Quality ID #128: Preventive Care and Screening: Body Mass Index (BMI) Screening and Follow-Up Plan

2024 COLLECTION TYPE: MEDICARE PART B CLAIMS – MIPS VALUE PATHWAYS (MVP) REPORTING ONLY

MEASURE TYPE:

Process

DESCRIPTION:

Percentage of patients aged 18 years and older with a BMI documented during the current encounter or within the previous twelve months AND who had a follow-up plan documented if the most recent BMI was outside of normal parameters.

INSTRUCTIONS:

There is no diagnosis associated with this measure. This measure is to be submitted a minimum of <u>once per</u> <u>performance period</u> for patients seen during the performance period. This measure may be submitted by Meritbased Incentive Payment System (MIPS) eligible clinicians who perform the quality actions described in the measure based on the services provided at the time of the qualifying encounter and the measure-specific denominator coding. The BMI may be documented in the medical record of the provider or in outside medical records obtained by the provider. If the most recent documented BMI is outside of normal parameters, then a follow-up plan is documented during the encounter or during the previous twelve months of the current encounter. The documented follow-up plan must be based on the most recent documented BMI outside of normal parameters, example: "Patient referred to nutrition counseling for BMI above or below normal parameters" (See Definitions for examples of follow-up plan treatments). If more than one BMI is submitted during the measurement period, the most recent will be used to determine if performance has been met. Review the exclusions and exceptions criteria to determine those patients that BMI measurement may not be appropriate or necessary.

NOTE: This measure specification is only available for MIPS Value Pathways (MVP) reporting and is not available for traditional MIPS reporting.

Measure Submission Type:

Measure data may be submitted by individual MIPS eligible clinicians using Medicare Part B claims. The listed denominator criteria are used to identify the intended patient population. The numerator quality data codes included in this specification are used to submit the quality actions allowed by the measure on the claim form(s). All measure-specific coding should be submitted on the claim(s) representing the denominator eligible encounter and selected numerator option.

DENOMINATOR:

All patients aged 18 and older on the date of the encounter with at least one qualifying encounter during the measurement period

DENOMINATOR NOTE: *Signifies that this CPT Category I code is a non-covered service under the Physician Fee Schedule (PFS). These non-covered services will not be counted in the denominator population for Medicare Part B claims measures.

Denominator Criteria (Eligible Cases):

Patients aged \geq 18 years on date of encounter

<u>AND</u>

Patient encounter during the performance period (CPT or HCPCS): 90791, 90792, 90832, 90834, 90837, 96156, 96158, 97161, 97162, 97163, 97165, 97166, 97167, 97802, 97803, 99202, 99203, 99204, 99205, 99212, 99213, 99214, 99215, 99236, 99304, 99305, 99306, 99307, 99308, 99309, 99310, 99315, 99316, 99341, 99342, 99344, 99345, 99347, 99348, 99349, 99350, 99385*, 99386*, 99387*, 99395*, 99396*, 99397*, 99401*, 99402*, 99424, 99491, D7111, D7140, D7210, D7220, D7230, D7240, D7241, D7250, D7251, G0101, G0108, G0270, G0271, G0402, G0438, G0439, G0447, G0473

<u>WITHOUT</u>

Telehealth Modifier (including but not limited to): GQ, GT, 95, FQ, 93, POS 02, POS 10 WITHOUT

Place of Service (POS): 12

NUMERATOR:

Patients with a documented BMI during the encounter or during the previous twelve months AND when the BMI is outside of normal parameters, a follow-up plan is documented during the encounter or during the previous twelve months of the encounter

Definitions:

Normal BMI Parameters – Age 18 years and older BMI \ge 18.5 and < 25 kg/m2 BMI – Body mass index (BMI), is a number calculated using the Quetelet index: weight divided by height

squared (W/H2) and is commonly used to classify weight categories. "BMI" can be calculated using:

Metric Units: BMI = Weight (kg) / (Height (m) x Height (m))

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English Units: BMI = Weight (lbs) / (Height (in) x Height (in)) x 703

Follow-Up Plan – Proposed outline of treatment to be conducted as a result of a BMI outside of normal parameters. A "follow-up plan" may include, but is not limited to:

