

# Bariatric Surgery Options



## Surgical Weight Loss options with Optima Health:

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 Optima Health plan 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.



**Request to participate by calling Member Services at 1-866-846-2682**

**Eligible members will receive a waiver for their \$300 inpatient copayment or \$125 for outpatient surgery.**

## 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.

For more information, visit:  
[optimahealth.com/cova](https://optimahealth.com/cova)

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