



## ICD-10 Z Codes for Social Determinants of Health

To help track and address our members' social needs, we encourage you to use Social Determinants of Health (SDoH) ICD-10 Z codes on the claims you submit to Blue Cross and Blue Shield of Texas (BCBSTX). Any clinician can document a person's social needs, including physicians, nurses, social workers, community health workers, case managers or other providers.

### What Are Social Determinants of Health?

Social determinants of health are the economic, social and environmental conditions beyond health care, and the structures, cultures and technologies that influence a person's health, care and well-being. These non-medical drivers of health **impact health equity**, the fair and just opportunity for everyone to achieve their optimal health.

### Using SDoH ICD-10 Z Codes

Each patient brings more to your office than the symptoms they present on the surface. SDoH may affect a patient's ability or willingness to follow their recommended treatment plan. It's important to adopt a "whole-person" approach. Working together, we can help remove barriers to better health and help improve our members' quality of life. With ICD-10 Z code data, we can better understand our members' unique social needs and help connect them with resources.

### What You Can Do

- **Educate** staff on the need to screen, document and code data on patients' SDoH needs.
- **Ask** about SDoH needs. Patients may not know to discuss non-medical issues with health care providers and may need to be prompted.
- **Document** any SDoH needs and assign the appropriate ICD-10 code to report on claims.

To learn more, see the Centers for Medicare & Medicaid Services' **"Using Z Codes."**

### Problems related to education and literacy (Z55)

Z55.0	Illiteracy and low-level literacy
Z55.1	Schooling unavailable and unattainable
Z55.2	Failed school examinations
Z55.3	Underachievement in school
Z55.4	Educational maladjustment and discord with teachers and classmates
Z55.8	Other problems related to education and literacy
Z55.9	Problems related to education and literacy, unspecified

### Problems related to employment and unemployment (Z56)

Z56.0	Unemployment, unspecified
Z56.1	Change of job
Z56.2	Threat of job loss
Z56.3	Stressful work schedule
Z56.4	Discord with boss and workmates
Z56.5	Uncongenial work environment
Z56.6	Other physical and mental strain related to work
Z56.8	Other problems related to employment
Z56.9	Unspecified problems related to employment

### Occupational exposure to risk factors (Z57)

Z57.0	Occupational exposure to noise
Z57.2	Occupational exposure to dust
Z57.31	Occupational exposure to environmental tobacco smoke
Z57.39	Occupational exposure to other air contaminants
Z57.4	Occupational exposure to toxic agents in agriculture
Z57.5	Occupational exposure to toxic agents in other industries
Z57.6	Occupational exposure to extreme temperature
Z57.8	Occupational exposure to other risk factors
Z57.9	Occupational exposure to unspecified risk factor

### Problems related to housing and economic circumstances (Z59)

Z59.0	Homelessness
Z59.1	Inadequate housing
Z59.2	Discord with neighbors, lodgers and landlord
Z59.3	Problems related to living in residential institution
Z59.4	Lack of adequate food and safe drinking water
Z59.5	Extreme poverty
Z59.6	Low income
Z59.7	Insufficient social insurance and welfare support
Z59.8	Other problems related to housing and economic circumstances
Z59.9	Problem related to housing and economic circumstances, unspecified

### Problems related to social environment (Z60)

Z60.0	Problems of adjustment to life-cycle transitions
Z60.2	Problems related to living alone
Z60.3	Acculturation difficulty
Z60.4	Social exclusion and rejection
Z60.5	Target of (perceived) adverse discrimination and persecution
Z60.8	Other problems related to social environment
Z60.9	Problems related to social environment, unspecified

### Problems related to upbringing (Z62)

Z62.0	Inadequate parental supervision and control
Z62.1	Parental overprotection
Z62.2	Upbringing away from parents
Z62.21	Child in welfare custody
Z62.22	Institutional upbringing
Z62.3	Hostility towards and scapegoating of child
Z62.6	Inappropriate (excessive) parental pressure
Z62.810	Personal history of physical and sexual abuse in childhood
Z62.811	Personal history of psychological abuse in childhood
Z62.812	Personal history of neglect in childhood
Z62.819	Personal history of unspecified abuse in childhood
Z62.82	Parent-child conflict
Z62.822	Parent-foster child conflict
Z62.891	Sibling rivalry
Z62.898	Other specified problems related to upbringing

### Other problems related to primary support group, including family circumstances (Z63)

Z63.0	Problems in relationship with spouse or partner
Z63.1	Problems in relationship with in-laws
Z63.3	Absence of family member
Z63.4	Disappearance and death of family member
Z63.5	Disruption of family by separation and divorce
Z63.6	Dependent relative needing care at home
Z63.7	Other stressful life events affecting family and household
Z63.72	Alcoholism and drug addiction in family
Z63.8	Other specified problems related to primary support group
Z63.9	Other problems related to primary support group, unspecified

### Problems related to certain psychosocial circumstances (Z64)

Z64.0	Problems related to unwanted pregnancy
Z64.1	Problems related to multiparity
Z64.4	Discord with counselors

### Problems related to other psychosocial circumstances (Z65)

Z65.0	Conviction in civil and criminal proceedings without imprisonment
Z65.1	Imprisonment and other incarceration
Z65.2	Problems related to release from prison
Z65.3	Problems related to other legal circumstances
Z65.4	Victim of crime and terrorism
Z65.5	Exposure to disaster, war and other hostilities
Z65.8	Other specified problems related to psychosocial circumstances
Z65.9	Problems related to unspecified psychosocial circumstances

### Problems related to medical facilities and other health care (Z75)

Z75.3	Unavailability and inaccessibility of health care facilities
Z75.4	Unavailability and inaccessibility of other helping agencies

Source: American Hospital Association ICD-10-CM Coding for Social Determinants of Health

The material presented here is for informational/educational purposes only, is not intended to be medical advice or a definitive source for coding claims and is not a substitute for the independent medical judgment of a physician or other health care provider. Health care providers are encouraged to exercise their own independent medical judgment based upon their evaluation of their patients' conditions and all available information, and to submit claims using the most appropriate code(s) based upon the medical record documentation and coding guidelines and reference materials. References to other third-party sources or organizations are not a representation, warranty or endorsement of such organization.