

# Preventive Health Counseling and Education

Ages 3-17

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

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

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

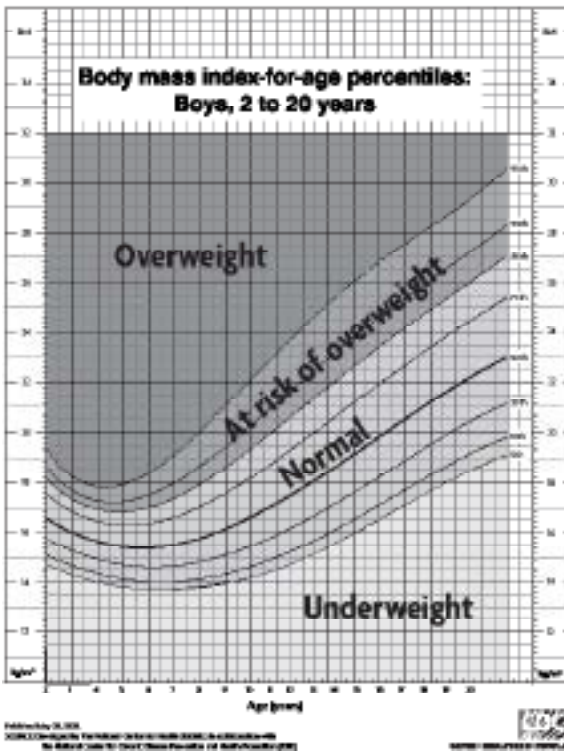
During the office visit, the following topics were discussed with: (Check all that apply.)

Member  Parent/Guardian

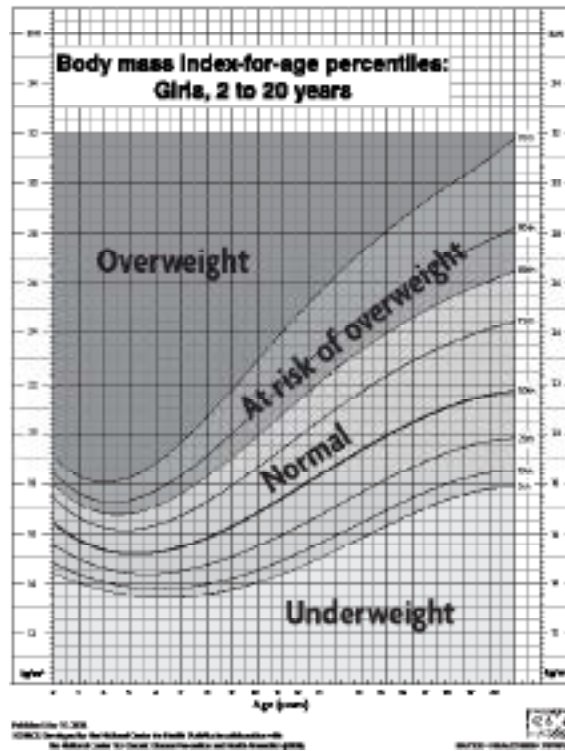
Check all that apply and document discussion with patient. Documentation must include a note indicating the date and at least one of the following:

BMI (Body Mass Index Percentiles – ages younger than 20 years)	<input type="checkbox"/> ASSESSMENT	<input type="checkbox"/> COUNSELING	<input type="checkbox"/> EDUCATION
<input type="checkbox"/> BMI percentile = _____ (use codes Z68.51-Z68.54)	Height _____	Weight _____	
<input type="checkbox"/> 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



CDC GROWTH CHARTS: United States



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

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

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

Carolina Complete Health



**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!**