

## HPM Weight Management Program Criteria

It is the goal of Health Plan of Michigan (HPM) to assist members who suffer from obesity with complications and encourage improved quality of life. This procedure outlines the plan for identification, evaluation and treatment of overweight and obesity in adult members. Individual patient considerations and advances in medical science may supersede or modify these recommendations.

Members considered for HPM's Weight Management Program must meet the following criteria.

1. The member and PCP must both sign a letter of commitment before admission to the program (Attachment 1).
2. Member must be at least 18 years of age.
3. Member must be morbidly obese as defined by;
  - a.  $BMI \geq 40$
  - b.  $BMI \geq 35$  and two (2) life threatening conditions
    - i. Life threatening conditions are defined as;
      1. Diabetes
      2. Cardiopulmonary Condition
      3. Hypertension
      4. Hyperlipidemia
      5. Sleep Apnea with CPAP
4. Completion of a 30 day food diary. Member must submit food diary to HPM within 90 days of the authorization start date or benefit is terminated. Diary will be mailed to the member's home when signed letter of commitment is received by HPM. Diary entries must be consecutive and include all food and drink consumed.

If the member meets all of the above criteria, and the food diary is received by HPM, an authorization for Healthyroads will be entered into MCS. The member will be contacted by Healthyroads within two weeks of the authorization start date.

If the member does not complete the 30 day food diary, the PCP will be notified that the member does not qualify for HPM's Weight Management Program. If the member does not meet the above criteria, the PCP will be notified and the member will be offered nutritional counseling visits with a certified dietician.

Members who meet all criteria will be authorized to begin HPM's Weight Management Program. HPM's Weight Management Program is a three tiered process beginning with at least six months to one year of participation with Healthyroads telephone coaching. The member must be compliant with each tier of the program before being considered for any type of bariatric surgery evaluation or consultation.

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### **Tier One – Healthyroads or Mercy General Health Partners Weight Management Program**

Members enrolled in HPM's Weight Management Program must demonstrate compliance with Healthyroads telephone coaching or MGHP Weight Management Program before moving to Tier Two. Compliance is demonstrated by meeting the requirements specified in the commitment letter (Attachment 1) .

Members enrolled in Healthyroads will be assigned Health Coach. The Health Coach will work with the member on nutrition, menus, shopping on a budget, stress management and other tools to aide a healthy lifestyle.

Members enrolled in Healthyroads must be weighed by their PCP at least once per month.

**Healthy Roads: If a member is non-compliant (missed phone calls with no attempt to re-schedule and not following diet/exercise recommendations) the member will be discharged from the program. The PCP will be notified of the member failing to meet program expectations.**

Members that demonstrate significant consistent weight loss will be given the option to consider transitioning to the Medical Weight Loss Clinic (MWLC) program nearest to their home..

### **Tier Two – Medical Weight Loss Clinic**

Members who have completed at least six months of Healthyroads Telephone Coaching and wish to continue to pursue weight loss may be authorized to begin one year of participation in the Medical Weight Loss Clinic program. Successful attendance and participation in the MWLC program will be covered by HPM for 6 months. Compliance with MWLC is demonstrated by meeting the requirements specified in the MWLC commitment letter. The MWLC commitment letter will be mailed to the PCP and member once Healthyroads has been successfully completed. An authorization for MWLC will be entered by HPM once the signed commitment letter is received.

### **Tier Three – Bariatric Evaluation**

If the PCP feels that the member continues to require additional weight loss that is not achievable after completing Healthyroads and MWLC, a referral for bariatric surgery evaluation should be entered by the PCP.

Members referred for bariatric surgery are required to have the following;

- Healthyroads compliance documentation
- MWLC compliance documentation and the recommendation of the MWLC physician
- Attendance at a bariatric surgery seminar at an in-network Bariatric Surgery Center of Excellence
- Bariatric surgical consultation and recommendation at an in-network Bariatric Surgery Center of Excellence.
- Surgical clearance documentation by specialists in cardiology, respiratory and psychiatry