatment & Coordinated Care Related Codes

Outpatient Modifiers

CPT Code	Description
GT	Services delivered via interactive audio and video telecommunications
25	Significant, separately identifiable E/M service by same physician or other qualified health care professional on the same day as the procedure or other service

Time-based Counseling

- Can be used as an additional E/M code for specific time spent counseling during an obesity problem visit (cannot be reported during a preventive medicine/well visit)
- Always use with Diagnosis codes Z71.3, Z71.89

Physician		Behavioral Health	
CPT Code	Counseling Time	CPT Code	Counseling Time
99401	8-15 minutes	G0447	Face-to-face behavioral counseling for obesity, individual, 15 minutes
99402	16-30 minutes	G0473	Face-to-face behavioral counseling for obesity, group, 30 minutes
99403	31-45 minutes		
99404	46-60 minutes		
99411	Group setting 15-30 min		
99412	Group setting 30-60 min		

Non-physician Weight Management

- Provider types include the following: Registered Dietitian (RD), License Clinical Social Worker (LCSW), Licensed Professional Counselor (LPC), Licensed Associate Counselor (LAC)

CPT Code	Description	Provider Type
97802	Medical nutrition therapy; initial assessment and intervention, individual, each 15 minutes	RD
97803	Medical nutrition therapy; reassessment and intervention, individual, each 15 minutes	RD
97804	Medical nutrition therapy group (2 or more individuals), each 30 minutes	RD
90832	Psychotherapy (Behavioral Health), 16-30 minutes	LCSW, LPC, or LAC
90834	Psychotherapy (Behavioral Health), 31-45 minutes	LCSW, LPC, or LAC
90837	Psychotherapy (Behavioral Health), 46-60 minutes	LCSW, LPC, or LAC
90847	Family Psychotherapy (Behavioral Health)	LCSW, LPC, or LAC
S9449	Weight management classes, per session	Non-physician