



# THSteps, Bright Futures and HEDIS® Requirements Help Your Patients Stay Healthy

Exercise and eating right are key components of good health. Studies show more than 80% of adults and adolescents don't get enough exercise.<sup>1</sup> Many children don't get an early start to good nutrition. Eating well at an early age is central to growth and development.<sup>2</sup> That's why it's important to teach your patients about nutrition and exercise and to follow requirements from:

- Texas Health Steps (THSteps)
- Bright Futures
- Health Effectiveness Data and Information Set (HEDIS®)

## THSteps, Bright Futures and HEDIS Requirements

Your medical records should always follow these requirements. They should also include body mass index (BMI), nutritional assessments and anticipatory guidance. For more info, refer to the [BCBSTX Preventive Care Guidelines \(PCGs\)](#), [Clinical Practice Guidelines \(CPGs\)](#), and [THSteps for Medical Providers](#) on our website.

Requirement	THSteps	Bright Futures	HEDIS
Provide a nutritional assessment at all annual exams <sup>3,4</sup>	X	X	X
Provide anticipatory guidance at all well child annual exams <sup>3</sup>	X	X	
Provide nutritional and physical activity counseling <sup>4</sup>			X
Height, weight, BMI and BMI percentile are mandatory screening components for children 3-17 years <sup>4</sup>			X

### References:

1 Office of Disease Prevention and Health Promotion. (2019). Physical Activity. Retrieved Nov. 11, 2019, from <https://www.healthypeople.gov/2020/topics-objectives/topic/physical-activity>

2 Office of Disease Prevention and Health Promotion. (2019). Nutrition and Weight Status. Retrieved Nov. 12, 2019, from <https://www.healthypeople.gov/2020/topics-objectives/topic/nutrition-and-weight-status>

3 Texas Health and Human Services. (2018). Texas Health Steps medical checkup periodicity schedule for infants, children and adolescents. Retrieved Nov. 1, 2019, from <https://hhs.texas.gov/sites/default/files/documents/doing-business-with-hhs/provider-portal/health-services-providers/thsteps/thsteps-med-checkup-periodicity-sched.pdf>

4 National Committee for Quality Improvement (NCQA). Measuring Quality. Improving Health Care. (2019). Retrieved Sep. 5, 2019 from <https://www.ncqa.org/hedis/measures/weight-assessment-and-counseling-for-nutrition-and-physical-activity-for-children-adolescents>

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