

Bariatric Resource Services

Obesity: A common and costly problem

One-third of adults in the U.S. are considered obese,¹ and this high-prevalence disease has serious health consequences. Obesity-related comorbidities include some of the leading causes of preventable death, like diabetes, heart disease, stroke and certain cancers. In addition, obesity leads to overall higher health care costs for employees and employers — up to 81% higher for morbidly obese adults.²

Obesity presents other challenges for employers, too. Obese adults miss 77% more work days compared to healthy-weight adults,³ which will translate into an estimated \$580 billion in annual economic activity lost by employers by 2030.⁴

The solution

Bariatric surgery is an effective way to 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.^{1,5} The Optum[®] Bariatric Resource Services (BRS) program offers a multi-disciplinary approach to help lower total cost of care and support better health outcomes.

Bariatric surgery is only one tool on the journey to better health for obese employees, and not all bariatric programs are created equal. Strict dietary, exercise and lifestyle changes are essential to long-term success. The two pillars of the BRS program provide both the highest-quality clinical outcomes and the support to set members up for a healthier life post-surgery.

1. Centers of Excellence (COE) network

BRS provides support, education and resources from some of the top bariatric facilities and experts in the country. Our rigorously qualified COE network delivers improved clinical and economic outcomes through:

- **Valuable contracts.** Initial procedure costs and costs associated with complications are reduced.
- **Provider expertise.** Facilities are evaluated annually on cost and quality measures.

On average, surgical episodes completed at a COE cost **\$3,487 less** than those performed at other facilities.⁷

Optum COEs also have fewer complications and readmissions⁸:

- **60%** lower mortality compared to non-COE providers
- **38%** lower inpatient hospital readmission
- **43%** lower reoperation rate for bariatric procedures



The high cost of obesity:

\$342B in related health care costs¹⁰

42% increased health care costs for obese adults²

81% higher medical spend for morbidly obese adults²

12.6% of annual absenteeism accounted from obesity⁶

All bariatric surgery COEs meet rigorous criteria for:

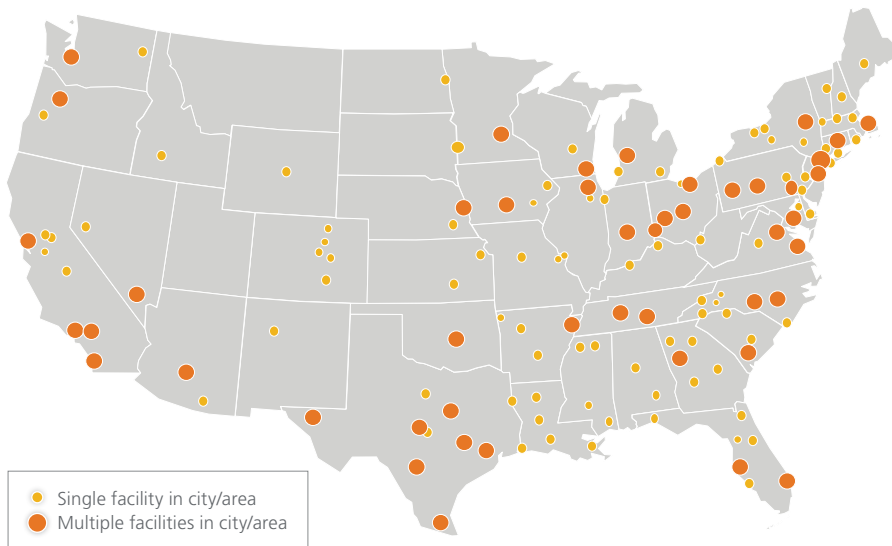
- Annual volume of surgeries
- Number and experience of surgeons
- Complications and mortality rate
- Certifications
- Length of program existence
- Multi-disciplinary team

2. Specialized nurse case management

Optum nurse case managers have an average of over six years' experience in bariatric and an average of 20+ years of nursing experience. The support they provide to employees begins well before the surgery episode and includes post-surgery follow-up to reduce complications and ensure the best possible outcomes.

96% of members in the program indicated satisfaction with BRS clinical case managers and 88% indicate better health outcomes by working with the program.⁹

Optum nationwide BRS COE network



Facilities as of February 2021
Actual locations are subject to change

Nurse case management support system



To learn more, contact your Optum sales representative.

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Sources

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