

Meet John

John* decided to address his severe obesity with bariatric surgery. Along with the support and guidance of a Bariatric Resource Services (BRS) nurse case manager, he achieved his goal and improved his overall health.

BRS offers the support, education, tools, resources and care from some of the top bariatric facilities and experts in the country to help make the journey to improved health successful.

Obesity is a serious health issue, and bariatric surgery is an effective way to address the long-term health risks associated with severe obesity. Surgery helps to improve or resolve many types of cancer, Type 2 diabetes, hypertension, hyperlipedemia and sleep apnea in severely obese individuals. However, surgery is only a tool. Strict dietary, exercise and lifestyle changes are essential to long-term success.

John's bariatric surgery journey

The right approach at the right time

The Optum approach to bariatric surgery ensures that each candidate is cared for before, during and after surgery. Preparing patients effectively for bariatric surgery yields better economic and clinical outcomes.

Contact us to learn more about the advantages Optum offers your members.

1-866-427-6845 engage@optum.com optum.com

∴ Yesterday

In the past, John's obesity was managed through scheduled visits with a primary



* High-prevalence, high-cost population

42% of American adults classify as obese, 1 and severely obese adults have 74% higher annual medical costs than non-obese adults.²

Today •

care provider (PCP).



The Optum® Bariatric Resource Services (BRS) program offers a multidisciplinary approach to supporting bariatric surgery. The program is built on 2 pillars: the BRS Centers of Excellence network and our unparalleled nurse case management for bariatric surgery candidates. These features help prepare candidates for surgery, support them during surgery and provide follow-up after the procedure.

In order to be approved for bariatric surgery, John enrolls in the BRS program and is assigned a nurse case manager to start the process. He is steered to a high-quality BRS Center of Excellence facility near his home.







John undergoes a psychological evaluation in order to be approved for surgery. Through the BRS Centers of Excellence network, John meets with a physician, and his diet is supervised for 3 months. He also meets with a counselor and nutritionist.





The nurse helps John meet the strict criteria necessary to become a candidate for bariatric surgery while also helping him manage his hypertension.



After 6 months, John has lost 5% of his body weight, is exercising 6 times a week and has a diet that includes 100 g of protein daily. John has lost 44 pounds and has been approved for bariatric surgery.



John has surgery at the BRS Center of Excellence facility recommended by his nurse case manager.

Outcome

John's BRS nurse case manager follows up with him post-surgery. He, along with 82% of members. indicated better health outcomes with BRS.4

*John is a fictitious character used to illustrate programs and services. Stock photo used. Member name and some details changed to protect member privacy.

- 1. Stierman B, Afful J, Carroll M, et al. National Health and Nutrition Examination Survey 2017-March 2020 Prepandemic Data Files Development of Files and Prevalence Estimates for Selected Health Outcomes. National Health Statistics Reports. 2021; 158.
- 2. Ward ZJ, Bleich SN, Long MW, Gortmaker SL. Association of body mass index with health care expenditures in the United States by age and sex. PLOS One. 2021; 16(3):e0247307.
- 3. Crossman A. UHC commercial surgeries (2020), analyzed in 2022. Cost expressed in episodic derived allowed.
- 4. 2021 Optum Consumer Net Promoter Score survey results.



39% lower

inpatient hospital readmission rate at BRS COEs vs. non-COE providers³

31% lower length of stay rate at BRS COEs vs. non-COE providers³