NeueHealth™

Provider Documentation: Obesity
Documentation Tips & Best Practices

Did you know that documenting the severity of obesity is essential to complete and accurate coding?

Key elements to document:

- Severity
  - Overweight
  - Obese
  - Morbidly obese
- Contributing factors
  - Excessive calories
  - Drug-induced
- Symptoms/findings/manifestations
  - BMI
  - Alveolar hypoventilation
  - Associated comorbid conditions, such as hypertension, diabetes, COPD

BMI screening tool

BMI range	Weight classification
20.00 – 24.99	Normal range
25.00 – 29.99	Overweight
30.00 – 34.99	Obese
35.00 – 39.99 (no comorbidities)	Obese
35.00 – 39.99 (w/ comorbidities)	Morbidly obese
≥ 40.00	Morbidly obese

Documentation tip:

The provider must document the condition (i.e., morbidly obese). The BMI can be documented by medical support staff.

Utilize MEAT (Monitor, Evaluate, Assess, Treat) to specifically address patient conditions:

Monitor	Evaluate	Assess	Treat
Signs Symptoms Disease progression Disease regression	Test results Medication effectiveness Response to treatment Physical exam findings	Test ordered Counseling Record review Discussion	Medication Therapies Referral Other modalities
MEAT Examples: Obesity			
Morbid obesity due to excess calories – Patient states she eats more than 2,000 calories a day, eating only 3 meals but snacking a lot.	Morbid obesity with type 2 diabetes – Elevated A1C; encouraged patient to increase physical activity and limit dietary carbohydrates.	Obese – BMI 33.8. Discussed dietary changes and targeted weight goals.	Morbid obesity – Placed referral to gastroenterologist.