

Bariatric Surgery Checklist

Please use the checklist below to determine bariatric surgery eligibility.

***Bariatric surgery is a once per lifetime benefit**

Bariatric Surgery Checklist for MeridianHealth Members

- ☐ Patient is at least 18 years old
- ☐ Patient has BMI ≥ 40 alone or ≥ 35 with two comorbidity factors
- ☐ Patient has more than one of the following comorbidity (choose all that apply):
 - ☐ Poorly controlled diabetes
 - ☐ Symptomatic sleep apnea not controlled by C-PAP
 - ☐ Severe cardio-pulmonary condition
 - ☐ Hypertension inadequately controlled with optimal conventional treatment
 - ☐ Uncontrolled hyperlipidemia not amenable to optimal conventional treatment
- ☐ Documentation of active participation in medically supervised weight loss program or structured diet program, such as Weight Watchers®, with no weight gain. Documentation should include:
 - ☐ Clearly documented starting weight and date
 - ☐ Evidence supporting active program participation for a minimum of six consecutive months
 - ☐ Weight loss program must have occurred within the past two years
 - ☐ Weight loss program must involve direct professional supervision

Note: Programs that do not involve direct professional supervision, including but not limited to online and telephonic weight loss programs, do not meet criteria for a six month structured medical weight loss program.

- ☐ Physician referral to multidisciplinary team prior to requesting bariatric surgery (involving Registered Dietician, Licensed Medical Social Worker, Licensed Psychologist or Psychiatrist, and Bariatric Surgeon)
 - Multidisciplinary program must be plan affiliated or contracted
- ☐ Psychological evaluation must be performed by a licensed independent behavioral health specialist prior to surgery in order to establish the member's emotional stability and ability to comply with post-surgical limitations
- ☐ Documentation of negative tobacco use, either by history or negative urine cotinine test (two negative tests within 30 days not earlier than six weeks before requesting surgery)
- ☐ Medical exclusions may apply, including Peptic Ulcer Disease and Endocrine-related cause of obesity (i.e., Hypothyroidism, Cushing's Syndrome, etc.)