



# Your bariatric surgery options

**Surgical weight loss options with Sentara Health Plans for the Commonwealth of Virginia**



**Losing weight is not an easy task.**

The excess weight associated with obesity can be dangerous and can increase the chance of developing obesity-related diseases. Your plan through Sentara Health Plans offers permanent weight loss solutions for members.

Bariatric surgery services include coverage for treatments such as gastric bypass surgery or other methods recognized by the National Institutes of Health as effective for the long-term reversal of morbid obesity.

**Guidelines:**

Members must be a weight that is at least 100 pounds over or twice the ideal weight for frame, age, weight, and gender as specified in the 1983 Metropolitan Life Insurance tables.

**Eligibility:**

Members are required to take a six-month education program that includes weight management, nutrition counseling, coaching, and disease management. After surgery, coaching may continue for up to 24 months.

**Eligible members will receive a waiver for their inpatient or outpatient surgery copayment.**



Request to participate by calling member services at **1-866-846-2682**, or visit **[sentarahealthplans.com/cova](https://sentarahealthplans.com/cova)** to learn more about your weight loss options.

Sentara Health Plans is the trade name of Sentara Health Plans, Sentara Health Insurance Company, Sentara Health Administration, Inc., and Sentara Behavioral Health Services, Inc.