

Obesity Care Management Checklist

Do you cover:

Notes:

Screening and Prevention

- Screening all adults annually for obesity (document height, weight, waist circumference; calculate BMI)
- Screening Patients with obesity for comorbidities

Note: Provider to offer or refer eligible patients to intensive behavioral therapy for adults with obesity (BMI \geq 30kg/m²), waist circumference (WC) > 102 cm (> 40 in) for men / > 88 cm (> 35 in) for women, or BMI 25-29 with obesity related risk factors (see below).

Intensive Behavioral Therapy

- Follows USPSTF recommended intensive, multicomponent behavioral interventions for adults with obesity (BMI \geq 30kg/m²) that includes these required components:
 - Cognitive Behavioral therapy
 - Physical activity
 - Nutrition program or dietary intervention

Note: There should be low or no out-of-pocket costs to actively engaged patients, regardless of weight loss

This Checklist is adapted from the STOP Obesity Alliance Obesity Care Benefit Design.

<https://publichealth.gwu.edu/sites/default/files/Comprehensive%20Obesity%20Care%20v.%2011.2.19.pdf>

Pharmacotherapy Support ◀Click for Article

- Pharmacotherapy prescribed as an adjunct to behavioral interventions in appropriate patients (BMI > 27 with comorbidities or obesity (BMI > 30))
- FDA approved short and long-term Anti-Obesity Medications, that includes:
 - Short-term medications: diethylpropion HCl ER, phentermine HCl
 - Long-term medications: bupropion HCl/naltrexone HCl (Contrave), liraglutide (Saxenda), orlistat (Xenical), phentermine HCl/topiramate ER (Qsymia), semaglutide (Wegovy)

Note: member must continue in obesity treatment plan and meet weight loss targets for continued coverage.

Bariatric Surgery ◀Click for Action Brief

- Covers 1 primary procedure when BMI ≥ 40 (≥35 with weight related comorbidity; BMI > 30 with type 2 diabetes).
- Primary bariatric procedures include (but not limited to): Laparoscopic sleeve gastrectomy; Roux-en-Y gastric bypass; and Biliopancreatic diversion w/ DS.
 - Note: member should have a comprehensive pre/postoperative treatment plan established, and no medical contraindications to the procedure.
- Covers > 1 revisional procedure (eg, to correct complications)

Weight Maintenance

- On-going tracking and documentation of weight status, changes in weight status and body weight concerns.
- > 2 visits per year (1 with PCP; 1 with dietitian)

Note: offer re-initiation or intensification of obesity treatment plan when patient begins to regain weight; presents with a new or worsening obesity complication; or requests intensification of treatment (as medically appropriate)

Notes:

Gather this data to partner with your plan to establish a baseline, and check progress.

ICD codes can be used to identify health plan members with obesity

| ICD | |
|------------|---|
| E66 | Overweight and obesity |
| E66.0 | Obesity due to excess calories |
| E66.01 | Morbid (severe) obesity due to excess calo- |
| E66.09 | Other obesity due to excess calories |
| E66.1 | Drug-induced obesity |
| E66.2 | Morbid (severe) obesity with alveolar |
| E66.3 | Overweight |
| E66.8 | Other obesity |
| E66.9 | Obesity, unspecified |

Z codes can be used to identify BMI

| Classification | BMI | ICD-10 BMI Z codes |
|------------------------|-------------|--|
| Underweight | <18.5 | |
| Normal range | ≥18.5 and | |
| Overweight | ≥25 and <30 | Z68.25, Z68.26, Z68.27, Z68.28, Z68.29 |
| Obesity | ≥30 | |
| Class I obesi- ty | ≥30 and <35 | Z68.30, Z68.31, Z68.32, Z68.33, Z68.34 |
| Class II obesi- ty | ≥35 and <40 | Z68.35, Z68.36, Z68.37, Z68.38, Z68.39 |
| Class III obe- sity | ≥40 | Z68.41, Z68.42, Z68.43, Z68.44, Z68.45 |

The classifications shown are the most commonly employed for general populations. However, BMI classification for Asian populations differ due to differences in risks of comorbidities at different BMIs. (WHO Expert Consultation. Lancet. 2004;363(9403):157-63)

Common obesity-related comorbidities and their ICD codes

| | |
|--------------------------------|---------------------------------|
| G47.33 | Obstructive sleep apnea |
| J45 | Asthma |
| E11 | T2D |
| R73.03 | Prediabetes |
| E28.2 | PCOS |
| M17 | Osteoarthritis of the knee |
| L40 | Psoriasis |
| K21 | GERD |
| M79 | Musculoskeletal pain |
| N39 | Urinary incontinence |
| Cardiovascular Diseases | |
| E78 | Dyslipidemia |
| I10 | Hypertension |
| I50.3 | HFpEF (Diastolic Heart Failure) |