



BlueCross BlueShield of Oklahoma

DOCUMENTATION AND CODING

Mental, Behavioral and Neurodevelopmental Disorders



Accurately coding and documenting mental, behavioral and neurodevelopmental disorders can help **capture our members' health status and promote continuity of care and better quality of life**. To code for these disorders, it's important to capture details relevant to a patient's condition. These may include an underlying medical condition, a substance abuse disorder on top of a psychiatric diagnosis or history codes indicating issues such as trauma and stress. Below is information for outpatient and professional services from the [ICD-10-CM Official Guidelines for Coding and Reporting](#).

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Coding for Mental, Behavioral and Neurodevelopmental Disorders

There are two primary categories under the ICD-10 code guidelines for behavioral health: **F and Z**.

Category F (F01-F99): These codes include disorders of psychological development.

They also have classification designations such as:

- With or without behavioral disturbance
- Complicated or uncomplicated
- In remission
- With withdrawal

These designations **require the provider’s clinical judgment**. The code specificity associated with the designations should only be captured when documented by the provider, such as with **withdrawal** or **in remission**.

Category Z (Z00-Z99): Z codes cover a range of stress factors and social needs that can contribute to behavioral health conditions. These social determinants of health (SDoH) may affect a patient’s ability or willingness to follow their recommended treatment plan.

- Z codes describe symptoms a patient displays that don’t point to a specific disorder but still warrant treatment.
- **To learn about using Z Codes for SDoH**, see our [tip sheet](#).

Tips to Consider

- Include patient demographics, such as name, date of birth and date of service in all progress notes.
- Document legibly, clearly and concisely.
- Ensure providers **sign and date** all documents.
- Document how each diagnosis was **monitored, evaluated, assessed and/or treated**, as well as any complications on the date of service.
- Take advantage of the **Annual Health Assessment (AHA)** or other yearly preventative exam as an opportunity to capture conditions impacting member care.

Resources

- [ICD-10-CM Official Guidelines for Coding and Reporting](#), Chapter 5: Mental, Behavioral and Neurodevelopmental disorders (F01-F99) and Chapter 21: Factors Influencing Health Status and Contact with Health Services (Z00-Z99)
- Centers for Disease Control and Prevention [Mental Health](#)

ICD-10-CM Code Categories for Mental, Behavioral and Neurodevelopmental Disorders	
F01-F09	Mental disorders due to known physiological conditions
F10-F19	Mental and behavioral disorders due to psychoactive substance abuse
F20-F29	Schizophrenia, schizotypal, delusional and other non-mood psychotic disorders
F30-F39	Mood [affective] disorders
F40-F48	Anxiety, dissociative, stress-related, somatoform and other nonpsychotic mental disorders
F50-F59	Behavioral syndromes associated with physiological disturbances and physical factors
F60-F69	Disorders of adult personality and behavior
F70-F79	Intellectual disabilities
F80-F89	Pervasive and specific developmental disorders
F90-F98	Behavioral and emotional disorders with onset usually occurring in childhood and adolescence
F99	Unspecified mental disorder
Sample ICD-10-CM Z Codes	
Z56.x	Problems related to employment and unemployment
Z59.x	Problems related to housing and economic circumstances
Z64.x-Z65.x	Psychosocial circumstances
Z87.820	Problems related to personal history of traumatic brain injury

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