

## 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 Alabama**

BMI 40 or greater OR BMI 35-39 with certain co-morbid conditions (18 yrs & older)

1. Medical records for past 3 years
2. Diet requirement - Documentation of participation in a physician supervised program of nutrition and increased activity. Must complete dietitian consultation at beginning of diet and include low calorie diet, increased physical activity and behavioral modification. Program must be for 6 consecutive months and must be within previous 12 months of request for surgery. Records must include comments by the physician regarding patient progress or lack of progress *OR* acceptable with medical record documentation of medical supervision: Weight Watchers, LA Weight Loss, Jenny Craig, EatRight etc. Not acceptable are self-directed programs such as joining a gym, Atkins' diet, calorie counting, low fat, cutting back, internet programs, etc. (7 visits are required to show 6 complete months of participation)
3. Surgeon consult - Dr. Olsen 615-342-5840 or Dr. Dyer 615-342-5830 or Dr. Houston 615-342-5820
4. If smoker-documentation you have stopped smoking at least 8 weeks prior to surgery



# Centennial Center for the Treatment of Obesity

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