

Advanced Health



Bariatric Surgery Requirements

To be considered for Bariatric Surgery, you **MUST** meet the following:

- Be over 18 years old
- Be obese. This means you:
 - Have a Body Mass Index (BMI) over 40 OR
 - Have a BMI over 35 and have Type 2 Diabetes or at least two serious illnesses that are caused by being overweight (like hypertension, coronary heart disease, or sleep apnea)
- Not pregnant - No plans for pregnancy for at least 2 years
- Free of nicotine (smoking), alcohol dependence, and illegal drugs for six months preceding surgery. (Testing will be performed)
- Be medically stable for surgery (your primary care physician will determine this)
- Have participated in a structured non-surgical weight-loss program (example: Weight Watchers™)
- Any mental health illness must be stable for at least 6 months prior to surgery
- Be able to follow a rigorous program after surgery that includes permanent lifestyle changes (food, exercise, physician follow up)

This is a general summary of conditions that must be met to be considered for bariatric surgery. Prior authorization is required. Talk to your primary care provider (PCP) to find out more about bariatric surgery.



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289 LaClair St * Coos Bay, OR 97420

Phone: 541-269-7400 * 800-264-0014

Fax: 541-269-7147 * TTY: 877-769-7400