



Meet John

John* decided to address his severe obesity with bariatric surgery. Along with the support and guidance of a Bariatric Resource Services (BRS) nurse case manager, he achieved his goal and improved his overall health.

BRS offers the support, education, tools, resources and care from some of the top bariatric facilities and experts in the country to help make the journey to improved health successful.

Obesity is a serious health issue, and bariatric surgery is an effective way to address the long-term health risks associated with severe obesity. Surgery helps to improve or resolve many types of cancer, Type 2 diabetes, hypertension, hyperlipidemia and sleep apnea in severely obese individuals. However, surgery is only a tool. Strict dietary, exercise and lifestyle changes are essential to long-term success.

John's bariatric surgery journey

The right approach at the right time

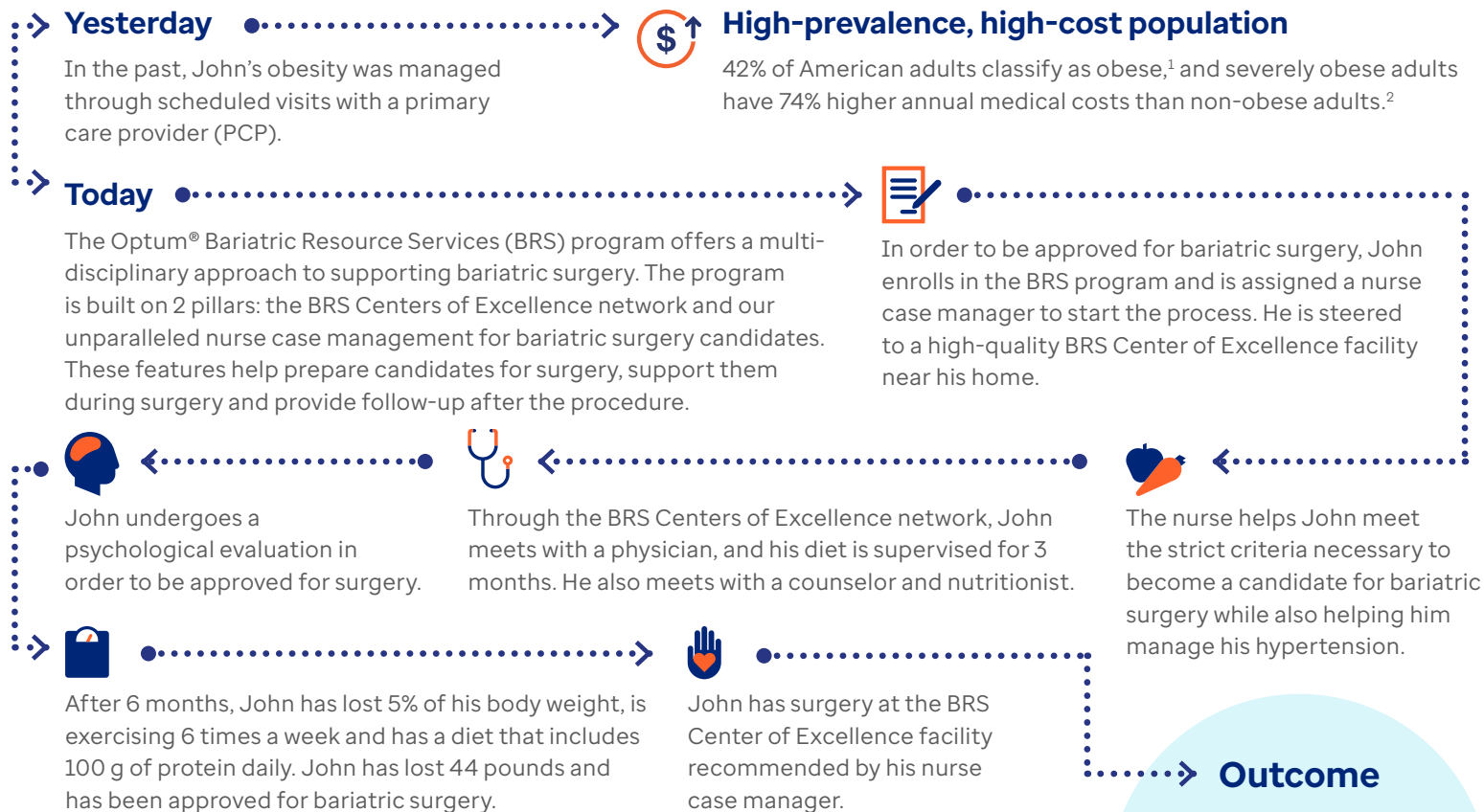
The Optum approach to bariatric surgery ensures that each candidate is cared for before, during and after surgery. Preparing patients effectively for bariatric surgery yields better economic and clinical outcomes.

Contact us to learn more about the advantages Optum offers your members.

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* John is a fictitious character used to illustrate programs and services. Stock photo used. Member name and some details changed to protect member privacy.

1. Stierman B, Afful J, Carroll M, et al. National Health and Nutrition Examination Survey 2017–March 2020 Pre-pandemic Data Files Development of Files and Prevalence Estimates for Selected Health Outcomes. *National Health Statistics Reports*. 2021; 158.
2. Ward Z.J, Bleich SN, Long MW, Gortmaker SL. Association of body mass index with health care expenditures in the United States by age and sex. *PLOS One*. 2021; 16(3):e0247307.
3. Crossman A. UHC commercial surgeries (2020), analyzed in 2022. Cost expressed in episodic derived allowed.
4. 2021 Optum Consumer Net Promoter Score survey results.

39% lower inpatient hospital readmission rate at BRS COEs vs. non-COE providers³

31% lower length of stay rate at BRS COEs vs. non-COE providers³

82% of members indicated better health outcomes with BRS.⁴