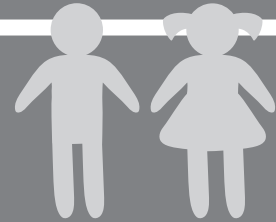


# Preventive Health Counseling and Education for Children and Adolescents



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

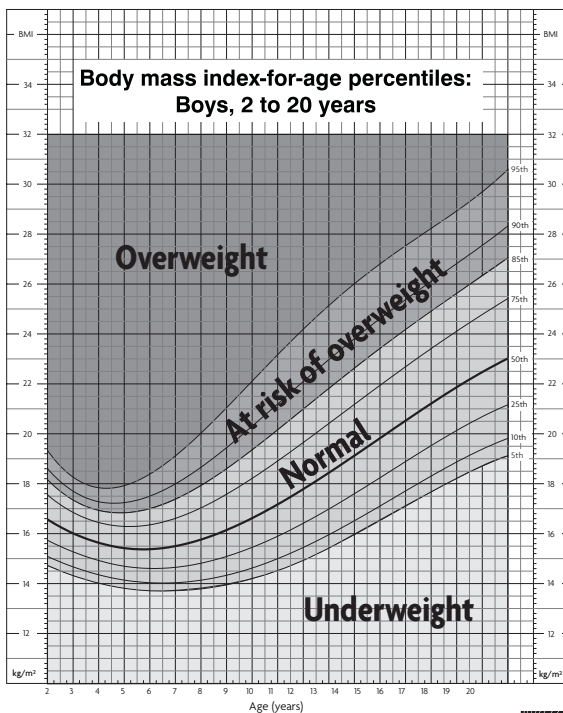
☐ COUNSELING

☐ 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.)

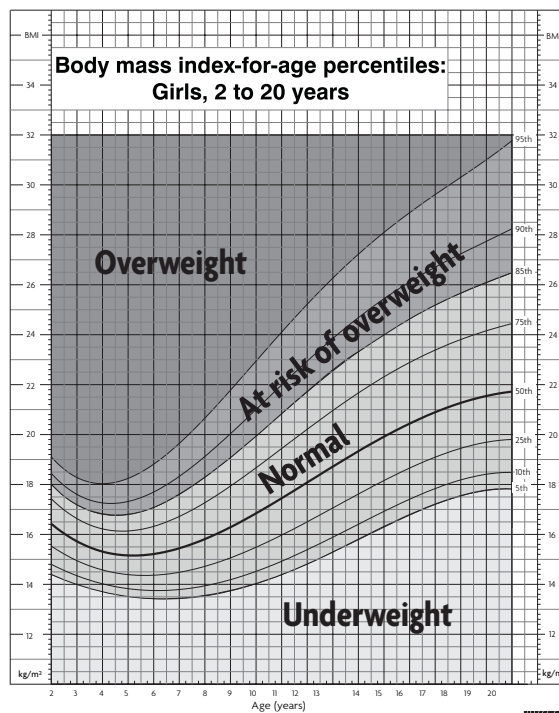
**CDC GROWTH CHARTS: United States**



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).



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SOURCE: Developed by the National Center for Health Statistics in collaboration with the National Center for Chronic Disease Prevention and Health Promotion (2000).



## REMINDER:

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

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

Date: \_\_\_\_\_ ☐ MD ☐ DO ☐ PA ☐ NP



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**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☐ Nutrition addressed on a 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☐ Physical Activity addressed on a checklist**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**)