

Z CODE

REFERENCE GUIDE

*This Resource guide is based on Z codes that directly relate to Social Determinants of Health.
It is not intended to be a comprehensive list of all Z codes.*

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What are Z codes?

Z codes were first introduced by Medicare as a way to report patient conditions and status that are not classified as disorders. Z codes are used in conjunction with ICD-10 codes to document factors influencing health status and/or the reason the patient is being seen.



Accurately predict your patient's health



Properly capture risk factors



Identify Network-wide trends

Social Determinant of Health Z codes focus on the conditions of a patient's living, learning or work environment that impact their risk and outcomes. Common examples include loss of job, housing issues, physical environment, transportation, food insecurities and more. Using SDoH Z codes will help you accurately depict your patient's health and properly capture risk factors in your documentation. Z codes can be used in any health-care setting, including face-to-face and telemedicine visits.

With the COVID-19 pandemic, many patients and their families are experiencing social determinants that can impact their health and well-being.

By incorporating SDoH Z codes into your notes for billing and coding purposes, you can formally track your patients' social needs and personalize their care. Proper use of Z codes help the NHN measure the overall impact of COVID-19 across the entire patient population and identify the most prominent social needs.

Insurance carriers are beginning to integrate Z codes into their risk stratification analysis and early adoption will help with documentation skills and Z code usage.

Z CODE EXAMPLE

ENCOUNTER



PATIENT: FLORA JOHNSON

AGE: 45 YEARS OLD

CURRENT HISTORY:

- Type 2 Diabetes with complications

REASON FOR VISIT:

- Cough due to seasonal allergy

DOCUMENTATION NOTE:

Flora comes in today for allergy symptoms that she has been experiencing for the past two days. She currently has good control of her DM2 by continuing to eat healthy and exercise several times a week. Flora seems stressed and voices her concern about possibly losing her job due to the COVID-19 pandemic. Flora has started rationing her medications in an ongoing effort to stay on top of her finances.

ROUTINE DOCUMENTATION

E11.9 Type 2 diabetes mellitus without complications

R05 Cough

J30.1 Allergic rhinitis due to pollen

DOCUMENTATION WITH Z CODES

R05 Cough

J30.1 Allergic rhinitis due to pollen

F43.0 Acute stress reaction

E11.9 Type 2 diabetes mellitus without complications

Z56.2 Threat of job loss

Z59.8 Other problems related to housing and economic circumstances

Additional Z codes that can be included

EDUCATIONAL CIRCUMSTANCES

| | |
|-------|--|
| Z55 | 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 | Education 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 |

EFFECTS OF WORK ENVIRONMENT

| | |
|-----------|--|
| Z56 | 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 environment (Difficult conditions at work) |
| Z56.6 | Other physical and mental strain related to work |
| Z56.8, 89 | Other problems related to employment |
| Z56.81 | Sexual harassment on the job |
| Z56.82 | Military deployment status (<i>Individual-civilian or military currently deployed in theater or in support of humanitarian operations</i>) |
| Z56.9 | Unspecified problems related to employment (<i>Occupational problems NOS</i>) |

OCCUPATIONAL EXPOSURE TO RISK FACTORS

| | |
|-----------|---|
| Z57 | 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, 39 | Occupational exposure to other air contaminants |

OCCUPATIONAL EXPOSURE TO RISK FACTORS

| | |
|--------|--|
| Z57.31 | Occupational exposure to environmental tobacco smoke |
| Z57.4 | Occupational exposure to toxic agents in agriculture (Occupational exposure to solids, liquids, gases or vapors in agriculture) |
| Z57.5 | Occupational exposure to toxic agents in other industries (Occupational exposure to solids, liquids, gases or vapors in agriculture) |
| 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 |

HOMELESSNESS/OTHER HOUSING CONCERNS

| | |
|-------|--|
| Z59 | 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 (Boarding school resident) |
| Z59.4 | Lack of adequate food and safe drinking water (Inadequate drinking water supply) |
| 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 (Foreclosure on loan, isolated dwelling, problems with creditors) |
| Z59.9 | Problem related to housing and economic circumstances, unspecified |

PROBLEMS RELATED TO SOCIAL ENVIRONMENT

| | |
|-------|---|
| Z60 | Problems related to social environment |
| Z60.0 | Problems of adjustment to life-cycle transitions (Empty nest syndrome, phase of life problem, problem with adjustment to retirement-pension) |
| Z60.2 | Problems related to living alone |
| Z60.3 | Acculturation difficulty (Problem with migration, problem with social transplantation) |
| Z60.4 | Social exclusion and rejection (Exclusion and rejection on the basis of personal characteristics, such as unusual physical appearance, illness or behavior) |
| Z60.5 | Target of (Perceived) adverse discrimination and persecution |

