

# Weight Assessment and Counseling for Nutrition and Physical Activity for Children/Adolescents (WCC)

Learn how to improve your HEDIS<sup>1</sup> rates. This tip sheet gives key details about the WCC measure, eligibility, exclusions, documentation, best practices and codes



<b>Measure</b>	<p>The percentage of members ages 3–17 who had an outpatient visit with a primary care physician (PCP) or OB/GYN, and who had evidence of the following three indicators in the measurement year<sup>2</sup> :</p> <ul style="list-style-type: none"><li>• Body mass index (BMI) percentile documentation.</li><li>• Counseling for nutrition.</li><li>• Counseling for physical activity.</li></ul>
<b>Eligible Population</b>	<p>Members ages 3-17 as of December 31 of the measurement year. Report two age stratifications and a total for each of the three indicators:</p> <ul style="list-style-type: none"><li>• Ages 3-11</li><li>• Ages 12-17</li><li>• Total</li></ul>
<b>Exclusions</b>	<p>Exclude members who meet one or more of the following criteria:</p> <ul style="list-style-type: none"><li>• Members diagnosed with pregnancy anytime during the measurement year. Do not include laboratory claims (with place of service code 81)</li><li>• Members in hospice services or who elect to use a hospice benefit any time during the measurement year.</li><li>• Members who die any time during the measurement year.</li></ul>

<sup>1</sup>HEDIS: Healthcare Effectiveness Data and Information Set. For more information about HEDIS and Performance Measurement visit the NCQA website. <https://www.ncqa.org/hedis/>

<sup>2</sup>NCQA. HEDIS MY 2025 and 2026 Technical Specifications for Health Plans, Volume 2, Washington, D.C., 2025.

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## Medical Record Documentation

The patient's medical record should include:

- **BMI percentile**

Notes showing the height, weight and BMI percentile were recorded during the measurement year and must be from the same data source. The following meets criteria for BMI percentile:

- BMI percentile documented as a value (e.g., 85th percentile).
- BMI percentile outlined on an age-growth chart.

Ranges and thresholds do not meet criteria for this indicator. A distinct BMI percentile is required for numerator compliance. Documentation of > 99% or < 1% meets criteria because a distinct BMI percentile is evident (i.e., 100% or 0%).

- **Counseling for nutrition**

Documentation of counseling for nutrition or referral for nutrition education during the measurement year must include a note indicating the date and at least one of the following:

- Discussions of current nutritional behaviors (e.g., eating habits, dieting behaviors).
- Checklist showing nutrition was addressed.
- Counseling or referral for nutrition education.
- Member received educational materials on nutrition during a face-to-face visit.
- Anticipatory guidance for nutrition.
- Weight or obesity counseling.

- **Counseling for physical activity**

Documentation of counseling for physical activity or referral for physical activity during the measurement year must include a note indicating the date and at least one of the following:

- Discussions of current physical activity behaviors (e.g., exercise routine, participation in sports activities, exam for sports participation).
- Checklist to indicate physical activity was addressed.
- Counseling or referral for physical activity.
- Member received educational materials on physical activity during a face-to-face visit.
- Anticipatory guidance specific to the child's physical activity.
- Weight or obesity counseling.

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## Best Practices

- Assessing physical, emotional and social development is important at every stage of life, especially with children and adolescents. Child and Adolescent Well-Care Visits (WCV) provide an opportunity for providers to influence health and development.
- Use correct coding when billing for services rendered.
- Contact parents of patients to schedule their visits at least once a year.
- Use telehealth services to complete the physical activity and nutrition counseling components.
- When counseling for nutrition, discuss proper food intake, healthy eating habits, eating disorders, and issues, such as body image.
- When counseling for physical activity, discuss organized sports or after school programs and record activity, such as "ride bike for 30 minutes a day."
- Reach out to members or schedule appointments during times that best fit the parents and their children. Take advantage of school breaks and holidays (e.g., summer break, winter break, etc.) and offer extended or weekend hours.

(continued)

## CPT Codes

Use appropriate CPT, ICD-10 or HCPCS codes when billing for WCC.

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Service	CPT Code	ICD-10	HCPCS Code	LOINC Code
BMI Percentile		Z68.51 - Z68.54		59574-4, 59575-1, 59576-9
Encounter for Physical Activity Counseling - Exam for sports participation		Z02.5		
Encounter for Physical Activity Counseling – Exercising counseling		Z71.82		
Nutrition Counseling	97802 - 97804		G0270, G0271, G0447, S9449, S9452, S9470	
Outpatient	99202 – 99205, 99211 – 99215, 99242 – 99245, 99341 – 99350, 99381 – 99387, 99391 – 99397, 99401 – 99404, 99411, 99412, 99429, 99455, 99456, 99483			
Physical Activity Counseling			G0447, S9451	