

Medically Supervised Weight Management Program Requirement

Some insurance will require a medically supervised program requirement which monitors nutrition and exercise for a certain amount of time by a physician. The purpose of this requirement is to show patients' efforts at weight loss and the commitment to necessary dietary and behavioral changes for bariatric surgery. This criteria is in accordance with certain insurances to obtain authorization for bariatric surgery.

This is not an exhaustive list of participating insurance that require the medical weight management program. It is the patient's responsibility to check their policy benefits and specific bariatric coverage criteria with their insurance.

Aetna

- PCP supplies documentation of physician-supervised nutrition & exercise program of at least 6 months duration within last 2 years AND one program of at least 3 consecutive months
- Documentation of surgical preparatory regimen of 3 consecutive months within 6 months prior to surgery; must not show a net weight gain

Amerigroup

- Documented attempts at non-surgical weight reduction program for at least six consecutive months, occurring within two years prior to the proposed surgery.

Anthem

- Documented attempts at non-surgical weight reduction program for at least six consecutive months, occurring within two years prior to the proposed surgery.

BCBS IL

- Documented attempts at non-surgical weight reduction program for at least three consecutive months, occurring within two years prior to the proposed surgery.

BCBS MI

- Physician documented failure of non-surgical management for a minimum of six consecutive months (180 days) within the last four years prior to the recommendation for bariatric surgery

BCBS MN

- Participation within a 6 month physician or PA/NP supervised behavior/nutrition/exercise program for 6 months total within 1 year of surgery

BCBS VT

- Documented attempts at non-surgical weight reduction program for at least six consecutive months, occurring within two years prior to the proposed surgery.

Cigna

- Participation within a 12 month physician or PA/NP supervised weight management program for a minimum of 3 consecutive months.

Emblem

- Documentation of at least 6 months in a physician-directed weight-management program within the last 2 years.

Empire

- Documented attempts at non-surgical weight reduction program for at least six consecutive months, occurring within two years prior to the proposed surgery.

Excellus

- Documented attempts at non-surgical weight reduction program for at least six total months, at least one program must be medically-supervised

Highmark

- Documentation of 6 consecutive months of medically supervised visits (7 total) in which height, weight, and BMI were recorded and weight loss was discussed as part of a nutrition/exercise program, occurring within two years prior to the proposed surgery.

United HealthCare

- Documentation of at least 6 months in a physician-directed weight-management program within the last 2 years

Wellcare

- Documentation of at least 6 months in a physician-directed weight-management program within the last 2 years

Univera

- Documented attempts at non-surgical weight reduction program for at least six total months, at least one program must be medically-supervised
- For adjustable gastric band; must participate in a pre-operative bariatric program and 5% weight loss from the initial visit date

Yourcare

- Documented attempts at non-surgical weight reduction program for at least three consecutive months, occurring within two years prior to the proposed surgery.

Medically Supervised Weight Management Program Appointments	
Month 1:	
Month 2:	
Month 3:	
Month 4:	
Month 5:	
Month 6:	