

# Clinical Interpretation of Body Mass Index (BMI) Values



BMI	Clinical Interpretation	ICD-10-CM Code
< 18.5	Underweight†	R63.6
18.5 - 24.9	Normal	None
25.0 - 29.9	Overweight	E66.3
30.0 - 39.9	Obesity††	E66.9
> 40.0	Morbid (Severe) Obesity*	E66.01

## Morbid or Severe Obesity\*

†† Morbid or severe obesity should be documented in patients with a BMI value of  $\geq 35$  with one or more obesity-related comorbid conditions (from the NIH NHLBI Obesity Education Initiative) including:

- Type 2 Diabetes Mellitus
- Hypertension
- Hyperlipidemia
- Atherosclerotic Heart Disease/Coronary Artery Disease
- Obstructive Sleep Apnea
- Gastroesophageal Reflux
- Peripheral Vascular (Arterial) Disease
- Lower Extremity Degenerative Joint Disease

\*Risk-adjusting diagnosis

ICD-10-CM diagnosis codes are ICD-10-CM Official Guidelines for Coding and Reporting are subject to change. It's the responsibility of the provider to ensure that current ICD-10-CM diagnosis codes and the current ICD-10-CM Official Coding Guidelines for Coding and Reporting are reviewed prior to the submission of claims.

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The management for morbid or severe obesity should be documented, including counseling about weight loss, diet, exercise and referral to a dietician or bariatric surgeon.

## Malnutrition\* and Cachexia\*

+ A low BMI ( $< 18$ ) due to unintentional weight loss may be an indication of malnutrition. Documentation of malnutrition should include management plan, such as prescribing dietary supplements or referral for nutritional assessment. Cachexia is a severe form of malnutrition that is characterized by extreme weight loss and muscle wasting. It is usually associated with malignancies or terminal illness.

