

Requirements for Insurance Authorizations

Insurance	H&P	Nutrition	Psych	Diet	Lab/ Other	Cardiac Clearance	Pulmonary Clearance
Access	✓	✓	✓	✓ 6 mths consec		If medically necessary	If medically necessary
Aetna (2 yr weight history) (No weight gain permitted)	✓	✓	✓	✓ 3 mths consec (6 mths) 6 mth – 3 must be consec (2 yrs)			
Cigna (Recommendation letter from separate MD with medical clearance)	✓	✓	✓	✓ 3 mths consec 1 yr		✓	
Gateway/MC Assured (Must lose 3% total body weight)	✓	✓	✓	✓ 6 mths consec 1 yr	✓ TSH H Pylori		Sleep study or PFT's
Heath America Products	✓	✓	✓	✓ 6 mths consec 1 yr	✓ TSH H Pylori	✓	✓
Highmark BC (Local)	✓	✓	✓	✓ 6 mths consec 2 yr			
Highmark Federal BS (2 year history) All ID's cards start with - R	✓	✓	✓	✓ 3 mths consec No smoking 6 mths			
Medicare	✓	✓	✓	✓ 6 mths consec 2 yr		If medically necessary	If medically necessary
Tricare/Champus Prime or Standard	✓	✓	✓	✓ 6 mths consec 1 yr	✓ TSH H Pylori	✓	✓
United Healthcare Comm Plan (formerly Unison/Medplus)	✓	✓	✓	✓ 6 mths consec 1 yr	✓ TSH H Pylori	✓	✓
United Healthcare (Commercial)	✓	✓	✓	✓ 6 mths consec 1 yr			

Based on medical Necessity Insurance may require additional information based on individual review.

*Diet documentation requires medically supervise with office notes including behavior medication and exercise program

3 month diet – 90 day duration

6 month diet – 180 day duration

Highmark Psych 2yrs – All other insurances 1 yr