



**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!**

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