



You Have Much More to Gain Than Just Weight Loss

Bariatric Surgery

Anthem Blue Cross Insurance Company Offers a Bariatric Surgery Network

Anthem Blue Cross, an affiliate of Anthem Blue Cross Life & Health Insurance Company, is aware of the growing epidemic of obesity in the United States. Of even greater concern are those people who are morbidly obese and at risk for serious obesity-related diseases including stroke, diabetes, high blood pressure and heart disease.

Anthem Blue Cross has created its own Bariatric Surgery Network of hospitals. Severe obesity is a chronic condition that is difficult to treat through diet and exercise alone. Bariatric surgery is an option for members who are obese and struggling with obesity-related health problems.

Anthem Blue Cross developed its bariatric network to provide its members with access to California hospitals that have been shown, based upon available information, to be among the best for this procedure. These hospitals have met Anthem Blue Cross' high standards for quality and expertise in performing Bariatric surgeries.

What Hospitals Are Currently in Anthem Blue Cross' Bariatric Network?

The following 28 hospitals comprise Blue Cross' Bariatric Surgery Network:

- Alvarado Hospital Medical Center
- Cedars-Sinai Medical Center
- Chapman Medical Center
- Clovis Community Hospital
- Desert Regional Medical Center
- El Camino Hospital
- Enloe Medical Center
- Fountain Valley Regional Hospital and Medical Center
- Fresno Heart and Surgical Hospital
- Fresno Surgery Center
- Good Samaritan Hospital
- Huntington Memorial Hospital
- Mercy San Juan Hospital
- Orange Coast Memorial Medical Center
- Providence St. Joseph Medical Center
- Santa Barbara Cottage
- Scripps Mercy Hospital
- Sharp Memorial Hospital
- Shasta Regional Medical Center
- St. Johns Regional Medical Center
- St. Agnes Medical Center
- St. Bernardine Medical Center
- Stanford University Hospital
- Torrance Memorial Medical Center
- UC Davis Medical Center
- UCI Medical Center
- UCLA Medical Center
- UCSF Medical Center
- USC University Hospital
- Valley Care Medical Center

Guidelines for Bariatric Surgery

Obesity is commonly measured by using the Body Mass Index (BMI). Morbid obesity is defined as having a BMI greater than 40 – about 100 pounds overweight for men and 80 pounds for women – or greater than 35, when other obesity-related health problems are present. These health problems can include hypertension, sleep apnea or diabetes.



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What is Bariatric Weight Loss Surgery?

Bariatric surgery helps people lose weight by changing the way the body digests and absorbs food. Digestion and absorption of food begins in the stomach and continues through the small intestine. Bariatric surgical procedures are operations that seal off most of the stomach to reduce the amount of food that is eaten or the reposition of the small intestine to reduce the amount of calories the body can absorb. Weight loss is possible since less food either goes into the stomach or stays in the small intestine to be digested and absorbed.

A Valuable Benefit From Your Employer

Besides having the security of a network comprised of hospitals that specialize in Bariatric surgery, Blue Cross also offers a Bariatric Surgery Case Management Program. The program, managed by experienced bariatric specialists, focuses on helping members achieve optimal weight loss success.

The Bariatric Case Management Program is a beneficial accompaniment to the Bariatric Surgery Network and provides support and follow-up after surgery. Additional patient services that are part of the program include:

- A 30-day pre-surgical enrollment and assessment
- Two-day post surgery – Completion of inpatient medical reviews and discharge planning activities
- Three-day to 11 weeks post surgery – Members are contacted and monitored for complications
- Three- to -11 months post surgery – Members are contacted to monitor their weight loss, new lifestyle and behavioral changes

Please note, to participate in the case management program, your employer must choose to offer the Bariatric Case Management Program.

For More Information

Your doctor can help you decide if bariatric surgery can help you. Please contact your employer to see if your employer to see if you have Anthem Blue Cross' Bariatric Surgery Network as a benefit.

You have so much to gain with Anthem Blue Cross' Bariatric Surgery Network.

Please note: There are no guarantees for bariatric surgery to produce and maintain permanent weight loss. Success depends on commitment to behavioral change and medical follow-up for the rest of your life.