

BCBSRI BARIATRIC CARE MANAGEMENT PROGRAM

Obesity can present a range of health problems—an increased risk of heart disease, diabetes, and arthritis, for example—as well as social and even economic challenges. If you are among the millions of Americans dealing with obesity, you may be considering bariatric surgery or looking for an effective, long-term alternative.

We can help.

Blue Cross & Blue Shield of Rhode Island (BCBSRI) offers a comprehensive approach to bariatric healthcare, including **Blue Distinction® Specialty Care** and the **BCBSRI Bariatric Care Management Program**.

- **Blue Distinction Specialty Care** is an exclusive national program developed by Blue Cross and Blue Shield that focuses on highly complex healthcare, including bariatric surgery.
- The **BCBSRI Bariatric Care Management Program** is unique to your health plan, and provides local, specialized care and resources for treating obesity.

Together, they deliver the clinical expertise and emotional support you'll need throughout your weight loss journey.

High-quality care for highly complex procedures

Blue Distinction® Specialty Care is a Blue Cross Centers of Excellence program that was developed with input from the medical community. To qualify, doctors and hospitals must undergo a thorough evaluation and meet strict criteria for quality care and treatment expertise—the healthcare components that patients value most.

- **Blue Distinction Centers** demonstrate quality care, treatment expertise, and better overall patient results.
- **Blue Distinction Centers+** demonstrate that same care, expertise, and proven history of better patient outcomes. They also go a step further by delivering that high-quality care in a cost-efficient manner, which can mean significant cost savings for patients.

For bariatric surgery specifically, Blue Distinction Center results include:

- **Up to 73% lower** surgical site infection rates
- **32% lower** post-op emergency room visit rates
- **21% lower** readmission rates, post-surgery, for laparoscopic sleeve

Supporting your weight loss experience from start to finish

Of course, the surgical procedure is only one element in comprehensive bariatric care. There's also:

- A thoughtful pre-authorization process to determine whether surgery is a good option for you
- Supervised pre-operative weight loss to help you achieve a more favorable surgical outcome
- Counseling and support to help you navigate any post-op challenges—whether physical, dietary, or emotional

The **BCBSRI Bariatric Care Management Program** is there to help you throughout this process.

A team approach to your personal goal

Available exclusively to BCBSRI members, the **BCBSRI Bariatric Care Management Program** includes a team of healthcare professionals—care managers, registered dietitians, registered nurses, support specialists, behavioral health specialists, and health advocates—all working with you and for you.

Coordinated by your care manager, the program team provides:

- Intensive pre-surgical counseling
- Group therapy sessions
- Nutritional guidance/supervision
- Long-term, post-surgery lifestyle planning
- Personalized exercise plans

Even if you are not pursuing bariatric surgery, you can still join—and benefit from—the **BCBSRI Bariatric Care Management Program**.

All-in-one support in one convenient place

As a BCBSRI health plan member, you're never alone. You also have access to the **State of Rhode Island Employee CARE Center**. Here, BCBSRI's customer service team will work alongside your clinical team to provide all-in-one support. Together, they'll help you:

- Get answers to medical benefits questions
- Transition from hospital to home
- Learn how to maximize your benefits
- Remove any barriers to care
- Coordinate care with your primary care provider
- Use digital tools
- Manage physical and/or behavioral health conditions

READY TO TACKLE YOUR WEIGHT LOSS CHALLENGE?

You are invited to join the **BCBSRI Bariatric Care Management Program**.

Call the **State of Rhode Island Employee CARE Center** to speak with a care manager today.

(401) 429-2104 or **1-866-987-3705**

CARE Center hours are Monday – Friday, 8:00 a.m. – 8:00 p.m., and Saturday, 8:00 a.m. – noon

Make the most of your benefits

Take a few minutes to connect with us and learn how to make the most of your health plan.

Register your account at myBCBSRI.com and enjoy convenient access to your personal health plan information—and a quicker online experience—from your phone or computer.

Text BCBSRI to 73529 to sign up for Your Blue Wire mobile messaging. We'll send occasional health reminders and plan updates to help you stay informed*.

*Standard mobile phone carrier and data usage charges apply.