

CLINICAL Interpretation

BODY MASS INDEX (BMI) VALUES

BMI	Clinical Interpretation	ICD-10-CM Code
< 18.5	Underweight†	R63.6
18.5 - 24.9	Normal	None
25.0 - 29.9	Overweight	E66.3
30.0 - 39.9	Obesity††	E66.9
> 40.0	Morbid (Severe) Obesity*	E66.01

Morbid or Severe Obesity*

†† Morbid or severe obesity should be documented in patients with a BMI value of ≥ 35 with one or more obesity-related comorbid conditions (from the NIH NHLBI Obesity Education Initiative) including:

- Type 2 Diabetes Mellitus
- Hypertension
- Hyperlipidemia
- Atherosclerotic Heart Disease/Coronary Artery Disease
- Obstructive Sleep Apnea
- Gastroesophageal Reflux
- Peripheral Vascular (Arterial) Disease
- Lower Extremity Degenerative Joint Disease

The management for morbid or severe obesity should be documented, including counseling about weight loss, diet, exercise and referral to a dietician or bariatric surgeon.

Malnutrition* and Cachexia*

† A low BMI (< 18) due to unintentional weight loss may be an indication of **malnutrition**. Documentation of malnutrition should include management plan, such as prescribing dietary supplements or referral for nutritional assessment.

Cachexia is a severe form of malnutrition that is characterized by extreme weight loss and muscle wasting. It is usually associated with malignancies or terminal illness.

*Risk-adjusting diagnosis

ICD-10-CM diagnoses codes are ICD-10-CM *Official Guidelines for Coding and Reporting* are subject to change. It's the responsibility of the provider to ensure that current ICD-10-CM diagnosis codes and the current ICD-10-CM *Official Coding Guidelines for Coding and Reporting* are reviewed prior to the submission of claims.

Advantasure® is an independent company that provides healthcare technology solutions and services for Wellmark Advantage Health Plan Inc. Wellmark Advantage Health Plan, Inc. is an independent licensee of the Blue Cross and Blue Shield Association.