- Documentation of education
- Referral (for example a Registered Dietitian Nutritionist (RDN), occupational therapist, physical therapist, primary care provider, exercise physiologist, mental health professional, or surgeon), for lifestyle/behavioral therapy
- Pharmacological interventions
- Dietary supplements
- Exercise counseling
- Nutrition counseling

Not Eligible for BMI Screening or Follow-Up Plan (Denominator Exclusions) - A patient is

not eligible if one or more of the following reasons are documented:

- Patients receiving palliative or hospice care on the date of the current encounter or any time prior to the current encounter
- Patients who are pregnant on the date of the current encounter or any time during the measurement period prior to the current encounter

Patients with a Documented Reason for Not Screening BMI (Denominator Exception) -

Patient Reason:

Patients who refuse measurement of height and/or weight on the date of the current encounter or any time during the measurement period prior to the current encounter

OR

Medical Reason:

 Patients with a documented medical reason for not documenting BMI such as patients in an urgent or emergent medical situation where time is of the essence and to delay treatment would jeopardize the patient's health status.

Patients with a Documented Reason for Not Documenting a Follow-up Plan for BMI Outside Normal Parameters (Denominator Exception) –

Medical Reason(s):

 Patients (e.g., elderly patients 65 years of age or older) for whom weight reduction/weight gain would complicate other underlying health conditions such as illness or physical disability, mental illness, dementia, confusion, or nutritional deficiency such as vitamin/mineral deficiency; patients in an urgent or emergent medical situation where time is of the essence and to delay treatment would jeopardize the patient's health status

Numerator Instructions:

- Height and Weight An eligible clinician or their staff is required to measure both height and weight. Both height and weight must be measured within twelve months of the current encounter. Self-reported values cannot be used.
 - The BMI may be documented in the medical record of the provider or in outside medical records obtained by the provider.
 - If more than one BMI is reported during the measurement period, the most recent BMI will be used to determine if the performance has been met.
- Follow-Up Plan If the most recent documented BMI is outside of normal parameters, then a
 follow-up plan is documented during the encounter or during the previous twelve months of the
 current encounter. The documented follow-up plan must be based on the most recent documented
 BMI, outside of normal parameters, example: "Patient referred to nutrition counseling for BMI above
 or below normal parameters". (See Definitions for examples of follow-up plan treatments).

• Performance Met for G8417 & G8418 -

- If the provider documents a BMI and a follow-up plan for a BMI outside normal parameters at the current encounter
- If the patient has a documented BMI within the previous twelve months of the current encounter, the provider documents a follow-up plan for a BMI outside normal parameters at the current encounter OR
- If the patient has a documented BMI within the previous twelve months of the current encounter <u>AND</u> the patient has a documented follow-up plan for a BMI outside normal parameters within the previous twelve months of the current encounter

Numerator Quality Data Coding Options:

BMI Screening or Follow-Up Plan not Documented, Patient not Eligible

Denominator Exclusion: G9996:	Documentation stating the patient has received or is currently receiving palliative or hospice care
<u>OR</u>	
Denominator Exclusion: G9997:	Documentation of patient pregnancy anytime during the measurement period prior to and including the current encounter

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BMI Documented as Normal, No Follow-Up Plan Required

Performance Met: G8420:

BMI is documented within normal parameters and no follow-up plan is required

<u>OR</u>	
BMI Documented as Above Normal Parameters	, AND Follow-Up Documented
Performance Met: G8417:	BMI is documented above normal parameters and
	a follow-up plan is documented
OR	
BMI Documented as Below Normal Parameters	, AND Follow-Up Documented
Performance Met: G8418:	BMI is documented below normal parameters and
	a follow-up plan is documented
BMI not Documented due to Medical Reason or Patient Refusal	
Denominator Exception: G2181:	BMI not documented due to medical reason OR patient
	refusal of height or weight measurement
OR	
BMI Documented Outside of Normal Parameter	s. Follow-Up Plan not Completed for Documented
Reason	-, · · · · · · · · · · · · · · · · · · ·
Denominator Exception: G9716:	BMI is documented as being outside of normal
	parameters follow-up plan is not completed for
	documented medical reason
BMI not Documented, Reason not Given	
Performance Not Met: G8421:	BMI not documented and no reason is given
OR	
BMI Documented Outside of Normal Parameter	s Follow-Un Plan not Documented Reason not Given
Performance Not Mat: G8/19:	RMI documented outside normal parameters
	no follow-up plan documented no reason given
	no ionow-up plan documented, no reason given

