



**"I'm making a change for the better."**

### **Bariatric Resource Services. Call to start today.**

Obesity is a growing epidemic in the United States. It is the cause of many serious conditions including heart disease, diabetes and arthritis. If you're considering bariatric surgery to lose a significant amount of weight, we are here to help.

Bariatric Resource Services (BRS) provides you with access to a team of clinical experts who specialize in weight loss and bariatric surgery. You'll receive complete support before, during and after bariatric surgery.

Our Bariatric Resource Services nurses can help you:

- Find high quality Centers of Excellence network providers to make sure your surgery goes as smoothly as possible
- Learn about surgical options for best possible outcomes
- Find resources to help you meet your pre-surgical requirements
- Understand how nutrition and fitness can help you achieve success
- Adjust to and maintain lifestyle changes and avoid complication after surgery

The BRS program is already a part of your benefits, so there's no extra cost. If you are considering surgery, please call to learn more, connect with a nurse, and locate a Center of Excellence provider near you.



**1-888-936-7246 TTY 711**  
**[myoptum.phs.com/brs](http://myoptum.phs.com/brs)**



This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through this service is for informational purposes only and provided as part of your health plan. The nurse cannot diagnose problems or recommend treatment and is not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law. This nurse support service is not an insurance program and may be discontinued at any time.

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