

Bariatric Resource Services — the right approach at the right time

Introducing the Bariatric Resource Services solution

Obesity is a serious health issue. UMR partners with Optum to provide Bariatric Resource Services (BRS) to effectively address the long-term health risks associated with morbid obesity. Surgery helps to improve or resolve many types of cancer, type 2 diabetes, hypertension, hyperlipidemia and sleep apnea in morbidly obese individuals. However, surgery is only a tool. Strict dietary, exercise and lifestyle changes are essential to long-term success.

3 key phases

Phase 1: Before surgery

Bariatric surgery is offered to you through your health plan. Your first step is to have your doctor determine if you're a candidate for bariatric surgery. You'll also want to make sure you've completed any pre-surgery requirements. Then you can contact Optum BRS and connect with an Optum BRS nurse.

Pre-surgery requirement

- Complete a physician-supervised weight-loss program within 2 years of surgery. The BRS nurse will provide support to help you meet this requirement.
- It's important that you're emotionally prepared for surgery and for the lifestyle changes required to maintain a more healthy weight. To ensure you're prepared, you may need to complete a behavioral health evaluation. It will determine whether you're ready for surgery and help determine any necessary adjustments.
- Check with your BRS nurse to make sure there are not any additional requirements from your health plan that you must meet.

After pre-surgery requirements are submitted to Optum, your BRS nurse will help you locate a Center of Excellence facility for your surgery. You can then schedule your initial appointment with your surgeon.



Connect

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

888-936-7246 (TTY 711) | Monday–Friday 7 a.m. – 6 p.m. Central time

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Phase 2: Surgery

Your Optum BRS nurse will work with your bariatric team to coordinate care with your surgeon, your primary physician and local providers. This will help ensure a smooth transition back home. Your BRS nurse will call you within 48 hours of your discharge from the hospital to support you through recovery.

Phase 3: After surgery

Your Optum BRS nurse will call 30 days post-surgery to determine how you're progressing. Your BRS nurse will discuss the following topics with you: pain management, nutrition, dietary requirements, medications, exercise and your general health status.

BRS checklist

Before surgery (Verify health benefits for required fields below)	Date	Notes
I contacted BRS and spoke with a nurse		
I verified my body mass index (BMI) and co-conditions meet bariatric pre-surgery requirements		
I consulted with a dietitian and completed a nutritional assessment		
I successfully completed a physician-supervised weight-loss program within 2 years of surgery and submitted documentation to my BRS nurse		
I completed a behavioral health evaluation		
I submitted documentation to a BRS nurse, stating that all evaluations, assessments and prerequisites were successfully completed		
I received notification from a BRS nurse about moving ahead with my surgery		
I selected a Centers of Excellence network program and notified a BRS nurse of my selection		
I attended my bariatric program's information session		
I completed my center's pre-surgery program		
I notified my BRS nurse of my scheduled surgery date		
I met all pre-surgery requirements		

After surgery	Date	Notes
I joined a support group and attended my first meeting after surgery		
I'm following my recommended food and vitamin plan		
I'm following my recommended exercise plan		