

Bariatric Resource Services (BRS)

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 percent higher for morbidly obese adults.²

Obesity presents other challenges for employers, too. Obese adults miss 77 percent 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 BRS offer

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.^{5, 6} The Optum[®] Bariatric Resource Services (BRS) program offers a multidisciplinary 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. The Optum Centers of Excellence network

Optum BRS provides support, education and resources from some of the top bariatric facilities and experts in the country. Our rigorously-qualified Centers of Excellence (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 Center of Excellence cost **\$3,487 less**⁸ than those performed at other facilities.

Optum COEs also have fewer complications and readmissions⁹:

- **19%** lower mortality compared to non-COE providers
- **30%** lower inpatient hospital readmission
- **24%** lower reoperation rate for bariatric procedures



Obesity costs over \$4 billion annually in lost productivity

Annual cost in lost productivity for obesity-related absenteeism and lower productivity while at work is over \$500 per obese worker per year.⁷

All bariatric surgery COEs meet rigorous criteria for:

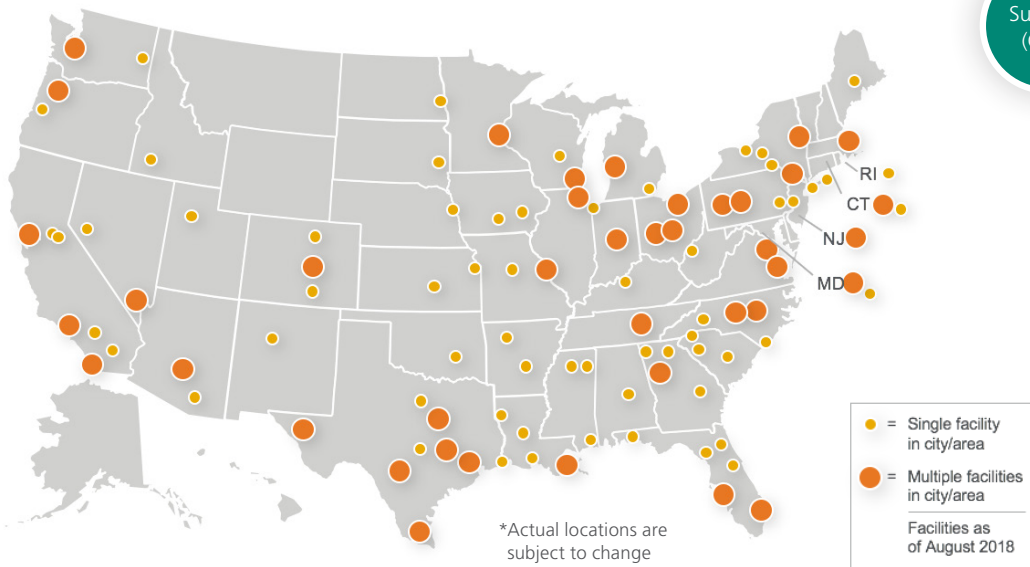
- Annual volume of surgeries
 - Number and experience of surgeons
 - Complications and mortality rate
 - Certifications
 - Length of program existence
 - Multi-disciplinary team
-

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.

Ninety-three percent of members in the program indicated satisfaction with BRS clinical case managers and 86 percent indicate better health outcomes by working with the program.¹⁰

Optum nationwide BRS Centers of Excellence network



Nurse case management support system



1. United States Centers for Disease Control and Prevention (CDC). cdc.gov/obesity/data/facts.html. Accessed June 2018.
2. Arterburn DE, Maciejewski ML, Tsevat J. Impact of morbid obesity on medical expenditures in adults. *International Journal of Obesity*. 2005;29(3):334-339.
3. Van Nuys K, Globe D, Ng-Mak D, Cheung H, Sullivan J, Goldman D. The association between employee obesity and employer costs: evidence from a panel of U.S. employers. ncbi.nlm.nih.gov/pubmed/24779722. 2014. Accessed August 9, 2018.
4. Robert Wood Johnson Foundation. F as in Fat: How obesity threatens America's future 2012, p. 28. rwjf.org/content/dam/farm/reports/reports/2012/rwjf40131, accessed June 2018.
5. United States Centers for Disease Control and Prevention (CDC). cdc.gov/obesity/data/adult.html. Accessed June 2018.
6. Metabolic and Bariatric Surgery. asmbs.org/resources/metabolic-and-bariatric-surgery. Accessed July 2018.
7. The Healthcare Costs of Obesity. stateofobesity.org/healthcare-costs-obesity/. Accessed August 2018.
8. Lo, M. 2015-2016 Optum claims book of business analysis, analyzed 2018.
9. 2016 Center of Excellence qualification analysis results, analyzed 2017.
10. 2017 Q4 Optum Consumer Net Promoter Score survey results.

To learn more, contact your Optum sales representative

✉ engage@optum.com

☎ 1-866-427-6845

🌐 optum.com



11000 Optum Circle, Eden Prairie, MN 55344

Optum® is a registered trademark of Optum, Inc. in the U.S. and other jurisdictions. All other brand or product names are trademarks or registered marks of their respective owners. Because we are continuously improving our products and services, Optum reserves the right to change specifications without prior notice. Optum is an equal opportunity employer.