Billing and Coding Guide

For Successful Reimbursement for Intensive Health Behavior and Lifestyle Treatment (IHBLT)

Pennington Biomedical Greaux Healthy

Accurate coding can ensure that you are being reimbursed the maximum payable amount in a timely manner. Billing code coverage varies by state, payer, and individual plan details.

ICD-10 Codes for Obesity Management *Used by all providers to indicate the most appropriate obesity diagnosis for a patient.*	
*E66.0	Obesity due to excess calories
*E66.01	Morbid obesity due to excess calories
*E66.09	Other obesity due to excess calories
E66.1	Drug-induced obesity
E66.2	Morbid obesity with alveolar hypoventilation
*E66.3	Overweight
E66.8	Other obesity
E66.81	Obesity, endogenous by class
E66.811	Obesity, Class I
E66.812	Obesity, Class II
E66.813	Obesity, Class III
E88.82	Obesity related to MC4R pathway disorder
*E66.9	Obesity, unspecified

*Least specific and/or less preferred

Z-Codes for Comprehensive Patient Health Profile *Secondary codes used by all providers as a supporting diagnosis to an ICD-10 code. They provide more information regarding a patient's health status or encounter.*	
Z-Codes for Body Mass Index (BMI) for Adults (ages 20+)	
Z68.3	BMI between 30 and 39.9
Z68.41	BMI 40.0-44.9
Z68.42	BMI 45.0-49.9
Z68.43	BMI 50.0-59.9
Z68.44	BMI 60.0-69.9
Z68.45	BMI ≥ 70
Z-Codes for Body Mass Index (BMI) for Children and Adolescents (ages 2-19)	
Z68.53	BMI 85th percentile to < 95th percentile for age
Z68.54	BMI ≥ 95th percentile for age to <120% of the 95th percentile for age (Class I)
Z68.55	BMI ≥ 120% of the 95th percentile for age to <140% of the 95th percentile for age (Class II)
Z68.56	BMI ≥ 140% of the 95th percentile for age (Class III)

Powered by Pennington Biomedical Research Center in partnership with the State of Louisiana.
©2026 The Board of Supervisors of Louisiana State University and Agricultural and Mechanical College. All rights reserved.

Updated January 2026

Billing and Coding Guide

For Successful Reimbursement for Intensive Health Behavior and Lifestyle Treatment (IHBLT)

Pennington Biomedical Greaux Healthy

CPT Codes for Management and Decision-Making (MDM) & Time-Based Billing *Used by providers (MD, DO, PA, and NP) for check-in visits at the beginning, throughout, and following an IHBLT program.*		
Low MDM		
99203	New Level 3	30-44 minutes
99213	Established Level 3	20-29 minutes
Moderate MDM		
99204	New Level 4	45-59 minutes
99214	Established Level 4	30-39 minutes
High MDM		
99205	New Level 5	60-74 minutes
99215	Established Level 5	40-54 minutes

Z-Codes for Obesity Screening and/or Counseling Codes	
Z71.3	Dietary counseling and surveillance
Z71.89	Other specific counseling

Physician Preventive Counseling Codes *These CPT codes are optional if billing by MDM. They are used as an additional E/M code for specific time spent counseling during an obesity problem visit. Use with Z-codes for Obesity Screening and/or Counseling codes (listed to the left).*	
99401	8-15 minutes
99402	16-30 minutes
99403	31-45 minutes
99404	46-60 minutes

Example statement when billing a PPCC:
*"Patient was counseled on [diet and nutrition **OR** physical activity] including a discussion of current behaviors with appropriate educational material given. Patient [was/was not] referred for further education to [dietitian **OR** psychologist **OR** physical therapist]."*



Powered by Pennington Biomedical Research Center in partnership with the State of Louisiana.
©2026 The Board of Supervisors of Louisiana State University and Agricultural and Mechanical College. All rights reserved.

