

Morbid Obesity

According to the CDC, patients are considered extreme or severe obese when they have a BMI of 40 or greater; ICD-10-CM uses the terms “overweight,” “obesity,” and “morbid obesity,” rather than obesity class 1, 2, or 3.

BMI of 35+ can be experiencing obesity-related health conditions, such as high blood pressure, high cholesterol, heart disease, stroke, osteoarthritis, respiratory problems, depression, and gallbladder disease.*

ICD-10-CM CODE	DESCRIPTION
E66.01	Morbid (severe) obesity due to excess calories
E66.2	Morbid (severe) obesity with alveolar hypoventilation
E66.09	Other obesity due to excess calories
E66.9	Obesity, unspecified
Z68.4X	Z68.30–Z68.39 BMI 30.0–39.9 Obesity, Body mass index (BMI) 40 or greater, adult Z68.41 Body mass index (BMI) 40.0–44.9, adult Z68.42 Body mass index (BMI) 45.0–49.9, adult Z68.43 Body mass index (BMI) 50–59.9, adult Z68.44 Body mass index (BMI) 60.0–69.9, adult Z68.45 Body mass index (BMI) 70 or greater, adult

Documentation Tips:

- If a patient’s weight is causing other health issues, document the health issues and link them to the weight issue. Use terms that clearly show the cause and effect relationship such as “due to”, “secondary to”, “in relation to”, “cause of” etc.
- Ensure that both the weight diagnosis and the patient’s BMI appear in the record and link to any weight-related comorbidities.
- In the physical exam, document with the highest specificity any current observations or findings (ex: Patient morbidly obese).
- Document a treatment plan for the patient’s morbid obesity.

NON-SPECIFIC DOCUMENTATION

Henry seen today for weight-loss counseling. The patient has a **BMI of 41** and **is obese**, with comorbidities.

Note:

Document the specificity of the obesity “morbid” and link any comorbidities relating to obesity.

SPECIFIC DOCUMENTATION

Henry seen today for weight-loss counseling. The patient has a **BMI of 41** and **is morbidly obese**, with **co-morbidities relating to obesity, which are DM type 2, HTN, and OSA**.

A/P:

1. **Morbid Obesity** We discussed lifestyle changes related to weight loss including exercise, diet. Goal is 10lbs weight loss over next 2 months.
2. **OSA:** continue current CPAP that has been stable for last 2 years.
3. **New onset DM type 2:** A1C of 8.8 on 7/1/18. Discussed appropriate lifestyle changes and long-term risks of CV disease, vision, kidney and nerve problems. Refer to dietician. Start Metformin as above.
4. **HTN, essential:** borderline controlled on lisinopril.

