Dear Provider:

As your partner in quality patient care, Fidelis Care would like to emphasize the importance of providing and documenting appropriate counseling and assessment in children and adolescents.

The National Committee for Quality Assurance (NCQA) and the New York State Department of Health (SDOH) have created a measure to evaluate appropriate counseling and assessment in children and adolescents:

**Weight Assessment and Counseling for Nutrition and Physical Activity (WCC)** in patients 3-17 years of age during an outpatient primary care visit. Documentation should include:

- a) Annual BMI percentile documentation (Because BMI norms for youth vary by age and gender, the measure requires providers to assess and document the BMI **percentile** rather than an absolute BMI value)
- b) Annual counseling for nutrition
- c) Annual counseling for physical activity

During the most recent 2017 measurement year quality of care reviews Fidelis Care identified an opportunity to improve documentation of Physical Activity:

The following do **not** meet criteria for Physical Activity Assessment and Counseling:

- Surveillance of development: (hops on one foot, balances on one foot, skips, throws ball overhand, walks up the stairs alternating feet)
- Safety counseling: (supervision of outdoor play, safety helmets, swimming safety, playground safety, sports safety)
- Health education, anticipatory guidance, or notation related to screen time (computer or television) without specific mention of physical activity

For children age 3-5 documentation of Physical Activity should promote daily physical activity at home, in child care or in pre-school and established limits on inactivity.

One way to ensure that patients are appropriately assessed is for providers to use a checklist that can serve as a guide for care and education. Fidelis Care has created a one-page document for WCC that covers the key elements of the measure. Providers can complete the form (see attached) and place in their medical record, or scan them into their electronic medical record. The assessment must be conducted every year.

Thank you for all that you do to care for Fidelis Care members. If you have any questions, please call the Provider Call Center at 1-888-FIDELIS (1-888-343-3547).

Sincerely,

Vincent Marchello, MD
Chief Medical Officer