



Bariatric Surgical Medical Necessity Documentation Recommendations for Endoscopic Sleeve Gastroplasty (ESG) vs Transoral Outlet Reduction, Endoscopy (TORe) Procedures

NOTE: Additional coverage criteria may be required based on the individual medical policy.

Bariatric Surgical Medical Necessity Criteria

BMI Requirements

- BMI of 40 or greater
- BMI of 35 or greater with an obesity-related comorbid condition

**Some payers will allow BMI of 30 or greater with at least 1-2 serious obesity related conditions*

Medically Managed Weight Loss/ Conservative Measures

Multicomponent Behavioral Modification

- Documented participation in a weight loss program
- Documented patient adherence to diet
- Documented patient adherence to physical activity and/or exercise
- Documented behavioral therapy (e.g., monitoring food intake and physical activity, required behavior changes, problem solving, relapse prevention, etc.)

Pre-operative Education and Medical Clearance

Pre-operative education which addresses the risks, benefits, realistic expectations and the need for long-term follow-up and adherence to behavioral modifications; documentation of surgical clearance for requested procedure

Nutritional Evaluation

Assessment should include the following:

- Medical background
- Surgical expectations
- Weight management history
- Eating behaviors and eating patterns
- Physical activity habits
- Nutritional status
- Clearance for bariatric procedure

Psychological Evaluation

Assessment should include the following:

- Complete Psychological Evaluation report (all pages) including:
 - Patient name
 - Date of evaluation
 - Signature of evaluator
 - Clearance for bariatric procedure
- Performed by a Psychologist, Psychiatrist (PsyD or PhD) or Licensed Clinical Social Worker (LCSW)
- Evaluation completed within the last 6-12 months

Revisions

Documentation of a complication related to the initial procedure (e.g., stoma and pouch expansion, weight regain, reoccurrence or new onset of obesity-related comorbidity, etc.)