BECAUSE OF YOU

MOUNT CARMEL
Health Partners

SUPPORTING DOCUMENTATION FOR RISK ADJUSTMENT

MEAT is an acronym to help aid in defining what supports a diagnosis in the medical record.
Only **one** of these elements need to be present with a diagnosis to support it within the medical record.

MONITOR – signs, symptoms, disease progression, disease regression

EVALUATE – test results, medication effectiveness, response to treatment

ASSESS/ADDRESS – ordering tests, discussion, review records, counseling

TREAT – medications, therapies, other modalities

EXAMPLES OF SUPPORTING DOCUMENTATION (MEAT)

Monitor – signs, symptoms, disease progression, disease regression
- *"Major depressive disorder - patient reports worsening fatigue and insomnia"*

Evaluate – test results, medication effectiveness, response to treatment
- *"Chronic obstructive pulmonary disease - inhaler has been helping breathing symptoms, continue treatment"*

Assess/Address – ordering tests, discussion, review records, counseling
- *"Hypothyroidism - TSH ordered today"*

Treat – medications, therapies, other modalities
- *"Type 2 diabetes mellitus - continue metformin and monitoring blood sugar"*

LOCATION

Where should MEAT be located in the medical record?

✔ Assessment/Plan

✖ Past Medical History

✖ Problem List

The Past Medical History and Problem List sections of the medical records are commonly out-of-date or are an inaccurate picture of the current health of the patient; thus, codes are not abstracted from this area.