



This knowledgebase provides a structured list of commonly used ICD-10 codes for Weight Loss & Hormone Optimization settings. It is organized by condition category for easy reference.

Always consult the official ICD-10 library, payer-specific billing guidelines, and federal/state regulations when selecting diagnosis codes. This knowledgebase is for general reference only and does not replace authoritative coding resources.

Customizing Your Favorite ICD Codes

Personalize OptiMantra to match the way you work. Setting up favorites and templates helps you document faster, reduce repetitive entry, and keep your workflow consistent across visits.

- [Set Favorite ICD Codes](#): Save your most frequently used diagnoses for quick selection during patient encounters

Weight Loss & Metabolic Health

- **E66.9** – Obesity, unspecified
- **E66.3** – Overweight
- **Z68.30–Z68.45** – BMI documentation (BMI 30+ categories)
- **R63.5** – Abnormal weight gain
- **R63.4** – Abnormal weight loss
- **E88.81** – Metabolic syndrome / insulin resistance
- **R73.03** – Prediabetes
- **E78.5** – Hyperlipidemia, unspecified
- **E78.1** – Hypertriglyceridemia

Hormone Optimization - Female

- **N95.1** – Menopausal symptoms (hot flashes, night sweats)
- **N95.9** – Menopause, unspecified
- **E28.2** – Ovarian dysfunction / PCOS
- **E28.39** – Other ovarian failure (low estrogen)

- **N92.6** – Irregular menstruation
- **R68.82** – Low libido
- **R53.83** – Fatigue
- **G47.9** – Sleep disturbance

Hormone Optimization - Male

- **E29.1** – Testicular hypofunction / male hypogonadism
- **R79.89** – Low testosterone level
- **N52.9** – Erectile dysfunction, unspecified
- **R68.82** – Low libido
- **R53.83** – Fatigue

Thyroid Disorders (Common in HRT Evaluation)

- **E03.9** – Hypothyroidism, unspecified
- **E03.8** – Other specified hypothyroidism
- **E06.3** – Hashimoto's thyroiditis

Injection & Medication Management

- **Z79.899** – Long-term use of medications (GLP-1, testosterone, etc.)
- **Z79.890** – Long-term (current) use of hormone therapy
- **Z76.89** – Encounter for medication/injection administration
- **Z51.81** – Therapeutic drug level monitoring
- **E53.8** – Vitamin B12 deficiency
- **E55.9** – Vitamin D deficiency

Symptoms Often Used in Weight Loss & HRT Visits

- **R63.8** – Other appetite/weight symptoms
- **R41.3** – Memory/brain fog
- **L65.9** – Hair loss, unspecified
- **R45.89** – Mood changes
- **F41.9** – Anxiety, unspecified
- **F32.9** – Depression, unspecified
- **G47.00** – Insomnia, unspecified