



**SAN FRANCISCO
HEALTH PLAN™**

Here for you

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Criteria for Weight Management Referral for Community Health Network, out of medical group.

The San Francisco Health Plan recognizes that obesity contributes to the exacerbation of many chronic medical conditions. The purpose of this policy is to summarize benefits available to Community Health Network (CHN) members within the Community Health Network medical group. For Community Health Network members, San Francisco General Hospital offers education and community referrals through the Healthy Life Styles (HLS) Clinic managed by Dr. Cam-Tu Tran. UCSF has a Weight Assessment for Teen and Child Health (WATCH) Clinic that provides a higher and interdisciplinary level of care including endocrine, metabolic, orthopedic, and psychological care, and medication or surgical intervention, when necessary. Referrals made for CHN members to the Healthy Life Styles Clinic do not require prior authorization. Referrals made for all CHN members out-of-medical group to the UCSF WATCH Clinic will require review for medical necessity prior to authorization.

Please include the following documentation along with your request:

BMI for an adult or BMI percentile for a child

Other interventions tried (nutritional counseling, exercise programs, medications, etc.)

Chronic medical conditions, if present.

These will be reviewed and will assist in the determination of the medical necessity for any out of medical group referral.

Criteria for approval of tertiary care weight management (WATCH Clinic)

Source: AMA Expert Committee Recommendations regarding the Prevention, Assessment, and Treatment of Childhood and Adolescent Overweight and Obesity

Background:

The committee recommends a staged approach, as outlined below.

Stages of Obesity Treatment

Stage 1: Prevention Plus (for members with BMI of 95th percentile; and for many patients with BMI of 85th–94th percentile)

This stage focuses on counseling regarding healthy eating and activities, using motivational interviewing techniques and family support, in the primary care setting.

If the primary care setting does not have the capacity for intensive counseling and/or group education, the member should be referred to resources within medical group (example: Cam Tran's childhood obesity clinic, offering intensive counseling and group education).

Stage 2: Structured Weight Management (for members >95 percentile, or BMI above 30, failing Stage 1 for three to six months)

This level of obesity treatment is distinguished from Prevention Plus less by differences in the targeted behaviors and more by the support and structure provided to the child to achieve those behaviors. Examples of specific eating and activity goals in addition to the goals in Prevention Plus include a planned diet or eating plan, structured meals and snacks, additional reductions in “screen” time, a web-based intervention, and the use of monitoring logs.

This treatment can be provided in the office with the assistance of nutritionists and behavioral health, or (for CHN members), can be provided in Dr. Tran's clinic.

Stage 3: Comprehensive Multidisciplinary Intervention and Stage 4, Tertiary Care Intervention

SFHP will approve out-of-medical-group visits to the UCSF Watch Clinic if the child is under 18 years old, has a BMI 95th percentile or greater, and has had no improvement after 6 months of Stage 2 treatment. In the case of members with abnormal fasting glucose, or other significant medical diseases due to obesity, SFHP will approve out of medical group visits to the WATCH Clinic with BMI at 85th percentile or greater, without initial trial of Stage 1 or 2 interventions.

If the child is already diagnosed with diabetes, they cannot be referred to WATCH; they should be referred to the UCSF Diabetes Clinic.