

Physician-Supervised Weight Loss Program Documentation Assessment and Treatment Plan for Obesity

- Must be documented at each patient visit as part of the medical record.
- If the member is to be eligible for a bariatric surgery referral, the documentation must cover six consecutive months.
- A minimum of three office visits is required in the first 90 days.
- A minimum of two visits is required in the subsequent three months; the final visit must occur at the end of the six-month period or within 30 days of its end.
- All of the elements listed below must be documented for a minimum of **five** visits over **six** months; more frequent documentation should occur if clinical circumstances dictate.

Note: The six-month criterion is waived for individuals with a BMI greater than or equal to 50.

Name of patient _____ Date of service _____

Weight _____ Blood pressure _____ Heart rate _____

Diet (Prescribed caloric restriction, review of dietary intake and recommendations)

Notes: _____

Type of diet recommended: _____

Physical activity (Physical exercise program appropriate for the member's age and physical condition, including expectations for compliance and recommendations)

Notes: _____

Check if necessary: Patient noncompliant with exercise recommendations.

Behavioral interventions (Specific strategies and tools for overcoming barriers and improving dietary compliance review – for example, logbooks, support groups, stress management, problem solving, social support, stimulus control)

Notes: _____

Pharmacotherapy (Must be addressed and documented. List FDA-approved weight loss drugs and strength.)

Notes: _____

Check if necessary: Patient unable to tolerate pharmacotherapy.
 Patient refuses pharmacotherapy.