

# BILLING & CODING When treating patients with obesity

## A quick reference guide for commonly reported obesity-related codes

TO ENSURE TIMELY REIMBURSEMENT FROM INSURANCE, BE SURE TO USE ACCURATE CODES.

### USE THESE COMMON ICD-10 CODES FOR OBESITY MANAGEMENT<sup>1</sup>

COMMON OBESITY CODES:	
<b>E66.0</b>	Obesity due to excess calories
<b>-E66.01</b>	-Morbid obesity due to excess calories
<b>-E66.09</b>	-Other obesity due to excess calories
<b>E66.1</b>	Drug-induced obesity
<b>E66.2</b>	Morbid obesity with alveolar hypoventilation
<b>E66.3</b>	Overweight
<b>E66.8</b>	Other obesity
<b>E66.9</b>	Obesity, unspecified (can be used 1x for initial visit only)

### INCLUDE Z CODE DATA TO PROVIDE MORE CONTEXT ABOUT THE PATIENT'S BMI<sup>1</sup>

BMI CODES:			
<b>Z68.XX</b>	Include the 2-digit BMI after Z68, for those patients with a BMI between 30.0 and 39.9. Eg, A Z code for BMI of <b>35.0-35.9</b> would be Z68. <b>35</b> .		
Use these Z codes for your patients with a BMI ≥40.0			
<b>Z68.41</b>	BMI 40.0-44.9	<b>Z68.42</b>	BMI 45.0-49.9
<b>Z68.43</b>	BMI 50.0-59.9	<b>Z68.44</b>	BMI 60.0-69.9
<b>Z68.45</b>	BMI 70.0 or greater		
ADDITIONAL OBESITY-RELATED Z CODES			
<b>Z13.89</b>	Screening for other disorder*	<b>Z71.3</b>	Dietary counseling and surveillance
<b>Z71.89</b>	Other specified counseling*	<b>Z72.4</b>	Inappropriate diet and eating habits

For patients aged 2-19 years, use pediatric Z code Z68.53 for BMI 85th percentile to <95th percentile for age and Z68.54 for ≥95th percentile for age.

\*Can be used for obesity screening and counseling for all patients.

### COMMON OBESITY-RELATED CPT/HCPCS-II CODES<sup>2</sup>

99401-99404 or 99411-99412	Counseling and/or risk factor reduction intervention (individual or group)
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Obesity screening and healthy diet counseling are covered under the Patient Protection and Affordable Care Act.<sup>3</sup>  
BMI, body mass index; CPT, current procedural terminology; HCPCS, Healthcare Common Procedure Coding System; ICD, International Classification of Diseases.

# APPROPRIATE CODING

## Can help better define and document treatment

- Confirm your patients' specific insurance rules to ensure you're accurately recording their status and the services you have provided
- Verify with insurance providers or your state's Medicare or Medicaid agency before beginning additional treatment
- Record additional comorbidities associated with obesity addressed at the visit as appropriate, such as hypertension, diabetes, or dyslipidemia
- Be sure to measure and record your patients' BMI at every visit. While the obesity code may remain the same, their BMI Z codes may have changed
- BMI Z codes should never be used for patients with obesity who are pregnant<sup>4</sup>

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Learn more about improving obesity management with proper coding and documentation practices at [www.rethinkobesity.com](http://www.rethinkobesity.com)

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**References:** **1.** Centers for Disease Control and Prevention. ICD-10-CM Tabular List of Diseases and Injuries. Accessed November 23, 2021. <https://www.cdc.gov/nchs/icd/icd10cm.htm>. **2.** American Medical Association. Private Payer Coding Guide. 2020;1-16. **3.** US Department of Health and Human Services. Watch Your Weight. Accessed November 23, 2021. <https://health.gov/myhealthfinder/topics/health-conditions/diabetes/watch-your-weight>. **4.** Centers for Disease Control and Prevention. ICD-10-CM Official Guidelines for Coding and Reporting FY 2021 (October 1, 2020 - September 30, 2021). Accessed November 23, 2021. <https://www.cdc.gov/nchs/data/icd/10cmguidelines-FY2021.pdf>.