RATIONALE:

OR

OR

BMI Above Normal Parameters

"Obesity is a chronic, multifactorial disease with complex psychological, environmental (social and cultural), genetic, physiologic, metabolic and behavioral causes and consequences. The prevalence of overweight and obese people is increasing worldwide at an alarming rate in both developing and developed countries. Environmental and behavioral changes brought about by economic development, modernization and urbanization have been linked to the rise in global obesity. The health consequences are becoming apparent (1)."

More than a third of U.S. adults have a body mass index [BMI] \geq 30 kg/m2 and are at increased risk for diabetes, cardiovascular disease (CVD), and obstructive sleep apnea (2;3;4). Hales reported that the prevalence of obesity among adults and youth in the United States was 39.8 percent and 18.5 percent respectively, from 2015–2016. Furthermore, the prevalence of obesity in adults increased to 42.4 percent in 2018, with the highest percentage among adults in the 40–59 age bracket compared with other age groups (5). Hales also disaggregated the data according to race/ethnicity and noted that obesity prevalence was higher among non-Hispanic Black adults and Hispanic Asian men and women. Among men, obesity prevalence was higher among Hispanic men, compared with non-Hispanic Black men and non-Hispanic White men. Obesity prevalence was higher among Hispanic Black women was 56.9 percent, which was higher than all other race/ethnicities. In general, the prevalence of obesity in the U.S. remains higher than the Healthy People 2020 goal of 30.5 percent among adults (6).

BMI continues to be a common and reasonably reliable measurement to identify overweight and obese adults who may be at an increased risk for future morbidity. Although good quality evidence supports obtaining a BMI, it is important to recognize it is not a perfect measurement. For example, BMI and its associated disease and mortality risk appear to vary among ethnic subgroups. Black/African Americans appear to have the lowest

MIPS Value Pathways (MVP) Reporting Only CPT only copyright 2023 American Medical Association. All rights reserved. Page 4 of 14 mortality risk at a BMI of 26.2-28.5 kg/m2 in Black women and 27.1-30.2 kg/m2 in Black men. In contrast, Asian populations may experience lowest mortality rates starting at a BMI of 23 to 24 kg/m2. The correlation between BMI and diabetes risk also varies by ethnicity (7). Moreover, BMI is not a direct measure of adiposity and as a consequence, it can over or underestimate adiposity. However, overall, BMI is a derived value that correlates well with total body fat and markers of secondary complications, e.g., hypertension and dyslipidemia (8).

Furthermore, it is important to enhance beneficiary access to appropriate treatments for obesity, which could result in decreased healthcare costs and lower obesity rates. Behavioral weight management treatment has been identified as an effective first-line treatment for obesity with an average initial weight loss of 8-10 percent. This percentage weight loss is associated with a significant risk reduction for diabetes and CVD (9). Evidence also shows that when provided 14 or more high-intensity behavioral intervention sessions of face-to-face individual or group treatment across 6 months, participants lose up to 8 percent of their weight during that time and experience improvements in heart disease risk factors and quality of life (10). There is also evidence that high-intensity behavioral counseling is effective, whether delivered in-person, by phone, or electronically (11). Moreover, Intensive Behavioral Therapy (IBT) for obesity provided by Registered Dietitian Nutritionists for 6-12 months shows significant mean weight loss of up to 10 percent of body weight, maintained over one year's time (12). Despite the evidence that supports weight management counseling, the rate of use in primary care for patients with obesity decreased by 10 percent from 39.9 percent in 1995-1996 to 29.9 percent in 2007-2008 (13). Weight management counseling during primary care visits further declined from 33 percent to 21 percent between 2008-2009 and 2012-2013. This suggests that obesity management in primary care remains suboptimal (14). Therefore, screening for BMI and follow-up is critical and will help in reaching the quality goals of population health and cost reduction. However, due to concerns for other underlying conditions (such as bone health) or nutrition related deficiencies providers are cautioned to use their best clinical judgment and when considering weight management programs for overweight patients, especially the elderly (15).

