

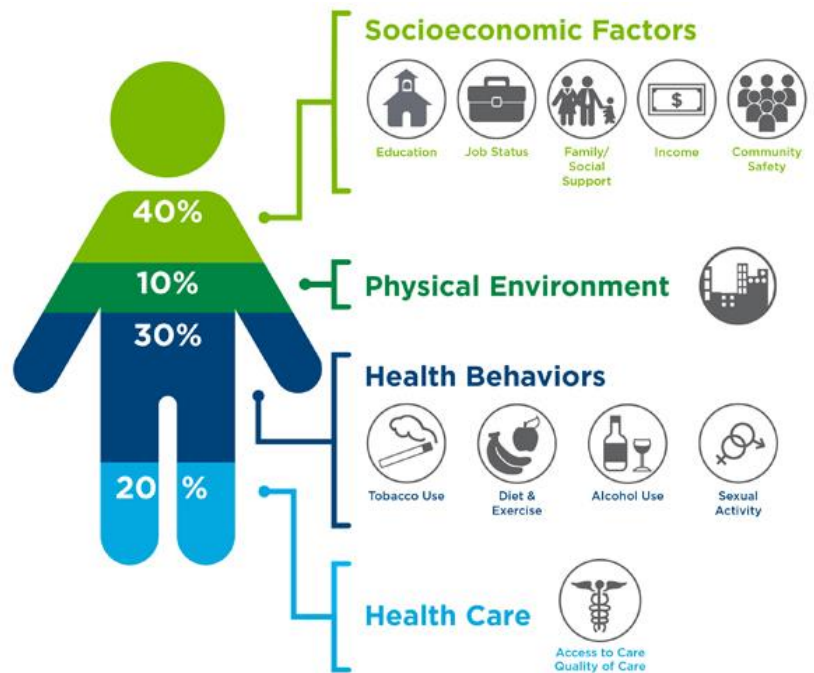
Coding and Documentation Spotlight on Social Determinants of Health

Thank you for the care and attention you provide to our members. We know there are barriers that may prevent many from being as healthy as possible and we appreciate your support in helping us understand their needs. To better track and address factors that may affect members' health, we recommend you incorporate Social Determinants of Health (SDOH) ICD-10 Z codes on the claims you submit to us.

The Centers for Disease Control and Prevention (CDC) defines SDOH as circumstances in which people are born, grow up, live, work, age and the systems put into place to deal with illness. These circumstances have a tremendous effect on one's health and can affect anyone, regardless of age, race or ethnicity. Numerous studies have shown economic status, social factors and physical environment are key influencers in health outcomes.

What Goes into Your Health?

- 20% of a person's health and well-being is related to access to care and quality of services.
- The physical environment, social determinants and behavioral factors drive 80% of health outcomes.
- More specifically, that 80% can be categorized as follows:
 - ✓ Roughly 40% is attributed to socioeconomic factors: education, job status, family/social support, income and community safety.
 - ✓ 10% to physical environment: housing
 - ✓ 30% to health behaviors: tobacco abuse, diet and exercise, alcohol use and sexual activity.



Source: Institute for Clinical Systems Improvement, Going Beyond Clinical Walls: Solving Complex Problems (October 2014)

The Bridgespan Group

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. For this reason, it is important to adopt a “whole person” approach. Additionally, some patients’ limited access to stable phone and mailing resources can lead to disruptions to their care. By working together, we can help remove barriers and improve the health and quality of life for our members.

The SDOH codes are powerful tools that help capture the complexity of patient populations. These additional factors affecting a patient’s health can support higher levels of evaluation, management services, prolonged services and/or extended monitoring, etc. By using ICD-10 Z code data, we can improve our understanding of the unique needs of our members and can help connect affected members with available resources.

Documenting SDOH

Code assignment is based on the documentation by the patient’s provider (i.e., the physician or other qualified health care practitioner legally responsible for establishing the patient’s diagnosis). Any clinician (physician, nurse, social worker, community health worker, case manager or other provider) can document a person's social needs. We encourage you to truly paint the picture of the “whole” patient anywhere on the progress note, as the entire record should be reviewed to collect adequate information to support these codes.

