

# Bariatric Resource Services

Welcome! Enrolling in Bariatric Resource Services (BRS) can help you achieve a healthy weight and improve your quality of life. Keep in mind that surgery is only a tool. You will have more successful health outcomes when surgery is combined with a treatment plan that includes strict dietary, exercise and lifestyle changes.

With BRS, an experienced nurse case manager will be there to support you before, during and after surgery. Plus, you'll have access to our Centers of Excellence, including some of the top bariatric facilities that offer top-notch care.

## Keep track of your contacts and your pre- and post-surgery progress below.

BRS nurse \_\_\_\_\_ Phone \_\_\_\_\_

Doctor \_\_\_\_\_ Phone \_\_\_\_\_

Hospital (COE) \_\_\_\_\_ Phone \_\_\_\_\_

## Phase 1: Typically six months before surgery

Before surgery	Date	Notes
I verified that my BMI and co-conditions meet pre-surgery requirements.		
I contacted BRS and enrolled in the program.		
I selected a Center of Excellence facility and surgeon.		
I talked with my BRS nurse.		
I attended the bariatric program's information session.		
I consulted a dietitian and completed a nutritional assessment.		
I completed a behavioral health evaluation.		
I successfully completed a physician supervised weight-loss program within two years of surgery.		
I met all pre-surgery requirements and submitted required documentation to my surgeon.		
My surgeon submitted a prior authorization request and I received notification that I was approved.		
I notified BRS of my scheduled surgery date.		

## Phase 2: Surgery—includes surgery and time in the hospital

Once you have been approved for surgery, you can begin preparing for the day of surgery and what to expect when you return home. Your BRS nurse will call you within one week post-surgery to support you in recovery and help ensure a smooth transition back home.

## Phase 3: After you're discharged from the hospital (usually 30 days)

After surgery	Date	Notes
I connected with a BRS nurse after surgery for post-surgery support and guidance.		
I met with my surgeon for a post-surgery follow-up appointment.		
I am following my recommended plans for food, vitamin intake and exercise.		
I joined a support group and attended my first meeting after surgery.		



**Call Bariatric Resource Services  
at 1-888-936-7246, TTY 711**  
Monday through Friday, 7 a.m. to 6 p.m. CT.

This document is a summary resource. Please refer to your Plan documents for further information about covered benefits.

This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through the nurse support service is for informational purposes only and provided as part of your health plan. The nurse cannot diagnose problems or recommend treatment and is not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law. This nurse support service is not an insurance program and may be discontinued at any time.

The Centers of Excellence (COE) program providers and medical centers are independent contractors who render care and treatment to health plan members. The COE program does not provide direct health care services or practice medicine, and the COE providers and medical centers are solely responsible for medical judgments and related treatments. The COE program is not liable for any act or omission, including negligence, committed by any independent contracted health care professional or medical center.

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