



Dear Provider:

The Adult BMI Assessment measures the percentage of members 18-74 years of age who had an outpatient visit and who had their body mass index (BMI) documented during the measurement year or the year prior to the measurement year. Better Health will be measuring Adult BMI Assessment as part of its HEDIS reporting.

In light of the alarming rate of obesity among Americans, and the related increased risks of developing many diseases and health conditions from being overweight, it is important that as part of every health assessment, the patient's BMI be calculated and the patient advised if the BMI indicates he or she is overweight. This is a simple calculation based on the patient's height and weight and there are simple tools that can be used for the calculation.

Attached please find a BMI calculation grid. We suggest you tape the grid to your scales so that whenever a patient is weighed and measured, the nurse or office staff member can look up the patient's BMI and record it in the medical record along with the height and weight measurements. You should advise the patient if the BMI is out of normal range and encourage a weight loss program. Refer to the table below for various ranges for BMI.

Table 1: Ranges for BMI

Underweight	Below 18.5
Normal	18.5 – 24.9
Overweight	25.0 – 29.9

Sincerely,

Quality Management Department