

BlueCross Maryland CareFirst (3/08)

<http://notesnet.carefirst.com/ecommerce/medicalpolicy.nsf/vwwebtablex?searchview&query=obesity&Start=1&Count=100&SearchOrder=4>

- BMI of 40 or greater OR BMI 35-39 with one or more of the following: hypertension, a cardiopulmonary condition, diabetes, sleep apnea, or any life threatening or serious medical condition that is weight induced
- Documentation of a structured diet program in the 2-year period prior to the request to surgery by participating in either one structured diet program for 6 consecutive months or two structured diet programs for 3 consecutive months (can include commonly available diet programs such as Weight Watchers or Jenny Craig). Documentation can be provided by any of the following: physician notes, notes from health care providers, other than physicians; receipts of payment for a structured diet program; or diet weight loss logs from a structured diet program.
- 18 years old or older
- Psychological evaluation
- Gastric bypass, sleeve gastrectomy and Lap-band procedures are covered