Updated January 2026

Billing and Coding Guide

For Successful Reimbursement for Intensive Health Behavior and Lifestyle Treatment (IHBLT)

Pennington Biomedical Greaux Healthy

CPT Codes for Preventive Medicine Visits ("Well" Visits) *Used by providers (MD, DO, PA, and NP) for E/M services when the primary purpose of the visit is preventive care, even if issues are identified or addressed.*	
Child (ages 5-11)	
99383	Initial comprehensive evaluation, new patient
99393	Periodic comprehensive reevaluation, established patient
Adolescent (ages 12-17)	
99384	Initial comprehensive evaluation, new patient
99394	Periodic comprehensive reevaluation, established patient

CPT Codes for Registered Dietitians (RDs)		
97802	15 minutes	Initial assessment, face-to-face
97803	15 minutes	Subsequent visit or reassessment, face-to-face

CPT Codes Billable by Non-Physician Providers	
S9449	Weight management classes, per session
S9452	Nutrition class, per session
S9470	Nutrition counseling, dietitian visit

CPT Codes for Behavioral Health Professionals (BHPs)		
90847	>26 minutes	Family psychotherapy with patient present
96156		Health Behavior Assessment
96167	30 minutes	Health Behavior Intervention, family
+96168	15 minutes	Health Behavior Intervention, family *(each additional 15 minutes)*

CPT Code for Community Health Workers (CHWs) *Education and training for patient self-management using a standardized, evidence-based curriculum. Can also be billed by providers (RDN, CDCES, RN, LPN, and licensed health educators).*		
***Note**: To be a qualified CHW, he/she must complete a state-recognized training curricula and have a minimum of 3,000 hours of documented work experience as a CHW.*		
98960	30 minutes	Face-to-face with patient + caregiver and/or family

Powered by Pennington Biomedical Research Center in partnership with the State of Louisiana.
©2026 The Board of Supervisors of Louisiana State University and Agricultural and Mechanical College. All rights reserved.

Updated January 2026

Billing and Coding Guide

For Successful Reimbursement for Intensive Health Behavior and Lifestyle Treatment (IHBLT)

Pennington Biomedical Greaux Healthy

HCPCS Codes for Auxiliary Staff *These codes can be used under the direction of a physician or provider but can be delivered by auxiliary staff if unmet SDOH needs are addressed.*		
G0019	60 minutes	Community Health Integration (CIN) Services, per calendar month
+G0022	30 minutes	Community Health Integration (CIN) Services, per calendar month (*each additional 30 minutes*)
G0023	60 minutes	Principal Illness Navigation (PIN) Services, per calendar month
+G0024	30 minutes	Principal Illness Navigation (PIN) Services, per calendar month (*each additional 30 minutes*)

Miscellaneous Codes	
96127	Brief emotional/behavioral assessment, per standardized instrument (e.g. PHQ9, GAD7)
96160	Administration of patient-focused health risk assessment instrument, per standardized instrument (e.g. Mini Nutritional Assessment – Short Form)
G0136	Administration of a standardized, evidence-based SDoH risk assessment tool, 5-15 minutes, not more often than every 6 months

Coding Tips & Tricks

- Measure weight and update patient's BMI at every visit. Update Z-code as needed to reflect changes.
- Use BMI Z-codes for non-pregnant patients with obesity.
- Record obesity-related co-morbidities addressed at the visit.
- **Use Modifier -25** to report a significant, separately identifiable evaluation and management service performed on the same day as another procedure or service.
- **Use Modifier -33** to indicate that a service qualifies as an ACA-mandated preventive service, allowing cost-sharing to be waived by commercial payers, when the service is not otherwise identified as preventive by the CPT code itself.
  - ACA-mandated preventive services include evidence-based services with **USPSTF Grade A or B recommendations**, as well as applicable **HRSA and ACIP** recommendations.

Powered by Pennington Biomedical Research Center in partnership with the State of Louisiana.
©2026 The Board of Supervisors of Louisiana State University and Agricultural and Mechanical College. All rights reserved.

Updated January 2026

Coding Example #1

Pennington Biomedical Greaux Healthy

1 At her new patient annual well-visit, the provider plots her height and weight on the CDC growth chart. Based on her BMI percentile, the provider tells her and her mom about the clinic's IHBLT program, and they are interested in participating. Before sending the referral, the provider completes the PHQ9 and GAD7 screenings to ensure they are able to participate. Her BMI is 130% of the 95th BMI percentile.

