

## **INSURANCE REQUIRED PHYSICIAN SUPERVISED DIET**

**Most insurances are requiring physician supervised diets prior to approval for weight loss surgery. If you have an insurance company with this requirement it means that you will need to:**

**\*\*\*\*\*See your family physician every month (consecutively) for the duration of the supervised diet, such as 6, 8, 9, 12 or 24 months**

**\*\*\*\*\*At each visit it is extremely important that your physician document your current weight and also counsel you on weight loss with an exercise program, calorie restricted diet, diet medication, etc.....**

**!!!!!!IT IS VERY IMPORTANT THAT YOU HAVE THE REQUIRED CRITERIA DOCUMENTED EVERY MONTH !!!!!!!!**

**Listed below are some insurance companies that require physician supervised diets. For certain insurance companies the type of plan determines this requirement.**

### **6 MONTH**

AETNA

AMERIGROUP

BUCKEYE

CIGNA

HUMANA

MAILHANDLERS

MEDICAID-(OH/KY)

### **8 MONTH -IN MEDICAID**

### **9 MONTH -CARESOURCE**

### **24 MONTH - BUTLER COUNTY HLTH PLAN**