



Reducing the complications of bariatric surgery through nurse support

With obesity prevalence in many U.S. states over 30%, the epidemic is resulting in high costs for health plans and health complications for members. For members who have chosen bariatric surgery to manage their obesity, American Health's Bariatric Care Management program assists in avoiding complications from the procedure and provides support for improving their health.

Our program consists of medical necessity review, network verification and comprehensive reporting. We also recommend the following requirements that members must satisfy prior to and following bariatric surgery as part of the preauthorization process:

Behavioral Health Assessment

We partner with CuraLinc Healthcare to offer optional assessments to ensure members do not have any underlying issues that may complicate their surgery. Members who may benefit from treatment can be referred to the health plan or to the EAP.

Disease Management

Upon enrollment, the member participates in Disease Management for six months. Our nurse health coaches provide education on nutrition and physical activity and support for managing nine chronic conditions.

Case Management

After surgery, members are supported in Case Management for 12 months. Case managers review treatment plans and medications and can assist in identifying potential complications.

By assisting with lifestyle changes, our nurses have helped some members **achieve weight loss and avoid surgery**

- Program Highlights -

Precertification of medical necessity and verification of network provided for bariatric surgery

Six months of Disease Management nurse health coaching prior to surgery

After surgery, members are supported in recovery by a case manager for one year

Option of behavioral health assessment through our partner CuraLinc Healthcare



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