

In this Issue

- **OBESITY-MORBID**
- **OBESITY-BMI**

CONTACT US

ANN PETERSON, QUALITY ASSURANCE
CODING MANAGER
EMAIL: ANN.P@ADOBECW.COM

GAIL LARA, VP STRATEGIC OUTREACH &
COMMUNICATION
GAIL.L@ADOBECW.COM

AMANDA IRIZARRY, PHYSICIAN
ENGAGEMENT MANAGER
AMANDA.I@ADOBECW.COM

PHYSICIANENGAGEMENT@ADOBECW.COM
TELEPHONE: 520.233.7111, EXT 455
FAX: 928.583.7099



For access to & information on
how to use the Wellcare by
Allwell provider portal, please
visit:

<https://www.azcompletehealth.com/providers/resources/claims-payment.html>

For questions or more
information on Quality, please
reach out to:

QIProviderOutreach@azcomplete
health.com

PROVIDER GUIDE TO DIAGNOSING OBESITY-MORBID OBESITY-BMI

PURPOSE:

To outline clinical concept when diagnosing Obesity-Morbid Obesity-BMI.

DEFINITION:

Obesity is defined as a serious health condition that results from an abnormally high body mass that is diagnosed by having a body mass index (BMI) greater than 30 kg/m².

Morbid Obesity is defined as a serious health condition that results from an abnormally high body mass that is diagnosed by having a body mass index (BMI) greater than 40 kg/m², a BMI of greater than 35 kg/m² with at least one serious obesity-related condition, or being more than 100 pounds over ideal body weight (IBW).

Body Mass Index (BMI) is calculated using the metric system, the formula for is weight in kilograms divided by height in meters squared. Because height is commonly measured in centimeters, divide height in centimeters by 100 to obtain height in meters.

1. OBESITY RELATED CONDITIONS: (NOT AN ALL-INCLUSIVE LIST)

Diabetes

Sleep apnea, reflux

Difficulty with physical functioning

Mental illness e.g., depression, anxiety

Fatty liver, gallbladder, and heart disease

High blood pressure, elevated cholesterol

Osteoarthritis, a breakdown of cartilage and bone within the joint

2. ADDITIONAL FACTS:

Obesity is a chronic disease and an obesity-centric approach should be taken to treat this condition to reduce, eliminate or avoid diseases related to obesity.

Many organs are affected by excess weight because of either physical or metabolic stress caused to the body.

Lifespan is shortened by 2-4 years in those with a body mass (BMI) greater than 30 kg/m² and 8-10 years in those with a BMI greater than 40 kg/m². The latter is comparable to the effects of smoking.

Currently, nearly 40% of the United States adult population suffers from obesity.

NOTE: These guidelines attempt to define practices that meet the needs of most members in most circumstances. The ultimate judgment regarding the care of an individual member must be made by the provider and member in light of all circumstances presented by the member

References:

<https://www.cdc.gov/obesity/adult/defining.html>

<https://obesitymedicine.org/category/blog/chronic-disease-of-obesity/>