BMI Below Normal Parameters

On the other end of the body weight spectrum is underweight (BMI < 18.5 kg/m2), which is also detrimental to population health. When compared to normal weight individuals (BMI 18.5-25 kg/m2), underweight individuals have significantly higher death rates with a Hazard Ratio of 2.27 and 95 percent confidence intervals (CI) = 1.78, 2.90 (16). Individuals with a BMI < 18.5kg/m2 have been shown to be at a higher risk for adverse events, postoperative infection, and/or mortality following a surgical procedure (17, 18, 19, 20). BMI below normal parameters is a risk factor for developing severe illness from respiratory infections such as influenza and COVID-19 (21, 22). BMI below normal parameters can negatively impact both male and female fertility (23, 24).

Poor nutrition or underlying health conditions can result in underweight (25). The National Health and Nutrition Examination Survey (NHANES) results from 2007-2010 indicate that women are more likely to be underweight than men (26). However, all patients should be equally screened for underweight and followed up with nutritional counseling or another clinically appropriate intervention to reduce mortality and morbidity associated with underweight.

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CLINICAL RECOMMENDATION STATEMENTS:

All adults should be screened annually using a BMI measurement. BMI measurements \geq 25kg/m2 should be used to initiate further evaluation of overweight or obesity after taking into account age, gender, ethnicity, fluid status, and muscularity; therefore, clinical evaluation and judgment must be used when BMI is employed as the anthropometric indicator of excess adiposity, particularly in athletes and those with sarcopenia (1) (Grade A).

Overweight and Underweight Categories:

Underweight < 18.5; Normal weight 18.5-24.9; Overweight 25-29.9; Obese class I 30-34.9; Obese class II 35-39.9; Obese class III \ge 40 (1).

BMI cutoff point value of \geq 23 kg/m2 should be used in the screening and confirmation of excess adiposity in Asian adults (1) (Grade B).

Lifestyle/Behavioral Therapy for Overweight and Obesity should include behavioral interventions that enhance adherence to prescriptions for a reduced-calorie meal plan and increased physical activity (behavioral interventions can include: self-monitoring of weight, food intake, and physical activity; clear and reasonable goal-setting; education pertaining to obesity, nutrition, and physical activity; face-to-face and group meetings; stimulus control; systematic approaches for problem solving; stress reduction; cognitive restructuring [i.e., cognitive behavioral therapy], motivational interviewing; behavioral contracting; psychological counseling; and mobilization of social support structures) (1) (Grade A).

Behavioral lifestyle intervention should be tailored to a patient's ethnic, cultural, socioeconomic, and educational background (1) (Grade B).

The U.S. Preventive Services Task Force (USPSTF) recommends that clinicians offer or refer adults with a BMI of 30 kg/m2 or higher to intensive, multicomponent behavioral interventions. Interventions:

- Effective intensive behavioral interventions were designed to help participants achieve or maintain a weight loss of at least five percent through a combination of dietary changes and increased physical activity
- Most interventions lasted for one to two years, and the majority had at least 12 sessions in the first year
- Most behavioral interventions focused on problem solving to identify barriers, self-monitoring of weight, peer support, and relapse prevention
- Interventions also provided tools to support weight loss or weight loss maintenance (e.g., pedometers, food scales, or exercise videos) (Grade B) (2)

Nutritional safety for the elderly should be considered when recommending weight reduction. "A clinical decision to forego obesity treatment in older adults should be guided by an evaluation of the potential benefits of weight reduction for day-to-day functioning and reduction of the risk of future cardiovascular events, as well as the patient's motivation for weight reduction. Care must be taken to ensure that any weight reduction program minimizes the likelihood of adverse effects on bone health or other aspects of nutritional status" (3) (Evidence Category D). In addition, weight reduction prescriptions in older persons should be accompanied by proper nutritional counseling and regular body weight monitoring (3).

The possibility that a standard approach to weight loss will work differently in diverse patient populations must be considered when setting expectations about treatment outcomes (3) (Evidence Category B).

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2024 Medicare Part B Claims Flow for Quality ID #128: Preventive Care and Screening: Body Mass Index (BMI) Screening and Follow-Up Plan

Disclaimer: Refer to the measure specification for specific coding and instructions to submit this measure.



