

Documentation Tips: Type 2 Diabetes Mellitus in Remission

Improving documentation and coding

Type 2 diabetes mellitus is a chronic condition traditionally treated with glucose-control medication and education. **With a focus on weight management and lifestyle intervention, it may be possible to achieve remission status** as outlined below. Type 2 diabetes mellitus in remission may be considered an appropriate diagnosis when all criteria below are met.

Diabetes in remission criteria

Sustained normal blood glucose levels – an HbA1c level less than 6.5% – for at least three months and:

- Not taking any glucose-lowering medications
- Not receiving any diabetes-related therapies
- Not experiencing any diabetes-related complications

Documenting diabetes in remission

- Diabetes is clearly stated as “in remission.” Other terms, such as “resolved,” are not synonymous.
- HbA1c less than 6.5% for at least three months and most recent fasting glucose less than 126 mg/dL.
- Specify remission achievement method (e.g., lifestyle, weight management, bariatric surgery).
- No documentation of diabetes medications during remission period.

Type 2 Diabetes Mellitus in Remission Example



Profile

- 66-year-old white female patient follows up for lab results
- DM2 diagnosed 20 months ago
- Patient has lost 9.5 kg since initial diagnosis
- Follows low-calorie, high-protein diet and attends exercise classes 2x week and follows a daily walking regime since diagnosis
- Reports FBS between 95 and 120. HbA1c has been less than 6.5 for more than four months. Metformin discontinued three months ago

Vitals

BP: 138/88, Pulse: 84, Resp.: 16,
Ht.: 165 cm, Wt.: 72 kg, BMI: 26.4

Medications

None

Labs

HbA1c 6.2.0, Creatinine 1.0

Assessment Plan

- Type 2 diabetes in remission
- Continue to follow exercise regime
- Follow up with wellness center nutritionist to discuss dietary options
- Orders for monthly HbA1c
- Return for follow-up in three months

Coded as

- E11.A – Type 2 diabetes mellitus without complications in remission
- Z68.26 – BMI 26.0–26.9

You must confirm the accuracy of reported diagnoses and ensure that they comply with the **ICD-10-CM Official Guidelines for Coding and Reporting** and applicable legal requirements. Accurate and complete risk adjustment documentation and coding allow us to provide access to quality care and may signal member eligibility for condition-specific programs, including wellness, weight loss, and disease and care management.

Additional information

If you have questions or believe any codes were previously submitted in error, please contact your local HealthSpring representative. Visit [HealthSpring.com/Providers](https://www.healthspring.com/providers).

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