PROBLEMS RELATED TO SOCIAL ENVIRONMENT

- Z60.8 Other problems related to social environment
- Z60.9 Problems related to social environment, unspecified

PROBLEMS RELATED TO UPBRINGING - Includes current & past negative life events in childhood

- Z62 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 (Child in care of non-parental family member, child in foster care)
- Z62.22 Institutional upbringing (Child living in orphanage or group home)
- 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

PARENT-CHILD CONFLICT

- Z62.820 Parent-biological child conflict (Parent-child problem NOS)
- Z62.821 Parent-adopted child conflict
- Z62.822 Parent-foster child conflict

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 Other problems related to primary support group, including family circumstances
- Z63.0 Problems in relationship with spouse or partner (Relationship distress with spouse or intimate partner)
- Z63.1 Problems in relationship with in-laws
- Z63.3 Absence of family member
- Z63.31 Absence of family member due to military deployment (Individual or family affected by other family member being on military deployment)
- Z63.32 Other absence of family member
- Z63.4 Disappearance and death of family member (Assumed death of family member, bereavement)
- Z63.5 Disruption of family by separation and divorce (Marital estrangement)
- 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
(Individual or family disruption due to return of family member from military deployment-current conflict)
- Z63.72 Alcoholism and drug addiction in family
- Z63.79 Other stressful life events affecting family and household
(Anxiety (normal) about sick person in family, health problems within family, ill or disturbed family member, isolated family)
- Z63.8 Other specified problems related to primary support group (Family discord NOS, family estrangement NOS, high expressed emotional level within family, inadequate family support NOS, inadequate or distorted communication within family)
- Z63.9 Problems related to primary support group, unspecified (Relationship disorder NOS)

PROBLEMS RELATED TO CERTAIN PSYCHOSOCIAL CIRCUMSTANCES

- Z64 Problems related to certain psychosocial circumstances
- Z64.0 Problems related to unwanted pregnancy
- Z64.1 Problems related to multi-party
- Z64.4 Discord with counselors (With probation officer, with social worker)

PROBLEMS RELATED TO OTHER PSYCHOSOCIAL CIRCUMSTANCES

- Z65 Problems related to other psychosocial circumstances
- Z65.0 Conviction in civil and criminal proceedings without imprisonment
- Z65.1 Imprisonment and other incarceration

PROBLEMS RELATED TO OTHER PSYCHOSOCIAL CIRCUMSTANCES

- Z65.2 Problems related to release from prison
- Z65.3 Problems related to other legal circumstances (Arrest, child custody or support proceedings, litigation and prosecution)
- Z65.4 Victim of crime and terrorism (Victim of torture)
- Z65.5 Exposure to disaster, war and other hostilities
- Z65.8 Other specified problems related to psychosocial circumstances (Religious or spiritual problem)
- Z65.9 Problem related to unspecified psychosocial circumstances

ENCOUNTER FOR MENTAL HEALTH SERVICES FOR VICTIM AND PERPETRATOR OF ABUSE

- Z69 Encounter for mental health services for victim and perpetrator of abuse
- Z69.011 Encounter for mental health services for perpetrator of parental child abuse (Neglect, psychological abuse, sexual abuse)
- Z69.02 Encounter for mental health service for non-parental child abuse
- Z69.020 Encounter for mental health service for victim of non-parental child abuse (Neglect, psychological abuse, sexual abuse)
- Z69.021 Encounter for mental health service for perpetrator of non-parental child abuse (Neglect, psychological abuse, sexual abuse)
- Z69.1 Encounter for mental health service for spousal or partner abuse problems
- Z69.11 Encounter for mental health service for victim of spousal or partner abuse (Neglect, psychological, partner violence, physical)
- Z69.12 Encounter for mental health service for perpetrator of spousal or partner abuse (Neglect, psychological, partner violence, physical, sexual)
- Z69.8 Encounter for mental health service for victim or perpetrator of other abuse
- Z69.81 Encounter for mental health service for victim of other abuse (Non-spousal adult abuse, spouse or partner violence, sexual)
 - *Encounter for rape victim counseling*
- Z69.82 Encounter for mental health service for perpetrator of other abuse (Non-spousal adult abuse)