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"See the posted measure specification for specific coding and instructions to submit this measu NOTE: Submission Frequency: Patient-Intermediate

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2024 Medicare Part B Claims Flow Narrative For Quality ID #128: Preventive Care and Screening: Body Mass Index (BMI) Screening and Follow-Up Plan

Disclaimer: Refer to the measure specification for specific coding and instructions to submit this measure.

- 1. Start with Denominator
- 2. Check Patients aged greater than or equal to 18 years on date of encounter.
 - a. If Patients aged greater than or equal to 18 years on date of encounter equals No, do not include in *Eligible Population/Denominator*. Stop processing.
 - b. If Patients aged greater than or equal to 18 years on date of encounter equals Yes, proceed to check Patient encounter during the performance period as listed in Denominator*.
- 3. Check Patient encounter during the performance period as listed in Denominator*:
 - a. If Patient encounter during the performance period as listed in Denominator* equals No, do not include in Eligible Population/Denominator. Stop processing.
 - b. If Patient encounter during the performance period as listed in Denominator* equals Yes, proceed to check Telehealth Modifier as listed in Denominator*.
- 4. Check Telehealth Modifier as listed in Denominator*:
 - a. If *Telehealth Modifier as listed in Denominator** equals Yes, do not include in *Eligible Population/Denominator*. Stop processing.
 - b. If Telehealth Modifier as listed in Denominator* equals No, proceed to check Place of Service (POS).
- 5. Check Place of Service (POS):
 - a. If Place of Service (POS) equals Yes, do not include in Eligible Population/Denominator. Stop processing.
 - b. If Place of Service (POS) equals No, include in *Eligible Population/Denominator*.
- 6. Denominator Population
 - Denominator Population is all Eligible Patients in the Denominator. Denominator is represented as Denominator in the Sample Calculation listed at the end of this document. Letter d equals 80 patients in the Sample Calculation.
- 7. Start Numerator
- 8. Check Documentation stating the patient has received or is currently receiving palliative or hospice care:
 - a. If Documentation stating the patient has received or is currently receiving palliative or hospice care equals Yes, include in Data Completeness Met and Denominator Exclusion.
 - Data Completeness Met and Denominator Exclusion is represented as Data Completeness and Performance Rate in the Sample Calculation listed at the end of this document. Letter x¹ equals 20 patients in Sample Calculation.

- b. If Documentation stating the patient has received or is currently receiving palliative or hospice care equals No, proceed to check Documentation of patient pregnancy anytime during the measurement period prior to and including the current encounter.
- 9. Check Documentation of patient pregnancy anytime during the measurement period prior to and including the current encounter.
 - a. If Documentation of patient pregnancy anytime during the measurement period prior to and including the current encounter equals Yes, include in Data Completeness Met and Denominator Exclusion.
 - Data Completeness Met and Denominator Exclusion letter is represented as Data
 Completeness and Performance Rate in the Sample Calculation listed at the end of this
 document. Letter x² equals 0 patients in Sample Calculation.
 - b. If Documentation of patient pregnancy anytime during the measurement period prior to and including the current encounter equals No, proceed to check BMI is documented within normal parameters and no follow-up plan is required.
- 10. Check BMI is documented within normal parameters and no follow-up plan is required:
 - a. If *BMI* is documented within normal parameters and no follow-up plan is required equals Yes, include in Data Completeness Met and Performance Met.
 - Data Completeness Met and Performance Met letter is represented as Data Completeness and Performance Rate in the Sample Calculation listed at the end of this document. Letter a¹ equals 20 patients in Sample Calculation.
 - b. If *BMI* is documented within normal parameters and no follow-up plan is required equals No, proceed to check *BMI* is documented above normal parameters and a follow-up plan is documented.
- 11. Check BMI is documented above normal parameters and a follow-up plan is documented:
 - a. If BMI is documented above normal parameters and a follow-up plan is documented equals Yes, include in Data Completeness Met and Performance Met.
 - Data Completeness Met and Performance Met letter is represented as Data Completeness and Performance Rate in the Sample Calculation listed at the end of this document. Letter a² equals 10 patients in Sample Calculation.
 - b. If *BMI* is documented above normal parameters and a follow-up plan is documented equals No, proceed to check *BMI* is documented below normal parameters and a follow-up plan is documented.
- 12. Check BMI is documented below normal parameters and a follow-up plan is documented:
 - a. If *BMI* is documented below normal parameters and a follow-up plan is documented equals Yes, include in Data Completeness Met and Performance Met.
 - Data Completeness Met and Performance Met letter is represented as Data Completeness and Performance Rate in the Sample Calculation listed at the end of this document. Letter a³ equals 0 patients in Sample Calculation.
 - b. If *BMI* is documented below normal parameters and a follow-up plan is documented equals No, proceed to check *BMI* not documented due to medical reason OR patient refusal of height or weight measurement.

