



Clinical Medical Policy Multi-disciplinary or Behavioral Weight Management

Benefit Coverage:

Covered benefit once per lifetime for RIte Care lines of business (MED, CSN, SUB) with conditional criteria that must be met.

Description:

A multi-disciplinary weight loss program, contracted with Neighborhood, provides services including but not limited to, medical evaluations, psychological evaluations and recommendations for follow-up as necessary, group discussions, exercise program, as well as nutritional counseling and products. Practitioners involved include a physician, exercise physiologist, psychiatrist, and nutritionist.

Coverage Determination:

Nutritional counseling provided by contracted NHPRI practitioners does not require prior authorization. Multi-disciplinary and behavioral weight management programs require prior authorization and must meet medical necessity criteria.

Continuation of the program is based upon adherence and compliance with group sessions, exercise program, and the nutrition products, as well as documented weight loss that meets the standards of the American Dietetic Association.

NOTE: A transition period of two to four weeks will be considered if criteria for continuation in the program are not met, and member has been in the Full Fast Program with good attendance

but poor weight loss. This is to allow for the re-introduction of solid food into the diet.

Criteria:

Multi-disciplinary or behavioral weight management programs are considered a clinical option for patients who meet all of the following criteria:

- 1) Adult BMI \geq 35.
- 2) Has failed attempt of nutritional counseling. Documentation required related to compliance (attendance/participation.)
- 3) Has failed attempt with exercise program. Documentation required related to compliance (attendance/participation.)
- 4) At least one weight-related co-morbid condition exists which may be Coronary Artery Disease, Degenerative Joint Disease, Hypertension, Diabetes Mellitus, Sleep Apnea, Glaucoma, or Hyperlipidemia.

The following additional criteria must be met for authorization of continued treatment in the program:

- 1) Attendance and adherence to program, including group sessions, exercise and nutrition products must be 80%.



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- 2) Weight loss must be an average of at least 1-2 lbs per week.

Covered Procedures:

Exclusions:

Benefit coverage does not extend to the Rhody Health Partners (RHP) line of business.

CMP Number: CMP-014.03

CMP Cross Reference:

References:

Emax Health, Eating Habits of Successful Weight Losers Shift, 7/06

<http://www.emaxhealth.com/69/6465.html>

The Miriam Hospital Weight Management Program

<http://www.lifespan.org/tmh/services/behavhealth/wtmgmt/about.htm>

AHA Dietary Guidelines, Revision 2000: A Statement for Healthcare Professionals From the Nutrition Committee of the American Heart Association. Ronald M. Krauss, MD (Chair, AHA Dietary Guidelines Committee); Robert H. Eckel, MD (Chair, Nutrition Committee); Barbara Howard, PhD (Vice Chair, Nutrition Committee); Lawrence J. Appel, MD; Stephen R. Daniels, MD, PhD; Richard J. Deckelbaum, MD; John W. Erdman, Jr, PhD; Penny Kris-Etherton, PhD, RD; Ira J. Goldberg, MD; Theodore A. Kotchen, MD; Alice H. Lichtenstein, DSc; William E. Mitch, MD; Rebecca Mullis, PhD, RD; Killian Robinson, MD; Judith Wylie-Rosett, EdD, RD; Sachiko St. Jeor, PhD, RD; John Suttie, PhD; Diane L. Tribble, PhD; Terry L. Bazzarre, PhD

<http://circ.ahajournals.org/cgi/content/full/102/18/2284>

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<http://www.mdconsult.com/das/article/body/208553979->

[2/jorg=journal&source=MI&sp=21650734&sid=0/N/681454/1.html?issn=0002-8223](http://www.mdconsult.com/das/article/body/208553979-2/jorg=journal&source=MI&sp=21650734&sid=0/N/681454/1.html?issn=0002-8223)

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