



Is bariatric surgery right for you?

Undergoing bariatric surgery is a big decision. One that can lead to a healthier, happier you. But there are a number of additional things that will help you safely and successfully lose the weight and keep it off.

There's a program designed to help you break through personal barriers to achieve success.

Before you have bariatric surgery, COVA Care members are required to participate in a 12-month weight management coaching and education program that offers the guidance and support you need to make real and lasting changes in your life. Your well-being weight management coach will provide one-on-one goal-oriented support for:

- Weight management and nutrition counseling
- Personalized coaching and disease management

After the surgery, you may continue with personalized coaching for up to 24 months.

Complete the program and save money!

Prior authorization for your surgery is required by your health plan. If your surgery is approved and you complete the program, **COVA Care will waive the facility copayment of \$300 for an inpatient hospital stay, or \$125 for an outpatient visit.**

For more information, contact **1-844-507-8472** to sign up for the program. You can also consult your plan Member Handbook.



Anthem Blue Cross and Blue Shield is the trade name of Anthem Health Plans of Virginia, Inc. Serving all of Virginia except for the City of Fairfax, the Town of Vienna, and the area east of State Route 123. Independent licensee of the Blue Cross and Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.

Language Access Services - (TTY/TDD: 711)

(Spanish) - Tiene el derecho de obtener esta información y ayuda en su idioma en forma gratuita. Llame al número de Servicios para Miembros que figura en su tarjeta de identificación para obtener ayuda.

(Korean) - 귀하에게는 무료로 이 정보를 얻고 귀하의 언어로 도움을 받을 권리가 있습니다. 도움을 얻으려면 귀하의 ID 카드에 있는 회원 서비스 번호로 전화하십시오.

The Commonwealth of Virginia complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.