

Bariatric Resource Services

Did you know...

- Obesity is the second leading cause of preventable death in the U.S.²
- Approximately 127 million adults in the U.S. are overweight, 60 million are obese (Body Mass Index or BMI > 30) and 9 million are extremely obese (Body Mass Index or BMI > 40)³.
- Obesity and obesity-related conditions or ailments result in at least \$62.7 million in doctors' visits and \$39.3 million in lost workdays each year⁴.

At OptumHealth, our mission is to optimize the health and well-being of individuals and organizations through integrated, measurable, and personally relevant guidance, technology, and services.

Clinical outcomes of bariatric surgery vary widely. Certain clinical considerations must be taken into account when selecting a health care provider or facility for treatment. Bariatric surgery can be associated with a number of complications that could seriously impact overall health. Receiving services at a Bariatric Resource Services Center of Excellence can help ensure that bariatric surgery and care are delivered in a facility that meets strict standards which increases the likelihood of superior outcomes.

Features

- If appropriate, bariatric surgery occurs at a Centers of Excellence network facility
- Reduction in complications, readmissions, inappropriate care and length of stays
- Medical and pharmacy cost reduction from resolution of weight-related co-morbid conditions

The Problem

- Severely obese individuals are at increased risk for developing a number of costly chronic medical conditions.
- Bariatric surgery is effective but can have high complication rates in an unmanaged environment.
- Demand for bariatric procedures is growing more than 20 percent annually as the government acknowledges this epidemic¹.



Facts⁵

- Most patients experience significant improvement or resolution of weight-related medical problems following bariatric surgery.
- Other benefits include improved body image and self-esteem, more energy, and return to normal activities including employment.
- Bariatric surgery should be considered when the medical benefits of weight loss outweigh the risk of complications related to surgery.

Surgical Candidate's Solution

Designed to help individuals who undergo surgery, our process helps these consumers understand and manage the conditions associated with morbid obesity before and after surgery. It also encourages successful weight loss through:

- Guidance to Centers of Excellence network facilities in bariatric surgery, helping to better control the disparity of care and variability of surgical outcomes.
- Case management 90 days post-surgery to assess for complications and to reinforce lifestyle changes (including nutrition and exercise). Patients receive follow-up support for one year post-surgery to help ensure weight loss and lifestyle changes.
- Behavioral support to reinforce lifestyle changes, nutrition, exercise, and encouragement to participate in bariatric support groups. Behavioral health support is coordinated with the client's behavioral health vendor.

Program Features

- Multi-disciplinary bariatric clinical team approach: physician, psychologist, dietician, and nurse specialists
- Disease-specific education and Treatment Decision Support
- Patient screening for appropriateness

Program Benefits

- Medical and pharmacy cost reduction from improvement or resolution of weight-related co-morbid conditions
- Reduction of inappropriate surgeries by three percent
- Improved guidance and support for members
- Improved outcomes, such as reduction in complications, readmissions, inappropriate care and lengths of stay

SOURCES:

1. American Society for Bariatric Surgery Web site. Medicare expands coverage for lifesaving obesity surgery [press release]. Feb. 21, 2006. Available at: <http://www.asbs.org/html/about/ncdrelease.html>. Accessed September 6, 2006 & H. Buchwald et al.
2. Ali H. Mokdad, et al., "Actual Causes of Death in the United States, 2000," JAMA. 2004;291:1238-1245.
3. American Obesity Association. AOA Fact Sheets: "Obesity in the U.S." http://www.obesity.org/subs/fastfacts/obesity_US.shtml. Accessed: February 2004.
4. The Endocrine Society and The Hormone Foundation, Obesity in America.org, <http://www.obesityinamerica.org/economicimpact.html>. Accessed: March 2008.
5. Penn State, Milton S. Hershey Medical Center College of Medicine, <http://www.hmc.psu.edu/healthinfo/b/bariatric.htm>. Accessed: March 2008.

Contact Us Today

To learn more about OptumHealth Bariatric Resource Services, contact your OptumHealth Strategic Account Executive. Or visit us at optumhealth.com for more information.

OptumHealth | Optimizing Health and Well-Being | www.optumhealth.com

OptumHealth Care Solutions is comprised of the following UnitedHealth Group companies: ACN Group, Optum, and United Resource Networks.