Coding SDOH

SDOH codes are represented in ICD-10-CM code categories Z55 to Z65 — persons with potential health hazards related to socioeconomic and psychosocial circumstances. These codes include the following:

Code Grouping	Examples
Z55 — Problems related to education and literacy	Illiteracy/low level of literacy, school unavailable
Z56 — Problems related to employment and unemployment	Unemployment, change of job, threat of job loss, military deployment status, sexual harassment on the job
Z57 — Occupational exposure to risk factors	Occupational exposure to noise, radiation, dust, tobacco, toxic agents in agriculture, extreme temperature
Z59 — Problems related to housing and economic circumstances	Homelessness, inadequate housing, discord with neighbors, extreme poverty, low income
Z60 — Problems related to social environment	Adjustment to lifestyle transition, problems living alone, acculturation difficulty, social exclusion and rejection
Z62 — Problems related to upbringing	Inadequate parental supervisions and control, parental overprotection, institutional upbringing
Z63 — Other problems related to primary support group, including family circumstances	Problems with spousal or other relationship, absence of a family member, alcoholism or drug addiction in family
Z64 — Problems related to certain psychosocial circumstances	Problems with unwanted pregnancy, problems related to multiparity, discord with counselors
Z65 — Problems related to other psychosocial circumstances	Conviction, imprisonment, victim of crime or terrorism

- Documentation can be used to assign Z codes if it meets requirements for inclusion in the patient’s medical record per regulatory requirements, accreditation requirements or internal hospital policies.
- If the patient’s self-reported information is signed-off and incorporated into the health record by a clinician or provider, it would be appropriate to assign codes from categories Z55-Z65, describing SDOH. (Coding Clinic Fourth Quarter 2019, Pages 52-53)
- Z codes are used to report social determinants. Ensure the code is not on the “primary diagnosis” list only.
- Assign as many codes as necessary to fully explain each health care encounter. Since patient history information may be very limited, use any available documentation to assign the appropriate external cause of morbidity and Z codes.
- Additional information on using Z codes to achieve better outcomes is explained in this [helpful infographic](#). We encourage you to review it.
- Sources:
 - World Health Organization, Social determinants of health, found online at: https://www.who.int/health-topics/social-determinants-of-health#tab=tab_1
 - ICD-10 CM coding book
 - ICD-10 Official Guidelines for Coding and Reporting FY 2022
 - AHA Coding Clinic

SDOH Diagnosis Code Reference

Problems related to education and literacy

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

Z56.0 — 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
 Z56.6 — Other physical and mental strain related to work
 Z56.8 — Other problems related to employment:
 Z56.81 — Sexual harassment on the job
 Z56.82 — Military deployment status
 Z56.89 — Other problems related to employment
 Z56.9 — Unspecified problems related to employment

Occupational exposure to risk factors

Z57.0 — Occupational exposure to noise

Z57.1 — Occupational exposure to radiation
 Z57.2 — Occupational exposure to dust
 Z57.3 — Occupational exposure to other air contaminants
 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
 Z57.7 — Occupational exposure to vibration
 Z57.8 — Occupational exposure to other risk factors
 Z57.9 — Occupational exposure to unspecified risk factor

Problems related to housing and economic circumstances

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

Z60.0 — 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

Z62.0 — 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
Z62.29 — Other upbringing away from parents
Z62.3 — Hostility towards and scapegoating of child
Z62.6 — Inappropriate (excessive) parental pressure
Z62.8 — Other specified problems related to upbringing
Z62.81 — Personal history of abuse in childhood
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
Z62.813 — Personal history of forced labor or sexual exploitation in childhood
Z62.819 — Personal history of unspecified abuse in childhood
Z62.82 — Parent-child conflict
Z62.820 — Parent-biological child conflict
Z62.821 — Parent-adopted child conflict
Z62.822 — Parent-foster child conflict
Z62.89 — Other specified problems related to upbringing
Z62.890 — Parent-child estrangement NEC

Z62.891 — Sibling rivalry
Z62.898 — Other specified problems related to upbringing
Z62.9 — Problem related to upbringing, unspecified

Other problems related to primary support group, including family circumstances

Z63.0 — Problems in relationship with spouse or partner
Z63.1 — Problems in relationship with in-laws
Z63.3 — Absence of family member
Z63.31 — Due to military deployment
Z63.32 — Other 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
Z63.71 — Stress on family due to return of family member from military deployment
Z63.72 — Alcoholism and drug addiction in family
Z63.79 — Other stressful life events affecting family and household
Z63.8 — Other specified problems related to primary support group
Z63.9 — Problem related to primary support group, unspecified

Problems related to certain psychosocial circumstances

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

Problems related to other psychosocial circumstances

Z65.0 — 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 circumstance
Z65.9 — Problems related to unspecified psychosocial circumstances.