

2022 Bariatric Surgery

Coverage Announcements Summary

August/3/2022

Medically Supervised Weight Loss (MSWL) Requirements

Bariatric Surgery Coverage Announcements

The following health plans within North America have changed their medical policy for Bariatric Surgery

Reported Date	Plan	Covered Lives	Geography	Effective	Policy	Details
5-4-2022	Horizon Blue Cross Blue Shield of NJ	2,454,773	NJ	4/14/2022	link	<p>MSWL Documentation with clinical notes (letter of medical necessity is not sufficient) to be submitted of Member participation in at least one of the following:</p> <ul style="list-style-type: none"> i. Physician-supervised nutrition and exercise program: <ul style="list-style-type: none"> a. Participation in a physician-supervised nutrition and exercise program must be documented in the medical record by the attending/supervising physician. (This program may be part of the preoperative regimen.) Documentation should record member compliance with the program: <ul style="list-style-type: none"> <input type="checkbox"/> Compliance with the program would be expected to result in a documented maintenance or loss of weight while continual weight gain would not be anticipated. <input type="checkbox"/> Documentation should include medical records of the patient's progress throughout the course of the nutrition and exercise program, including regular recorded weights during the duration of the program. <input type="checkbox"/> For members who participate in a physician-administered nutrition and exercise program (e.g., MediFast, OptiFast), medical records documenting the member's participation and progress may be substituted b. Nutrition and exercise program must be supervised with a substantial face-to-face component c. Program participation must be for a cumulative total of 6 months (180 days) or longer in duration and occur within 1 year prior to surgery, with participation in one program for at least 3 consecutive months <p>OR</p> <ul style="list-style-type: none"> ii. Multi-disciplinary surgical preparatory regimen within 6 months prior to surgery: <ul style="list-style-type: none"> a. Participation in an organized multi-disciplinary preparatory regimen for at least 3 consecutive months (90 days) that meets the following criteria: <ul style="list-style-type: none"> <input type="checkbox"/> Behavior modification program supervised by qualified professional <input type="checkbox"/> Regular consultation(s) with a dietician or nutritionist <input type="checkbox"/> Documentation in the medical record of the member's participation and compliance at each visit, including regular weights. The member should not have a net gain in weight during the program. (Documentation should include the physician's assessment of the member at the initiation and at the completion of the multi-disciplinary surgical preparatory regimen.) <input type="checkbox"/> Exercise regimen (unless contraindicated) to improve pulmonary reserve prior to surgery, supervised by exercise therapist or other qualified professional <input type="checkbox"/> Program should have a substantial face-to-face component <input type="checkbox"/> Supervised reduced-calorie diet program (at least 2-4 weeks, see #5 below) <p>5. Members should follow a pre-operative, low calorie (1,000-1,200 kcal/d) or very low calorie diet (approx 800 kcal/d) for 2-4 weeks prior to surgery</p>

