2020 MCAS MEASURE: ADULT BMI ASSESSMENT (ABA)

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, “Adult Body Mass Index Assessment (ABA).”

Measure Description: The percentage of members ages 18 to 74 who had an outpatient visit and whose body mass index (BMI) was documented during the measurement year or the year prior to the measurement year.

Data Collection Method: Hybrid

Codes used to identify Adult BMI assessment during an office / outpatient visit.

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<tr>
<th>Description</th>
<th>CPT</th>
<th>HCPCS</th>
<th>UREBV</th>
<th>SNOMED</th>
<th>ICD-10-CM</th>
<th>LOINC</th>
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<td>BMI Assessment</td>
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Exclusionary Criteria:
- Members in hospice.
- Female members who have a diagnosis of pregnancy during the measurement year or the year prior to the measurement year.

Medical record must include:
- For members younger than 20 years of age on the date of service:
  - Height, weight and BMI percentile from the same data source.
  - BMI percentile documented as a value (e.g., 85th percentile) or
  - BMI percentile plotted on an age-growth chart.
- For members 20 years of age and older on the date of service:
  - Weight and BMI value from the same data source.

Note: Documentation of weight alone does not count as compliant for the measure.
Best Practices:

► **How to calculate BMI:**
  - First divide height in centimeters by 100 to obtain height in meters then plug into formula.
  - BMI = Weight (kg) / [Height (m)]^2
    - Example: Weight = 68 kg, Height = 165 cm (1.65 m)^2
    - Calculation: 68 ÷ (1.65)^2 = 24.98

► An appropriate health assessment should be conducted by a trained health care provider who can determine the individual’s health risks and status in relation to their BMI.

► Provide member education on health consequences and effects of adult obesity.

► Treatment recommendations are dependent on the cause, severity and/or complications.

► Suggest lifestyle changes such as heart-healthy eating and increased physical activity.

► GCHP offers free health education services, materials and classes 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 and Wellness page, provided in English and Spanish:
    - English - [Click Here](#)
    - Spanish - [Click Here](#)

► Ensure your documentation is clear and concise.

► Use proper coding.

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1 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.