

# Preventive Health Counseling and Education for Children and Adolescents

Ages 3–17 Years

WellCare Member ID: \_\_\_\_\_

Member Name: \_\_\_\_\_

Date of Service: \_\_\_\_\_ Member DOB: \_\_\_\_\_

During the office visit, the following topics were discussed with: (Check all that apply.)

Member

Parent/Guardian

Check all that apply and document discussion with patient. Documentation must include a note indicating the date and at least one of the following:

**BMI (Body Mass Index Percentiles – ages younger than 20 years)**

**ASSESSMENT**

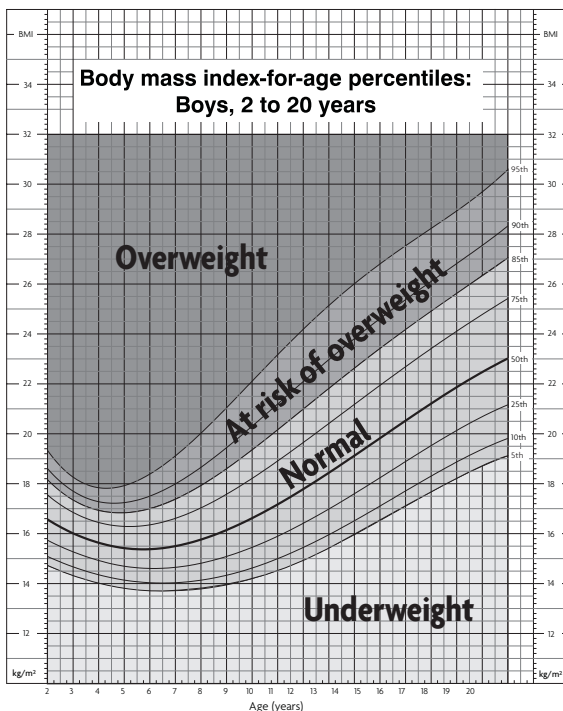
**COUNSELING**

**EDUCATION**

BMI percentile = \_\_\_\_\_ (use codes Z68.51-Z68.54) Height \_\_\_\_\_ Weight \_\_\_\_\_

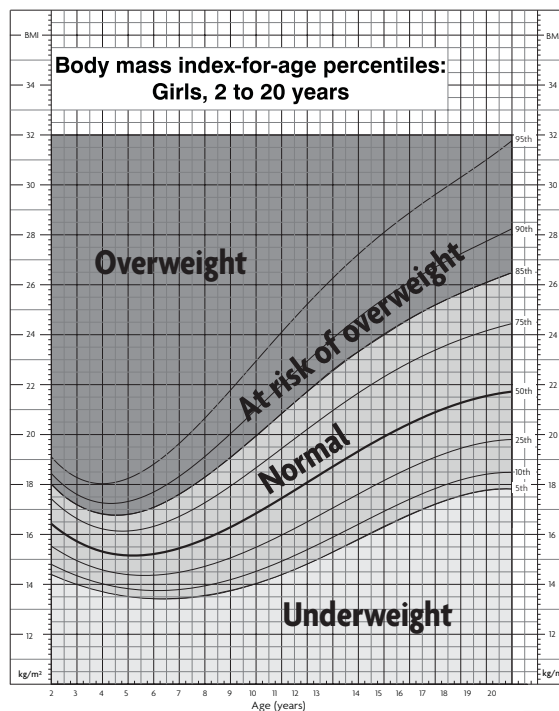
BMI percentile plotted on age/growth chart (Please complete the age/growth chart below and include in the member's chart.)

**CDC GROWTH CHARTS: United States**



Published May 30, 2000. SOURCE: Developed by the National Center for Health Statistics in collaboration with the National Center for Chronic Disease Prevention and Health Promotion (2000). SAFER • HEALTHIER • PEOPLE™

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**REMINDER:**  
Please Complete BMI Percentile Chart.  
Keep This Document in Patient's Medical Record.

Signature: \_\_\_\_\_ Completed by (Name): \_\_\_\_\_

Date: \_\_\_\_\_  MD  DO  PA  NP



[www.wellcare.com/Nebraska](http://www.wellcare.com/Nebraska) | <http://dhhs.ne.gov/heritagehealth>

**COUNSELING FOR NUTRITION**  
(use codes 97802-97804)

ASSESSMENT

COUNSELING

EDUCATION

Discussed the member's current nutrition behaviors such as

Eating habits, dieting behaviors

Counseled and/or referred member for nutrition education – (use code **Z71.3**)

Add vegetables, fruit, protein and whole grains

Consume milk and milk products

Aim for 3 vegetables and 2 fruits daily

Eat meals as a family

Make breakfast a priority

Drink more water

Try whole wheat bread and pasta

Provided member with anticipatory guidance/education materials on nutrition

Addressed nutrition checklist

**COUNSELING FOR PHYSICAL ACTIVITY**

ASSESSMENT

COUNSELING

EDUCATION

Discussed current physical activity behaviors (e.g., exercise routine, participation in sports activities, exam for sports participation) – (use code **Z71.82** (Exercise Counseling); **Z02.5** (Sports Exam); **G0447** (Face-to-face obesity counseling); **S9451** (Exercise classes))

Aim for 60 minutes of physical activity throughout the day

Take the stairs, play sports, dance, play tag, etc.

Counseled or referred for physical activity

Provided member with anticipatory guidance/education materials on physical activity

Addressed checklist indicating physical activity

**COUNSELING FOR SEXUAL ACTIVITY**

ASSESSMENT

COUNSELING

EDUCATION

Counseling for oral and other contraceptives – (use codes **Z30.02**, **Z30.09**, **Z30.8**, **Z30.9**)

**COUNSELING FOR DEPRESSION**

ASSESSMENT

COUNSELING

EDUCATION

Depression screening – (use code **96127**)

**COUNSELING FOR SUBSTANCE USE**

ASSESSMENT

COUNSELING

EDUCATION

Alcohol and/or Drug Assessment or Screening – (use codes **99408**, **99409**, **G0396**, **G0397**, **H0001**, **H0049**, for ICD-10, use appropriate code family: F)

Alcohol and/or Drug Use Counseling – (use codes **H0005**, **H0050**, **T1006**, or **Z71.41**, **Z71.89**)

**Quality care is a team effort. Thank you for playing a starring role!**