

To: AmeriHealth Caritas Louisiana Providers

Date: February 10, 2026

Subject: HEDIS Measure: Metabolic Monitoring for Children and Adolescents on Antipsychotics (APM)

Summary: AmeriHealth Caritas Louisiana is sharing best practice recommendations for monitoring glucose and cholesterol in children and adolescents 1-17 years of age who are prescribed antipsychotic medications.

Recommendation: The American Academy of Child & Adolescent Psychiatry (AACAP) and the American Diabetes Association (ADA) recommend regular monitoring of blood glucose and cholesterol for children and adolescents aged 1-17 years who are prescribed antipsychotic medications.

AmeriHealth Caritas Louisiana is committed to working closely with providers to improve the quality of care for our members. We use the Healthcare Effectiveness Data and Information Set (HEDIS[®]) tool developed by the National Committee for Quality Assurance (NCQA) to reference the metabolic monitoring for children and adolescents (1-17 years of age) who are prescribed antipsychotic medications.

Children and adolescents who are prescribed antipsychotic medications are at an increased risk for metabolic complications, including weight gain, dyslipidemia, and impaired glucose regulation. Routine monitoring supports early identification and intervention.

Measurement Requirement:

Patients must receive **both** of the following during the measurement year:

1. Blood glucose testing *or* HbA1c test
2. One test for LDL-C or Cholesterol

Best Practices:

- Order metabolic labs at the initiation of antipsychotic therapy and annually thereafter.
- Coordinate with Primary Care Providers, Specialists, and/or Pediatricians when appropriate.
- Educate patients and caregivers about cardiometabolic side effects of antipsychotic medications and the importance of regular metabolic monitoring, a healthy diet, and exercise.
- Ensure lab results are documented in the medical record.
- Address abnormal findings with timely follow-up and/or referral.
- Monitor BMI and weight regularly.
- Monitor for metabolic health complications, including diabetes, weight gain, and cardiovascular disease.

Reimbursement Codes – CPT and CPT-CAT-II

Glucose Lab Test	80047, 80048, 80050, 80053, 80069, 82947, 82950, 82951
HbA1c Lab Test	83036, 83037
Cholesterol Lab Test	82465, 83718, 83722, 84478
LDL-C Lab Test	80061, 83700, 83701, 83704, 83721
HbA1c Test Result or Finding	3044F, 3046F, 3051F, 3052F
LDL C Lab Test Result or Finding	3048F, 3049F, 3050F

Please refer to the HEDIS Documentation and Coding Guidelines on [NaviNet](#) for measure description and coding requirements.

Disclaimer: Physicians and other health care providers are solely responsible for the treatment decisions for their patients and should not use the information in this communication to substitute independent clinical judgment.

Questions: Thank you for your continued support and commitment to the care of our members. If you have questions about this communication, please contact AmeriHealth Caritas Louisiana Provider Services at 1-888-922-0007 or your [Provider Network Management Account Executive](#).

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