

**Humana (1/08)**

<http://www.humana.com/> ( Link to site only)

- BMI of 40 or greater OR BMI 35-39 with associated co-morbidity like: hypertension, Type II diabetes, life-threatening cardiopulmonary problems (such as severe sleep apnea (not responding to conservative treatment such as CPAP), obesity-hypoventilation syndrome or Pickwickian syndrome, obesity-related cardiomyopathy), or joint disease
- PCP Letter
- Active participation within the last two years in one physician directed weight management program for a minimum of 6 months without significant gaps. The program must include monthly documentation of all the following components: vital signs, current dietary program, physical activity, and behavioral interventions to reinforce health eating and exercise habits. Diet programs/plans alone, such as Weight Watchers, Jenny Craig and similar plans, are not considered physician directed weight management programs and do not meet this requirement. Similarly, physician-directed programs consisting exclusively of pharmacological management are not sufficient to meet this requirement
- 18 years of age or older
- Psychological evaluation
- Gastric bypass, Lap-band and BPD/DS procedures are covered. Sleeve gastrectomy not covered