COUNSELING RELATED TO SEXUAL ATTITUDE, BEHAVIOR AND ORIENTATION

- Z70 Counseling related to sexual attitude, behavior and orientation
- Z70.0 Counseling related to sexual attitude
- Z70.1 Counseling related to patient's sexual behavior and orientation (Patient concerned regarding: impotence, non-responsiveness, promiscuity, sexual orientation)
- Z70.2 Counseling related to sexual behavior and orientation of third party (Advice sought regarding: child, partner, spouse)
- Z70.3 Counseling related to combined concerns regarding sexual attitude, behavior and orientation
- Z70.8 Other sex counseling (Encounter for sex education)
- Z70.9 Sex counseling, unspecified

HEALTH SERVICE PROBLEMS: DIETARY, ALCOHOL, DRUG, TOBACCO, SPIRITUAL, SEX COUNSELING

| | |
|--------|---|
| Z71 | Persons encountering health services for other counseling and medical advice, not elsewhere classified |
| Z71.0 | Persons encountering health services for other counseling to consult on behalf of another person (Seek advice or treatment for non-attending third party) |
| Z71.2 | Person consulting for explanation of examination or test findings |
| Z71.3 | Dietary counseling and surveillance <ul style="list-style-type: none"> • Use additional code for any associated underlying medical condition • Use additional code to identify body mass index (BMI), if known (Z68.1-) |
| Z71.4 | Alcohol abuse counseling and surveillance <ul style="list-style-type: none"> • Use additional code for alcohol abuse or dependence (F10.-) |
| Z71.41 | Alcohol abuse counseling and surveillance of alcoholic |
| Z71.42 | Counseling for family member of alcoholic (Significant other, partner, or friend of alcoholic) |
| Z71.51 | Drug abuse counseling and surveillance <ul style="list-style-type: none"> • Use additional code for drug abuse or dependence (F11-F16, F18-F19) |
| Z71.52 | Counseling for family member of drug abuser (Significant other, partner, or friend of drug abuser) |
| Z71.6 | Tobacco abuse counseling <ul style="list-style-type: none"> • Use additional code for nicotine dependence (F17.-) |
| Z71.7 | Human immunodeficiency virus (HIV) counseling |
| Z71.8 | Other specified counseling |
| Z71.81 | Spiritual or religious counseling |
| Z71.82 | Exercise counseling |
| Z71.83 | Encounter for non-procreative genetic counseling |
| Z71.84 | Encounter for health counseling related to travel (Health risk and safety counseling for (International) travel) |
| Z71.89 | Other specified counseling |
| Z71.9 | Counseling, unspecified (For medical advice NOS) |

PROBLEMS RELATED TO LIFESTYLE: TOBACCO, PHYSICAL EXERCISE, HIGH RISK BEHAVIOR, GAMBLING, SLEEP

| | |
|---------|--|
| Z72 | Problems related to lifestyle |
| Z72.0 | Tobacco use (NOS) <ul style="list-style-type: none"> • <i>Excludes:</i> <ul style="list-style-type: none"> • History of tobacco dependence (Z87.891) • Nicotine dependence (F17.2-) Lack of physical exercise • Tobacco dependence (F17.2-) • Tobacco use during pregnancy (O99.33-) |
| Z72.3 | Lack of physical exercise |
| Z72.4 | Inappropriate diet and eating habits |
| Z72.5 | High risk sexual behavior |
| Z72.5 | High risk sexual behavior (Promiscuity) |
| Z72.51 | High risk heterosexual behavior |
| Z72.52 | High risk homosexual behavior |
| Z72.5 | High risk bisexual behavior |
| Z72.6 | Gambling and betting <ul style="list-style-type: none"> • <i>Excludes:</i> Compulsive or pathological gambling (F63.0) |
| Z72.8 | Other problems related to lifestyle |
| Z72.81 | Antisocial behavior |
| Z72.810 | Child and adolescent antisocial behavior (Without manifest psychiatric disorder, delinquency NOS, group delinquency, offenses in the context of gang membership, stealing in company with others, truancy from school) |
| Z72.811 | Adult antisocial behavior (Without manifest psychiatric disorder) |
| Z72.82 | Problems related to sleep |
| Z72.820 | Sleep deprivation (Lack of adequate sleep) |
| Z72.821 | Inadequate sleep hygiene (Bad sleep habits, irregular sleep habits, unhealthy sleep wake schedule) |
| Z72.89 | Other problems related to lifestyle (Self damaging behavior) |
| Z72.9 | Problem related to lifestyle, unspecified |

