

COMMON DIAGNOSES (ICD-10-CM) CODES RELATED TO NUTRITION SERVICES

ICD (International Classification of Diseases) codes are used by physicians and medical coders to assign medical diagnoses to individual patients. ***It is not within the scope of practice of a registered dietitian nutritionist (RDN) to make a medical diagnosis.*** The only exception is in the case of body mass index (BMI) codes which represent a mathematical calculation based on measurements that are within the registered dietitian nutritionist (RDN's) scope of practice to perform. RDNs may use this list to customize paper and electronic forms within their medical nutrition therapy (MNT) practices to facilitate referrals for MNT services and the development of super bills.

The ICD-10-CM codes listed below are a representative list of diagnosis codes for which individuals may be referred to a registered dietitian nutritionist (RDN) for care. Diagnoses were chosen for inclusion based on data collected through the Academy's Coding Survey on diagnoses for which RDNs most frequently receive reimbursement. ***The list is not meant to be all-inclusive.*** Additional ICD-10-CM codes can be found at <https://www.cms.gov/medicare-coverage-database/staticpages/icd-10-code-lookup.aspx>.

All of the ICD-10-CM codes listed below have additional digits available to provide more specificity to the diagnosis. In designing forms for use in an MNT practice, RDNs should add space for the physician/physician office to include additional digits at the end of the ICD-10-CM codes as they are required to be used when they are provided in the code set. RDNs may also want to include a place for them to write in additional ICD-10-CM codes.

COMMON ICD-10-CM CODES RELATED TO NUTRITION SERVICES

Medicare Part B MNT Benefit

ICD-10-CM	
Diabetes	
E10.____	Type 1 diabetes mellitus
E10.1	Type 1 diabetes mellitus with ketoacidosis
E10.2	Type 1 diabetes mellitus with kidney complications
E10.3	Type 1 diabetes mellitus with ophthalmic complications
E10.4	Type 1 diabetes mellitus with neurological complications
E10.5	Type 1 diabetes mellitus with circulatory complications
E10.6	Type 1 diabetes mellitus with other specified complications
E10.64	Type 1 diabetes with hypoglycemia
E10.65	Type 1 diabetes with hyperglycemia
E10.8	Type 1 diabetes mellitus with unspecified complications
E10.9	Type 1 diabetes mellitus without complications
E11.____	Type 2 diabetes mellitus
E11.0	Type 2 diabetes mellitus with hyperosmolarity
E11.2	Type 2 diabetes mellitus with kidney complications
E11.3	Type 2 diabetes mellitus with ophthalmic complications
E11.4	Type 2 diabetes mellitus with neurological complications
E11.5	Type 2 diabetes mellitus with circulatory complications
E11.6	Type 2 diabetes mellitus with other specified complications
E11.64	Type 2 diabetes with hypoglycemia
E11.65	Type 2 diabetes with hyperglycemia
E11.8	Type 2 diabetes mellitus with unspecified complications
E11.9	Type 2 diabetes mellitus without complications
Z79.4	Long term (current) use of insulin

Kidney Disease	
N18.5	Chronic kidney disease, stage 5
N18.4	Chronic kidney disease, stage 4
N18.32	Chronic kidney disease, stage 3b
N18.31	Chronic kidney disease, stage 3a
N18.2	Chronic kidney disease, stage 2
N18.1	Chronic kidney disease, stage 1
Z48.22	Encounter for aftercare following kidney transplant

Medicare Intensive Behavioral Therapy (IBT) for Obesity Benefit

ICD-10-CM	
Z68.30	BMI 30.0-30.9, adult
Z68.31	BMI 31.0-31.9, adult
Z68.32	BMI 32.0-32.9, adult
Z68.33	BMI 33.0-33.9, adult
Z68.34	BMI 34.0-34.9, adult
Z68.35	BMI 35.0-35.9, adult
Z68.36	BMI 36.0-36.9, adult
Z68.37	BMI 37.0-37.9, adult
Z68.38	BMI 38.0-38.9, adult
Z68.39	BMI 39.0-39.9, adult
Z68.41	BMI 40.0-44.9, adult
Z68.42	BMI 45.0-49.9, adult
Z68.43	BMI 50.0-59.9, adult
Z68.44	BMI 60.0-69.9, adult
Z68.45	BMI ≥ 70.0, adult

My Healthy Weight/Pediatric Weight Management

ICD-10-CM	
Z68.52	BMI, pediatric, 5 th percentile to less than 85 th percentile for age
Z68.53	BMI, pediatric, 85 th percentile to less than 95 th percentile for age
Z68.54	BMI, pediatric, greater than or equal to 95 th percentile for age