# CODING EXAMPLES for Your Patients With Obesity<sup>1</sup>

Monica

BMI 31 kg/m<sup>2</sup>

**ICD-10 code for obesity-management appointment<sup>1</sup>**

E66.09 Other obesity due to excess calories

**Z code for BMI context<sup>1</sup>**

Z68.31 BMI 31.0-31.9

**CPT code for 15-minute counseling session<sup>2</sup>**

99401 1-on-1 dietary counseling

At a follow-up appointment, Monica's BMI dropped to 30.

Z code for new BMI of 30: Z68.30.<sup>1</sup>

**Include additional information when completing billing**

For this obesity-management appointment, use **CPT code 99213** (15-minute appointment of an established patient), along with **modifier 25**, **ICD-10 code E66.09**, and BMI **Z code Z68.31**.<sup>1,2</sup>

When billing for lifestyle therapy, use **CPT code 99401** (preventive counseling and/or risk factor reduction intervention provided to an individual) along with **modifier 33** (for preventive service), **Z code Z71.3** (for dietary counseling and surveillance), and BMI **Z code Z68.31**.<sup>1,2</sup>



Actor Portrayal.

BMI, body mass index; CPT, current procedural terminology; ICD, International Classification of Diseases.

This example is for illustrative purposes only. Novo Nordisk does not guarantee the accuracy of any billing or coding information contained in this resource, and does not recommend use of any specific codes for the treatment of an individual patient.

# CODING EXAMPLES for Your Patients With Obesity<sup>1</sup>

Tracy

BMI 34 kg/m<sup>2</sup>

## ICD-10 code for obesity-management appointment<sup>1</sup>

**E66.09** Other obesity due to excess calories

## Z code for BMI context<sup>1</sup>

**Z68.34** BMI 34.0-34.9

## CPT code for 30-minute counseling session<sup>2</sup>

**99402** Preventive medicine counseling and/or risk factor reduction intervention(s) provided to an individual

At a follow-up appointment, Tracy's BMI increased to 35.

Z code for new BMI of 35: **Z68.35**.<sup>1</sup>

## Include additional information when completing billing

For this obesity-management appointment, use **CPT code 99213** (15-minute appointment of an established patient), along with **modifier 25**, **ICD-10 code E66.09**, and BMI **Z code Z68.34**.<sup>1,2</sup>

When billing for lifestyle therapy, use **CPT code 99402** (preventive counseling and/or risk factor reduction intervention provided to an individual) along with **modifier 33** (for preventive service), **Z code Z71.3** (for dietary counseling and surveillance), **Z code Z71.82** (for the exercise counseling given), and BMI **Z code Z68.34**.<sup>1,2</sup>



Actor Portrayal.

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# CODING EXAMPLES for Your Patients With Obesity<sup>1</sup>

Carl

BMI 32 kg/m<sup>2</sup>

**ICD-10 code for obesity-management appointment<sup>1</sup>**

**E66.09** Other obesity due to excess calories

**Z code for BMI context<sup>1</sup>**

**Z68.32** BMI 32.0-32.9

**CPT code for 30-minute counseling session<sup>2</sup>**

**99402** Preventive medicine counseling and/or risk factor reduction intervention(s) provided to an individual

**At a follow-up appointment, Carl's BMI increased to 33.**

**Z code for new BMI of 33: Z68.33.<sup>1</sup>**

**Include additional information when completing billing**

For this obesity-management appointment, use **CPT code 99213** (15-minute appointment of an established patient), along with **modifier 25**, **ICD-10 code E66.09**, and BMI **Z code Z68.32**.<sup>1,2</sup>

When billing for lifestyle therapy, use **CPT code 99402** (preventive counseling and/or risk factor reduction intervention provided to an individual) along with **modifier 33** (for preventive service), **Z code Z71.3** (for dietary counseling and surveillance), **Z code Z71.82** (for the exercise counseling given), and BMI **Z code Z68.32**.<sup>1,2</sup>



BMI, body mass index; CPT, current procedural terminology; ICD, International Classification of Diseases.

Actor Portrayal.

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