PROBLEMS RELATED TO LIFE MANAGEMENT: SOCIAL SKILLS, SLEEPLESSNESS, ETC

| | |
|-------|--|
| Z73 | Problems related to life management difficulty <ul style="list-style-type: none"> • <i>Excludes:</i> Problems related to socioeconomic and psychosocial circumstances (Z55-Z65) |
| Z73.0 | Burn-out |

PROBLEMS RELATED TO LIFE MANAGEMENT: SOCIAL SKILLS, SLEEPLESSNESS, ETC

| | |
|------------|--|
| Z73.1 | Type A behavior pattern |
| Z73.2 | Lack of relaxation and leisure |
| Z73.3 | Stress, not elsewhere classified (Physical and mental strain NOS) • <i>Excludes: Stress related to employment or unemployment (Z56.-)</i> |
| Z73.4 | Inadequate social skills, not elsewhere classified |
| Z73.5 | Social role conflict, not elsewhere classified |
| Z73.6 | Limitation of activities due to disability |
| Z73.81-819 | Behavioral insomnia of childhood |
| Z73.82 | Dual sensory impairment |
| Z73.89 | Other problems related to life management difficulty |
| Z73.9 | Problem related to life management difficulty |

CARE PROVIDER DEPENDENCY

| | |
|--------|---|
| Z74 | Problems related to care provider dependency |
| Z74.0 | Reduced mobility |
| Z74.01 | Bed confinement status (Bedridden) |
| Z74.09 | Other reduced mobility (Chair-ridden, reduced mobility NOS) • <i>Excludes: Wheelchair dependence (Z99.3)</i> |
| Z74.1 | Need for assistance with personal care |
| Z74.2 | Need for assistance at home and no other household member able to render care |
| Z74.3 | Need for continuous supervision |
| Z74.8 | Other problems related to care provider dependency |
| Z74.9 | Problem related to care provider dependency, unspecified |

PROBLEMS RELATED TO MEDICAL FACILITIES AND OTHER HEALTH CARE

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|-------|--|
| Z75 | Problems related to medical facilities and other health care |
| Z75.0 | Medical services not available in home • <i>Excludes: No other household member able to render care (Z74.2)</i> |
| Z75.1 | Person awaiting admission to adequate facility elsewhere |

PROBLEMS RELATED TO MEDICAL FACILITIES AND OTHER HEALTH CARE

- Z75.2 Other waiting period for investigation and treatment
- Z75.3 Unavailability and inaccessibility of health care facilities
 - *Excludes: Bed unavailable (Z75.1)*
- Z75.4 Unavailability and inaccessibility of other helping agencies
- Z75.5 Holiday relief care
- Z75.8 Other problems related to medical facilities and other health care
- Z75.9 Unspecified problem related to medical facilities and other health care

PERSONS ENCOUNTERING HEALTH SERVICES: REPEAT PRESCRIPTIONS, ETC.

- Z76 Persons encountering health services in other circumstances
- Z76.0 Encounter for issue of repeat prescription (For appliance, medicaments, spectacles)
- Z76.1 Encounter for health supervision and care of foundling
- Z76.2 Encounter for health supervision and care of other health infant and child (For medical or nursing care or supervision of health infant under circumstances such as socioeconomic conditions at home, foster or adoptive placement, illness, at home preventing or interfering with normal care)
- Z76.3 Healthy person accompanying sick person
- Z76.4 Other boarder to healthcare facility
 - *Excludes: Homelessness (Z59.0)*
- Z76.5 Malingering (Conscious simulation-person feigning illness with obvious motivation)
- Z76.8 Persons encountering health services in other specified circumstances
- Z76.81 Expectant parent(s) prebirth pediatrician visit (Pre-adoption pediatrician visit for adoptive parent(s))
- Z76.82 Awaiting organ transplant status (Patient waiting for organ availability)
- Z76.89 Persons encountering health services in other specified circumstances (Persons encountering health service NOS)

PERSONS WITH POTENTIAL HEALTH HAZARDS RELATED TO FAMILY AND PERSONAL HISTORY AND CERTAIN CONDITIONS INFLUENCING HEALTH STATUS

- Z77 Other contact with and (Suspected) exposures hazardous to health
- Z78 Other Specified Health status
- Z78.0 Symptomatic menopausal state (Menopausal state NOS and post menopausal state NOS)

PERSONS WITH POTENTIAL HEALTH HAZARDS RELATED TO FAMILY AND PERSONAL HISTORY AND CERTAIN CONDITIONS INFLUENCING HEALTH STATUS

| | |
|-------|-------------------------------|
| Z78.1 | Physical restraint status |
| Z78.9 | Other specified health status |