

## INSURANCE CRITERIA

*This is a summary of the requirements from your insurance company that must be met to obtain approval for surgery. For a detailed list, please contact your insurance company. This list is subject to change without notice from your insurance company. **These requirements only apply if surgery is a covered benefit under your policy.** Some policies will have an exclusion, meaning they do not cover bariatric surgery. If your insurance plan does not cover bariatric surgery or you choose not to meet their criteria, we do have a comprehensive self pay option available. Please speak to one of our staff for details.*

*The criteria below are for gastric bypass and gastric banding procedures only unless otherwise noted (we must check with your insurance for coverage of sleeve gastrectomy or duodenal switch. Criteria for revisional procedures, if covered, vary plan by plan and may include additional criteria not listed). Please do not schedule any appointments until advised by our office.*

### **BlueCross Pennsylvania Highmark or BlueCross West Virginia Mountain State**

BMI 40 or greater OR BMI 35-39 with a co-morbid condition (18 years of age or older)

1. Medical records for last doctors office visit
2. Diet requirement - Must participate in and meet the criteria of a structured nutrition and exercise program. This includes dietitian/nutritionist consultation, low calorie diet, increased physical activity, behavioral modification and/or pharmacologic therapy. This structured nutrition and exercise program must meet all of the following: supervised & monitored by a physician working in cooperation with nutritionists for a cumulative total of 6 months or longer, within 2 years prior to surgery. This must be documented in the medical records by physician who supervised the patient's progress and should include the physician's on-going assessments of the patient's progress throughout the course of the program.
3. Surgeon consult - Dr. Olsen 615-342-5840 or Dr. Dyer 615-342-5830 or Dr. Houston 615-342-5820
4. Psychological evaluation - Athena Consulting 615-320-1155 or Evelyn Frye Center 615-385-4090
5. Nutritional evaluation - Centennial Outpatient Dietitian 615-342-3977



TRI STAR HEALTH SYSTEM<sup>SM</sup>