99383	Initial comprehensive evaluation of a child age 5-11
E66.812	Obesity, Class 2DD
Z68.55	BMI 120% of the 95th percentile for age to <140% of the 95th percentile for age (Class II)
96127	Adolescent behavioral health screen (e.g. PHQ9, GAD7)

2 Hannah and her mom attend the first visit with the dietitian. The dietitian measures Hannah's weight and plots it on the weight graph before getting started. They go through lesson 1. The session takes 58 minutes total.

97802	15 minutes x 4	Initial assessment, face-to-face
E66.812		Obesity, Class 2
Z68.55		BMI 120% of the 95th percentile for age to <140% of the 95th percentile for age (Class II)

The dietitian will use the CPT code 97803 and same ICD-10-codes for subsequent visits until Hannah's height is remeasured.



Powered by Pennington Biomedical Research Center in partnership with the State of Louisiana.
©2026 The Board of Supervisors of Louisiana State University and Agricultural and Mechanical College. All rights reserved.

Updated January 2026

Coding Example #1 (continued)

Pennington Biomedical Greaux Healthy

3 After session 12, Hannah has a visit with her medical provider. She has grown one inch! The added height and weight loss has decreased her BMI percentile. The child and parent talk to the provider about the lifestyle changes they have made during the clinic's IHBLT program.

99213	20-29 minutes	Low MDM for an established patient
99402	16-30 minutes	Physician Preventive Counseling (if billing by MDM only)
E66.811		Obesity, Class 1
Z68.54		BMI ≥ 95th percentile for age to <120% of the 95th percentile for age (Class I)
Z71.3		Dietary counseling and surveillance

4 Hannah and her mom attend several more sessions with the dietitian. The dietitian measures Hannah's weight each time before starting the lesson. Each session takes between 56-60 minutes.

97803	15 minutes x 4	Follow up visit, face-to-face
E66.811		Obesity, Class 1
Z68.54		BMI ≥ 95th percentile for age to <120% of the 95th percentile for age (Class I)

5 Before her final session, Hannah has a visit with her medical provider. Her height is unchanged, but she has lost additional weight. They talk about the lifestyle changes she and her family have made during the clinic's IHBLT program and their plan to maintain their success.

99213	20-29 minutes	Low MDM for an established patient
99402	16-30 minutes	Physician Preventive Counseling (if billing by MDM only)
E66.811		Obesity, Class 1
Z68.54		BMI ≥ 95th percentile for age to <120% of the 95th percentile for age (Class I)
Z71.3		Dietary counseling and surveillance



Powered by Pennington Biomedical Research Center in partnership with the State of Louisiana.
©2026 The Board of Supervisors of Louisiana State University and Agricultural and Mechanical College. All rights reserved.

Coding Example #2

Pennington Biomedical Greaux Healthy

1 Jack comes in with his dad for a follow up after his last well visit where the provider discussed his weight after calculating his BMI percentile. His BMI is 110% of the 95th percentile. They tell the provider about Jack's progress but expressed needing more help so the provider tells them about the clinic's IHBLT program, and they are interested in participating. The provider spends 20 minutes with the patient on the date of the service.

99213	20-29 minutes	Low MDM for an established patient
99401	8-15 minutes	Physician Preventive Counseling (if billing by MDM only)

E66.811	Obesity, Class 1
Z68.54	BMI ≥ 95th percentile for age to <120% of the 95th percentile for age (Class I)

2 Jack, his mom, and his dad meet with the Community Health Worker (CHW) for sessions 1-12. She plots his weight each time, and spends 60 minutes with him and his mom each session.

98960	30 minutes x 2	Education on healthy eating, physical activity, and lifestyle strategies using IHBLT materials

3 Jack attends a follow-up visit with the medical provider for a progress check. He and his family are making healthier choices, but he has not lost enough weight to change his BMI percentile. Height remains the same. Jack mentions feeling sad that he hasn't lost more weight but remains motivated to keep trying.