13. Check BMI not documented due to medical reason OR patient refusal of height or weight measurement: Version 8.0 MIPS Value Pathways (MVP) Reporting Only December 2023 CPT only copyright 2023 American Medical Association. All rights reserved. Page 12 of 14

- a. If BMI not documented due to medical reason OR patient refusal of height or weight measurement equals Yes, include in Data Completeness Met and Denominator Exception.
 - Data Completeness Met and Denominator Exception letter is represented as Data Completeness and Performance Rate in the Sample Calculation listed at the end of this document. Letter b¹ equals 0 patients in Sample Calculation.
- b. If BMI not documented due to medical reason OR patient refusal of height or weight measurement equals No, proceed to check BMI is documented as being outside of normal parameters, follow-up plan is not completed for documented medical reason.
- 14. Check BMI is documented as being outside of normal parameters, follow-up plan is not completed for documented medical reason:
 - a. If BMI is documented as being outside of normal parameters, follow-up plan is not completed for documented medical reason equals Yes, include in Data Completeness Met and Denominator Exception.
 - Data Completeness Met and Denominator Exception letter is represented as Data Completeness and Performance Rate in the Sample Calculation listed at the end of this document. Letter b² equals 0 patients in Sample Calculation.
 - b. If *BMI* is documented as being outside of normal parameters, follow-up plan is not completed for documented medical reason equals No, proceed to check *BMI* not documented and no reason is given.
- 15. Check BMI not documented and no reason is given:
 - a. If *BMI* not documented and no reason is given equals Yes, include in *Data Completeness Met and Performance Not Met.*
 - Data Completeness Met and Performance Not Met letter is represented as Data Completeness in the Sample Calculation listed at the end of this document. Letter c¹ equals 10 patients in the Sample Calculation.
 - b. If *BMI* not documented and no reason is given equals No, proceed to check *BMI* documented outside normal parameters, no follow-up plan documented, no reason given.
- 16. Check BMI documented outside normal parameters, no follow-up plan documented, no reason given:
 - a. If BMI documented outside normal parameters, no follow-up plan documented, no reason given equals Yes, include in Data Completeness Met and Performance Not Met.
 - Data Completeness Met and Performance Not Met letter is represented as Data Completeness in the Sample Calculation listed at the end of this document. Letter c² equals 10 patients in the Sample Calculation.
 - b. If *BMI* documented outside normal parameters, no follow-up plan documented, no reason given equals No, proceed to check *Data Completeness Not Met*.
- 17. Check Data Completeness Not Met:
 - If *Data Completeness Not Met*, the Quality Data Code was not reported. 10 patients have been subtracted from the Data Completeness Numerator in the Sample Calculation

Sample Calculations:

Data Completeness equals Denominator Exclusion (x¹ plus x² equals 20 patients) plus Performance Met (a¹ plus a² plus a³ equals 30 patients) plus Denominator Exception (b¹ plus b² equals 0 patients) plus Performance Not Met (c¹ plus c² equals 20 patients) divided by Eligible Population / Denominator (d equals 80 patients). All equals 70 patients divided by 80 patients. All equals 87.50 percent.

Performance Rate equals Performance Met (a¹ plus a² plus a³ equals 30 patients) divided by Data Completeness Numerator (70 patients) minus Denominator Exclusion (x¹ plus x² equals 20 patients) minus Denominator Exception (b¹ plus b² equals 0 patients). All equals 30 patients divided by 50 patients. All equals 60.00 percent.

* See the posted measure specification for specific coding and instructions to submit this measure.

NOTE: Submission Frequency: Patient-Intermediate

The measure diagrams were developed by CMS as a supplemental resource to be used in conjunction with the measure specifications. They should not be used alone or as a substitution for the measure specification.