



## Medical Weight Loss

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State(s): <input checked="" type="checkbox"/> Idaho <input checked="" type="checkbox"/> Montana <input checked="" type="checkbox"/> Oregon <input checked="" type="checkbox"/> Washington <input type="checkbox"/> Other:	LOB(s): <input checked="" type="checkbox"/> Commercial <input checked="" type="checkbox"/> Medicare <input checked="" type="checkbox"/> Medicaid <input type="checkbox"/>
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### Enterprise Policy

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*Clinical Guidelines are written when necessary to provide guidance to providers and members in order to outline and clarify coverage criteria in accordance with the terms of the Member's policy. This Clinical Guideline only applies to PacificSource Health Plans, PacificSource Community Health Plans, and PacificSource Community Solutions in Idaho, Montana, Oregon, and Washington. Because of the changing nature of medicine, this list is subject to revision and update without notice. This document is designed for informational purposes only and is not an authorization or contract. Coverage determination are made on a case-by-case basis and subject to the terms, conditions, limitations, and exclusions of the Member's policy. Member policies differ in benefits and to the extent a conflict exists between the Clinical Guideline and the Member's policy, the Member's policy language shall control. Clinical Guidelines do not constitute medical advice nor guarantee coverage.*

### Background

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Medical weight loss is weight management based on medical scientific principles that target the root causes of obesity and weight gain to achieve and sustain a healthy weight in the long-term under the care of a medical provider. Physician-supervised weight-loss programs provide treatment in a clinical setting with a licensed healthcare professional, such as a medical doctor, nurse, nurse practitioner and/or a physician assistant. These programs typically offer services such as nutrition and physical activity counseling and behavioral therapy.

### Criteria

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#### Commercial

ALL member plans are required to have the benefit written into their obesity endorsement/benefit provision in order to obtain coverage for medical weight loss.

PacificSource will cover office visits and labs for overweight members that meet the following criteria:

- BMI of 30 or greater or
- Member has a BMI of 27 or greater with any of the following obesity-related risk factors
  - Coronary Heart Disease or dyslipidemia
    - HDL cholesterol less than 35 mg/dL, or
    - LDL cholesterol greater than or equal to 160 mg/dL, or
    - Triglycerides greater than or equal to 400 mg/dL
  - Hypertension: > 140/90 or
  - Obstructive sleep apnea or
  - Type 2 Diabetes

This coverage is based on the members individual plan benefits. Some policies may include a nutritional counseling consultation with a registered dietician for obesity. Review the benefit book/plan language for specific coverage information. For bariatric surgery criteria, please see the PacificSource Commercial policy “Bariatric Surgery.” For weight loss medication criteria, please see the PacificSource Commercial policy “Weight Loss Medications.”

## Medicaid

This policy does not apply to Medicaid members. Office visits and labs for medical weight loss services require a funded condition as identified in Oregon Administrative Rule (OAR) 410-141-3825 to 3830.

## Medicare

PacificSource Medicare coverage for Medical Weight Loss is based on the members individual plan benefits. Some plans cover intensive counseling to help with weight loss for individuals with a body mass index over 30. Refer to the member’s individual plan for specific coverage information.

## Related Policies

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Bariatric Surgery

Pre-Diabetes Screening and Diabetes Prevention

Weight Loss Medications

## Appendix

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**Policy Number:** [Policy Number]

**Effective:** 3/1/2020

**Next review:** 3/1/2021

**Policy type:** Enterprise

**Depts:** Claims, Provider Network

**Applicable regulation(s):** N/A

**External entities affected:** N/A