

# Annual Well Care Visits & Weight Assessments/Counseling

Recognizing that routine well care visits (WCVs) are critical for all children, PFK has transitioned away from focusing specifically on 3-6 year olds and adolescents to now engaging all children regularly. According to the American Academy of Pediatrics, all children 3 years and older should have an annual well care visit.

## How can I help get kids in for recommended WCVs?

- Partners For Kids (PFK) has developed patient outreach lists to help your practice identify children overdue or near overdue for WCVs to contact for scheduling.
- The **Patient\_List\_WCV\_BMI** lists all patients 3 to 21 years old, the date of their last WCV, and date of their last office visit with you.
  - If the WCV occurs during this calendar year, then the patient is identified as compliant
- Summer is an ideal opportunity to reach school-age kids to make sure they have all their shots, get daycare/school and sports physical forms completed.
- PFK has Quality Outreach Coordinators who can support outreach efforts on your practice's behalf by sending letters or postcards directly to your patients.

## What should I be doing about weight management? Do I need to monitor BMI at every visit?

- **Children ages 3 and older should have their BMI assessed annually, but up to 40% are missed.** If this information is tracked only at well visits, then kids who do not come in for their annual check-up may be missed.
- Getting kids in for annual visits as above is part of the answer. But, we also recommend **recording height and weight at all visits** and including calculated BMI percentiles in charts.
- No matter the BMI, each child should have a BMI assessment coded annually. Here are the relevant diagnostic codes to document BMI assessment during the visit:

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### ICD-10 CM Diagnoses for BMI Assessment

**Z68.51:** BMI < 5<sup>th</sup> percentile for age

**Z68.53:** BMI between 85<sup>th</sup> and 95<sup>th</sup> percentile for age

**Z68.52:** BMI between 5<sup>th</sup> and 85<sup>th</sup> percentile for age

**Z68.54:** BMI ≥ 95<sup>th</sup> percentile for age

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## How can I ensure that I'm addressing weight management for all my patients?

- In the **Patient\_List\_WCV\_BMI**, we also have information about whether the child has had a BMI assessment coded at an office visit for this year.
- Using this list, you will be able to see:
  - If your patients who have had WCVs have also had BMI assessments done.
  - How many patients are coming in for other office visits, which could be opportunities to assess and discuss weight.
- The Center for Healthy Weight and Nutrition at Nationwide Children's offers free training and resources on how to offer weight-management visits in your office:  
<https://www.nationwidechildrens.org/specialties/center-for-healthy-weight-and-nutrition>

## Interested in learning more about how you can improve on these quality measures?

- Contact the PFK Quality Improvement team at [PFKQICoaching@nationwidechildrens.org](mailto:PFKQICoaching@nationwidechildrens.org).

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