

MEAT Guidelines



The acronym MEAT is used to describe the types of documentation in the medical record that would support the assignment and reporting of ICD-10-CM diagnosis codes, according to the Centers for Medicare & Medicaid Services and ICD-10-CM Official Coding Guidelines. In addition to the diagnosis, the documentation must include whatever action the provider took during a face-to-face or audio and visual telehealth visit relative to the management of the diagnosis. **Documentation of a diagnosis without the clinical significance, current status or plan of care isn't considered sufficient documentation to submit the corresponding ICD-10-CM code on the claim for that visit.**

What does MEAT stand for?

- M = Monitoring by ordering or referencing labs, imaging studies or other tests
- E = Evaluation with a targeted part of the physical examination specific to a certain diagnosis
- A = Assessment of the status, progression or severity of the diagnosis
- T = Treatment with medication, surgical intervention or lifestyle modification. **Treatment also includes referral to a specialist for consultation or management.**

Examples of MEAT include:

<p>Monitoring Ordering diagnostic tests:</p> <ul style="list-style-type: none"> • "HgbA1c ordered" • "Chest X-ray ordered" • "Checking PT/INR" <p>Referencing test results</p> <ul style="list-style-type: none"> • "CT scan of abdomen shows stable AAA" • "EKG reveals atrial fibrillation" • "U/A negative for protein" 	<p>Evaluation Targeted physical exam for specific diagnosis:</p> <ul style="list-style-type: none"> • PVD – "Dorsalis pedis and posterior tibial pulses are weak" • Diabetic neuropathy – "Monofilament exam showed decreased sensation" • COPD – "Diminished air entry with expiratory wheezing on lung exam"
<p>Assessment Status:</p> <ul style="list-style-type: none"> • "Stable," "unstable" • "Well controlled," "poorly controlled," "out of control" <p>Progression:</p> <ul style="list-style-type: none"> • "Worsening," "improving," "unchanged" • "Doing better," "progressing as expected" <p>Severity:</p> <ul style="list-style-type: none"> • "Mild," "moderate," "severe" • "Minimal," "significant," "extreme" 	<p>MEAT Treatment Medication:</p> <ul style="list-style-type: none"> • "Cardizem added," "increased dose of Lasik" • "Refilled metformin," "continue statins" <p>Surgical intervention:</p> <ul style="list-style-type: none"> • "Femoral artery stented" • "Malignant melanoma excised" <p>Lifestyle modification:</p> <ul style="list-style-type: none"> • "Diet and exercise discussed" • "Encouraged to attend AA meetings" <p>Referral to specialist:</p> <ul style="list-style-type: none"> • "Ophthalmologist managing exudative macular degeneration" • "Follow up with nephrology for secondary hyperparathyroidism"

ICD-10-CM diagnoses codes are ICD-10-CM Official Guidelines for Coding and Reporting are subject to change. It's the responsibility of the provider to ensure that current ICD-10-CM diagnosis codes and the current ICD-10-CM Official Coding Guidelines for Coding and Reporting are reviewed prior to the submission of claims.

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