Other diagnosis codes for typical MNT practice

ICD-10-CM	
Weight Management	
E66.0	Obese due to excess calories
E66.01	Morbid (severe) obesity due to excess calories
E66.1	Drug induced obesity
E66.2	Extreme obesity with alveolar hypoventilation (Pickwickian Syndrome)
E66.3	Overweight
E66.8	Other obesity
E66.9	Obesity, unspecified - obesity NOS
R62.51	Failure to thrive, child
R63.4	Abnormal weight loss
R63.5	Abnormal weight gain - not during pregnancy
R63.6	Underweight
Z68.1	BMI 19 or less, adult
Z68.51	BMI, pediatric, less than 5 th percentile for age
No Specific Diagnosis	
Z71.3	Dietary counseling and surveillance
Diseases of the Circulatory System	
I10	Essential (primary) hypertension
I11.0	Hypertensive heart disease with (congestive) heart failure
I11.9	Hypertensive heart disease without (congestive) heart failure
I12	Hypertensive chronic kidney disease
I25	Chronic ischemic heart disease
I50	Heart failure
Endocrine, Nutritional & Metabolic Diseases	
E78.0	Pure hypercholesterolemia
E78.1	Pure hyperglyceridemia
E78.2	Mixed hyperlipidemia
E78.3	Hyperchylomicronemia
E78.4	Other hyperlipidemia
E78.5	Hyperlipidemia, unspecified

E78.8	Other disorders of lipoprotein metabolism
E78.9	Disorder of lipoprotein metabolism, unspecified
E88.81	Metabolic syndrome
Disease of the Genitourinary System	
N20.0	Calculus of kidney
Mental, Behavioral & Neurodevelopmental Disorders	
F50.00	Anorexia nervosa, unspecified
F50.01	Anorexia nervosa, restricting type
F50.02	Anorexia nervosa, binge eating/purging type
F50.2	Bulimia nervosa
F50.8	Other eating disorder
F50.9	Eating disorder, unspecified
Diseases of the Digestive System	
K21.0	Gastroesophageal reflux disease with esophagitis
K21.9	Gastroesophageal reflux disease without esophagitis
K25	Gastric ulcer
K27	Peptic ulcer, site unspecified
K29.2	Alcoholic gastritis
K29.5	Unspecified chronic gastritis
K29.7	Gastritis, unspecified
K44	Diaphragmatic hernia
K50.0	Crohn's disease of small intestine
K50.1	Crohn's disease of large intestine
K50.8	Crohn's disease of both small and large intestine
K50.9	Crohn' disease, unspecified
K51	Ulcerative colitis
K57.1	Diverticulosis of small intestine without perforation or abscess
K57.3	Diverticulosis of large intestine without perforation or abscess
K58	Irritable bowel syndrome
K59	Constipation
K59.1	Functional diarrhea
K70.3	Alcoholic cirrhosis of liver
K86.0	Alcohol-induced chronic pancreatitis

K86.1	Other chronic pancreatitis
K90.0	Celiac disease
K52.2	Allergic and dietetic gastroenteritis and colitis
Pregnancy	
O21.0	Mild hyperemesis gravidarum
O21.1	Hyperemesis gravidarum with metabolic disturbance
O21.2	Late vomiting of pregnancy
O24.01	Pre-existing diabetes mellitus, type 1, in pregnancy
O24.11	Pre-existing diabetes mellitus, type 2, in pregnancy
O24.410	Gestational diabetes mellitus, diet-controlled
O24.414	Gestational diabetes mellitus, insulin-controlled
O26.00	Excessive weight gain in pregnancy, unspecified trimester
O26.10	Low weight gain in pregnancy, unspecified trimester
O99210	Obesity complicating pregnancy, unspecified trimester
Endocrine, Nutritional & Metabolic Diseases	
E03.9	Hypothyroidism, unspecified
E05.90	Thyrotoxicosis, unspecified
E16.1	Other hypoglycemia
E16.2	Hypoglycemia, unspecified
E28.2	Polycystic ovarian syndrome
E73.0	Congenital lactase deficiency
E73.1	Secondary lactase deficiency
E73.8	Other lactose intolerance
E73.9	Lactose intolerance, unspecified
E84	Cystic fibrosis
M1A.3	Chronic gout due to renal impairment
M1A.9	Chronic gout, unspecified
M10.3	Gout due to renal impairment
M10.4	Other secondary gout
M10.9	Gout, unspecified

Diseases of the Blood	
D50.8	Other iron deficiency anemias (due to inadequate iron intake)
D50.9	Iron deficiency anemia, unspecified
D51.3	Other dietary vitamin B12 deficiency anemia (vegan anemia)
D52.0	Dietary folate anemia
D53.0	Protein deficiency anemia
D53.9	Nutrition anemia, unspecified (simple chronic anemia)
D64.9	Anemia, unspecified
Diseases of the Musculoskeletal System	
M81.0	Age-related osteoporosis without current pathological fracture
M81.8	Other osteoporosis without current pathological fracture
Diseases of the Nervous System	
G47.30	Sleep apnea, unspecified
G47.33	Obstructive sleep apnea
Symptoms, Signs, & Abnormal Clinical & Laboratory Findings	
R73.01	Impaired fasting glucose
R73.02	Impaired glucose tolerance test (oral)
R73.03	Pre-diabetes
Certain Infectious Diseases	
B20	HIV disease
Adult Malnutrition	
E43	Unspecified severe protein-calorie malnutrition
E44.0	Moderate protein-calorie malnutrition
E44.1	Mild protein-calorie malnutrition
E45	Retarded development following protein-calorie malnutrition
E46	Unspecified protein-calorie malnutrition
E64.0	Sequelae of protein-calorie malnutrition