

Weight assessment and counseling for nutrition and physical activity for children/adolescents (WCC) measure

For Health care providers

Body mass index percentile documentation for HEDIS compliance

Customers are encouraged to obtain recommended preventive care services, important health screenings, and to wisely use their health care benefits. In support of Healthcare Effectiveness Data and Information Set (HEDIS®*) results, Cigna Healthcare® promotes focused educational programs and equitable access to health care information. Through these programs, we can identify customers at risk for specific health problems and facilitate participation in decision-making to achieve better outcomes and close gaps in care.

WCC measure overview

- Applies to customers aged three through 17 with an outpatient visit to a primary care provider (PCP) or OB/GYN.
- Requires documentation of body mass index (BMI) percentile, nutrition counseling, and physical activity counseling.

Why BMI percentile matters

- More accurate than raw BMI for children and teens (accounts for age and sex).
- Help identify weight-related health risks (e.g., diabetes, hypertension).
- Tracking trends over time supports growth assessment and early intervention.

Tips and best practices for medical record documentation to close gaps in care and improve quality outcomes:

- Medical record documentation includes a specific BMI percentile (e.g., "85th percentile"), or a plotted BMI percentile on an age-growth chart
- Document height, weight, and BMI percentile at every encounter including well and sick visits.
- Ensure electronic health record (EHR) fields for BMI percentile are accessible and used.
- Patient-reported biometrics (e.g., height and weight) are acceptable; ensure BMI percentile is calculated and documented in the medical record.

*HEDIS® is a registered trademark of the National Committee for Quality Assurance (NCQA).

Note: BMI percentile ranges (e.g., "85th to 95th percentile") and BMI value only without percentile do not meet HEDIS requirements and will not support closing gaps in care.

ICD-10-CM codes accepted by HEDIS for Well-Child and Adolescent Visits (W30, WCC, and WCV)**

Z68.51	BMI pediatric, less than 5th percentile for age
Z68.52	BMI pediatric, 5th percentile to less than 85th percentile for age
Z68.53	BMI pediatric, 85th percentile to less than 95th percentile for age
Z68.54	BMI pediatric, greater than or equal to 95th percentile for age
Z02.5	Encounter for examination for participation in sport
Z71.82	Exercise counseling

Questions

For more information, please contact HEDISNational@CignaHealthcare.com.

**International Classification of Diseases, Tenth Revision, Clinical Modification

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