



Bariatric Resource Services

Bariatric surgery quick reference guide

Welcome to Bariatric Resource Services (BRS). You're taking the first critical step toward achieving a healthy weight. This guide can help you understand how to successfully use bariatric surgery as part of your weight loss plan.



Bariatric Resource Services

1-888-936-7246

Monday through Friday, 7 a.m. to 7 p.m. Central time
TTY/TDD callers, call 711 and ask for
the number above.



Surgery is only a tool. Strict dietary, exercise and lifestyle changes are essential to long-term success. If you're motivated to make these lifelong changes, bariatric surgery can have a great impact on your life.

A BRS nurse will work with you to help you understand the process as you prepare for and recover from your surgery. The nurse will call you to check on and support you. And, you can call him or her with any questions.

The bariatric surgery weight-loss experience is divided into three phases:

- **Phase 1:** Pre-surgery is the time leading up to your surgery (typically six months in length).
- **Phase 2:** Includes your surgery and time in the hospital.
- **Phase 3:** Post-surgery is the period following your discharge from the hospital (usually 30 days in length with follow-up at 6 months).

Use the checklist on the back page to help track your progress.

Phase 1: Pre-surgery

Step 1: Determine if you're a candidate for bariatric surgery.

Is your body mass index, or BMI, within range? Do you understand, and are you prepared for, the emotional ups and downs you may experience after surgery?

Step 2: Review your insurance and determine if bariatric surgery is a covered service. Your insurance may only cover bariatric surgery services if they're performed at a center within the BRS Centers of Excellence network and if you complete the pre-surgery requirements.

Step 3: Call BRS at 1-888-936-7246 to get information and activate services. You must speak with a BRS nurse prior to choosing a center or surgeon, or scheduling surgery.

Step 4: Complete pre-surgery requirements and submit documentation to the BRS nurse. The requirements may include:

- ▶ Completing a physician-supervised weight-loss program within two years of surgery. The nurse will provide you support to help you meet this requirement.
- ▶ Completing a behavioral health evaluation. It's important that you're emotionally prepared for surgery — and for the lifestyle changes required to maintain a more healthful weight. This assessment is performed to determine whether you're ready for surgery and discuss what adjustments might be needed.

Your employer may have additional requirements. A BRS nurse can provide you with details.

Step 5: Select a BRS Centers of Excellence network program.

The BRS nurse will provide you with information about programs that are part of the BRS Centers of Excellence network. This will help you and your doctor choose the best center for your needs.

Step 6: Attend an information session at the BRS Centers of Excellence network program of your choice. Learn more about the BRS Centers of Excellence program you've chosen, the surgeon and the procedure. If you change surgeons or Centers of Excellence facilities, you must notify the BRS nurse immediately. When scheduling your surgery, keep in mind that you must notify the BRS nurse with your scheduled surgery date.

Step 7: Undergo a pre-surgical evaluation. Your surgeon will discuss with you whether or not you meet the National Institutes of Health requirements for undergoing a bariatric surgical procedure, and whether surgery is appropriate for your situation. Additional tests may be recommended before your surgery.

Phase 2: Surgery

The BRS nurse will work with your bariatric program team to coordinate care with your surgeon, your primary physician and local providers. This will help ensure a smooth transition back to home after surgery. The BRS nurse will call you within 48 hours of your discharge from the hospital to support and guide you as you recover.

Phase 3: Post-surgery

The BRS nurse will call periodically to determine how well you're progressing with your recovery. And, he or she will speak with you about pain management, nutrition and dietary requirements, medications, exercise and your general health status.

Stay focused on your health and weight-loss goals, and follow your new diet and exercise plan.



Checklist

Action	Date	Notes
I contacted BRS and spoke with a nurse.		
I've met all pre-surgery requirements. <ul style="list-style-type: none"> I verified that my BMI and co-conditions meet bariatric pre-surgery requirements. I successfully completed a physician-supervised weight-loss program within two years of surgery and submitted documentation to a BRS nurse. I completed a behavioral health evaluation. 		
I consulted with a dietitian and completed a nutritional assessment.		
I submitted documentation to a BRS nurse stating that all evaluations, assessments and prerequisites were successfully completed.		
I received notification from a BRS nurse regarding moving ahead with my surgery.		
I received information about BRS and the Centers of Excellence network.		
I selected a Centers of Excellence network program and notified a BRS nurse of my selection.		
I attended my bariatric program's information session.		
I completed my center's pre-surgery program.		
I identified a support group and attended my first meeting after surgery.		
I'm following my recommended food and vitamin plan.		
I'm following my recommended exercise plan.		

Not all requirements may apply to all individuals. Please verify with a BRS nurse or your benefit plan for your specific coverage requirements.



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