



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 surgery, during the procedure and after surgery. Preparing patients effectively for bariatric surgery yields better economic and clinical outcomes.



Meet John

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

Meet John. John decided to address his morbid obesity with bariatric surgery, and along with the support and guidance of a Bariatric Resource Services Nurse Case Manager, achieved his surgery goal and an improvement in his 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.

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

Yesterday



In the past, John's obesity was managed through scheduled visits with a primary care provider (PCP).



High-prevalence, high-cost population

41% of working Americans, ages 40-59, are classified as obese¹, and morbidly obese adults spend 81% more per capita on direct health care costs than non-obese adults².

Today

The Optum Bariatric Resource Services (BRS) program offers a multi-disciplinary approach to supporting bariatric surgery. The program is built on two pillars: the BRS Centers of Excellence network, and our unparalleled nurse case management for bariatric surgery candidates. These features help prepare candidates for surgery, support them during surgery and provide follow-up after the procedure.



In order to be approved for bariatric surgery, John enrolls in the BRS program and is assigned a nurse case manager to start the process. He is steered to high quality BRS Centers of Excellence near his home and is assigned a nurse case manager.



The nurse helps John meet the strict criteria necessary to become a candidate for bariatric surgery while also helping him manage his hypertension.



Through the BRS Centers of Excellence network, John meets with a physician, and his diet is supervised for six months. He also meets with a counselor and nutritionist.

19% Lower mortality rate in BRS COEs vs non-COE providers



John undergoes a psychological evaluation in order to be approved for surgery.

5% surgical avoidance rate drives additional savings



After six months, John has lost 5% of his body weight, is exercising six times a week and his diet includes 100 g of protein daily. John has lost 44 pounds and has been approved for bariatric surgery.



John has surgery at a BRS Centers of Excellence facility recommended by his nurse case manager.

Outcome

John's BRS nurse follows up with him post-surgery. He, along with 86% of members indicated better health outcomes with BRS.

To learn more about the advantages Optum offers your members, contact your Optum sales representative. Or call 1-866-427-6845, email engage@optum.com or visit www.optum.com.

1. Obesity Rates by Age Group, <https://stateofobesity.org/obesity-by-age/>, accessed July 2018.
2. Arterburn DE, Maciejewski ML, Tsevat J. Impact of morbid obesity on medical expenditures in adults. *Int J Obes*, 29(3): 334-339, 2005. <https://stateofobesity.org/healthcare-costs-obesity/>, accessed July 2018.