LETTER OF MEDICAL NECESSITY FOR A SUPERVISED WEIGHT LOSS PROGRAM

Date: _____

Re: (Patient Name) _____ DOB:_____ BMI: _____

Diagnosis:
- ☐ E66.3 Overweight
- ☐ E66.0 Obesity
- ☐ E66.01 Morbid Obesity
- ☐ Other: _____
- ☐ Other: _____
- ☐ Other: _____

To Whom It May Concern,

I recommend that the above-named patient begin a supervised weight loss program based on the 4 "gold standards" for long term weight loss. These include: dietary modification, behavioral modification, nutritional supplementation, and exercise. The West Texas Weight Loss program fulfills these recommendations.

As I am sure you are aware, patients who are overweight/obese have been proven to be at a significantly higher risk for conditions ranging from cancer to diabetes. In fact, current studies show that approximately 80% of chronic disease is either directly or indirectly related to a person being overweight/obese.

In fact, the following information was taken directly from the Center for Disease Control's website (http://www.cdc.gov/chronicdisease/resources/publications/aag/obesity.htm):

Health Consequences of Obesity: Obesity increases the risk of many health conditions, including the following: coronary heart disease, stroke, and high blood pressure, Type 2 diabetes, cancers (such as endometrial, breast, and colon cancer), high total cholesterol or high levels of triglycerides, liver and gallbladder disease, sleep apnea and respiratory problems, degeneration of cartilage and underlying bone within a joint (osteoarthritis), reproductive health complications such as infertility, and mental health conditions.

Obesity Is Costly: In 2008, overall medical care costs related to obesity for U.S. adults were estimated to be as high as $147 billion. People who were obese had medical costs that were $1,429 higher than the cost for people of normal body weight. Obesity also has been linked with reduced worker productivity and chronic absence from work.

After review of this letter, I am confident that there will be no question as to the "medical Necessity" of the above-named patient being on a supervised weight loss program. After all, weight loss will only help improve the patient's quality and quantity of life, minimize complicating factors and chronic illness, and most likely result in a lower annual health care expenditures as per the aforementioned information from the CDC's website.

Should you have any further questions, please feel free to contact me directly.

Sincerely,

Doctor Signature: _____ Doctor Name: _____

Address: _____

Phone: _____