



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.¹ Many children don't get an early start to good nutrition. Eating well at an early age is central to growth and development.² 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 ^{3,4}	X	X	X
Provide anticipatory guidance at all well child annual exams ³	X	X	
Provide nutritional and physical activity counseling ⁴			X
Height, weight, BMI and BMI percentile are mandatory screening components for children 3-17 years ⁴			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/th-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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