

Introduction to Weight Assessment and Counseling (WCC)

The Weight Assessment and Counseling for Nutrition and Physical Activity measure reinforces healthy lifestyle behaviors and allows for the early identification and prevention of childhood obesity and related chronic conditions. These assessments, when performed consistently and thoroughly, contribute to enhanced health outcomes.



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

Measure Description:

Members 3-17 years of age should receive an annual screening for the following:

- BMI Percentile*.
- Counseling for Nutrition.
- Counseling for Physical Activity.
- Because BMI norms for youth vary with age and gender, this measure evaluates whether BMI percentile is assessed rather than an absolute BMI value.

Exclusions:

- Members in hospice
- Members who have a diagnosis of pregnancy

Nutrition Counseling Codes

CPT Codes: 97802, 97803

HCPCS Codes: S9470

Ways Providers Can Improve Quality Outcomes for Members:

- Use EMR templates: Implement standardized templates with checkboxes to easily capture counseling for nutrition and physical activity.
- Maximize visit opportunities: Incorporate counseling elements into all visit types, not just preventive exams.
- Thorough documentation: Clearly indicate that BMI percentile, nutrition counseling, and physical activity counseling occurred.
- Leverage support staff: Train MAs or nurses to document and initiate discussions on nutrition and physical activity.
- Coordinate with care teams: Ensure communication between behavioral health, primary care, and specialty teams to reinforce health promotion goals.

Reference::

NCQA, (2025). HEDIS® Technical Specifications for Health Plans: MY 2025 Volume 2. National Committee for Quality Assurance.

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