

# 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 increase the chance of developing obesity-related diseases. Optima Health offers permanent weight loss solutions for members

With Optima Health's Bariatric Surgery services, members can receive 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 \$300 waiver for their inpatient copayment or \$125 for outpatient surgery.**

### Guidelines:

Morbid Obesity means 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 6-month education program that includes weight management and nutrition counseling, coaching, and disease management. After surgery, coaching continues for up to 24 months.

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

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