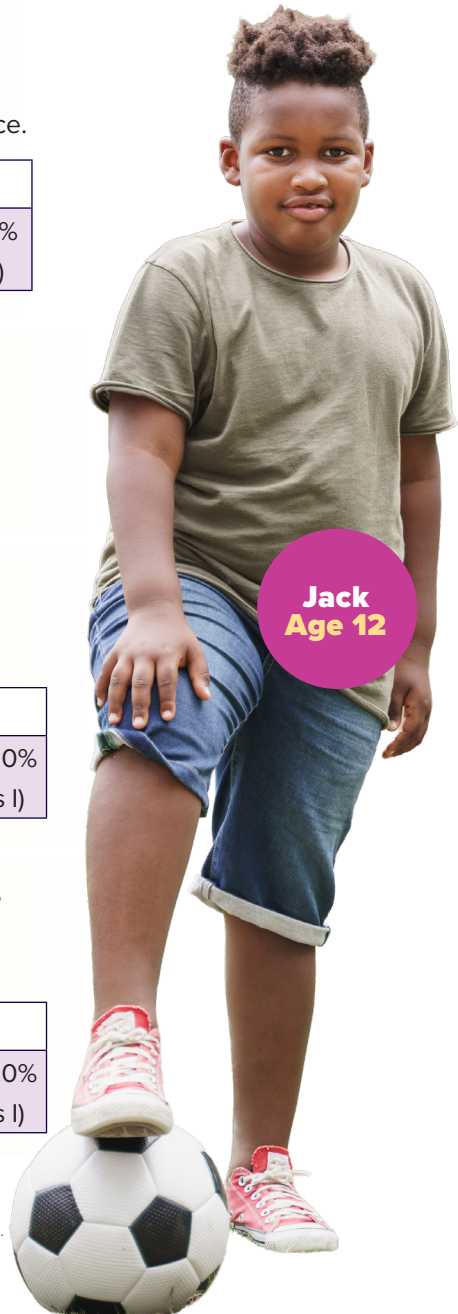
99213	20-29 minutes	Low MDM for an established patient
99401	8-15 minutes	Physician Preventive Counseling (if billing by MDM only)

E66.811	Obesity, Class 1
Z68.54	BMI ≥ 95th percentile for age to <120% of the 95th percentile for age (Class I)

4 Jack and his mom meet with the CHW for several more sessions. She plots his weight each time and notices he is starting to lose weight more quickly. At visit 19, he mentions skipping meals sometimes so she follows clinic protocol and schedules a follow up visit with the medical provider. She spends 60 minutes with him and mom.

98960	30 minutes x 2	Education on healthy eating, physical activity, and lifestyle strategies

E66.811	Obesity, Class 1
Z68.54	BMI ≥ 95th percentile for age to <120% of the 95th percentile for age (Class I)



Powered by Pennington Biomedical Research Center in partnership with the State of Louisiana.
©2026 The Board of Supervisors of Louisiana State University and Agricultural and Mechanical College. All rights reserved.

Updated January 2026

Coding Example #2 (continued)

Pennington Biomedical Greaux Healthy

5 The medical provider meets with Jack, measures his height and weight, and administers the Child Eating Disorder Examination, CHEDE-8. Jack's height is the same, but he's lost about 5% of his weight. His BMI is now lower but still >95th percentile. His score on the CHEDE-8 does not cause concern, so the medical provider addresses the importance of eating balanced meals throughout the day. The medical provider spoke with the community health worker after the appointment about his findings.

99214	30-39 minutes	Moderate MDM for an established patient
99402	16-30 minutes	Physician Preventive Counseling
96127		Adolescent behavioral health screen (e.g. CHEDE-8)
E66.811		Obesity, Class 1
Z68.54		BMI ≥ 95th percentile for age to <120% of the 95th percentile for age (Class I)
Z71.3		Dietary counseling and surveillance

6 Jack and his mom meet with the CHW for the remaining sessions. At his last session, his final weight moves him to 90th BMI percentile. The CHW praises Jack and his family for the healthy changes they have made throughout the clinic's IHBLT program. She schedules a follow-up visit with the provider in 3 months to continue monitoring his progress.

98960	30 minutes x 2	Education on healthy eating, physical activity, and lifestyle strategies using IHBLT materials

7 Z-code updated at final visit due to change in BMI percentile.

E66.3	Overweight
Z68.53	BMI 85th percentile to < 95th percentile for age



Powered by Pennington Biomedical Research Center in partnership with the State of Louisiana.
©2026 The Board of Supervisors of Louisiana State University and Agricultural and Mechanical College. All rights reserved.