



## 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 goes beyond physical appearance & obesity 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, you have access to a team of clinical experts who specialize in weight loss and bariatric surgery. You'll receive complete support before and after surgery. Our Bariatric Resource Services nurses can help you:

- Find Centers of Excellence network facilities to make sure your surgery goes as smoothly as possible.
- Avoid complications.
- Adjust to and maintain lifestyle changes.
- Learn more about nutrition and fitness.

Plus, you'll have access to professionals who can help you adjust emotionally to the lifestyle changes that come with bariatric surgery.



**Call the number on the back of your UHC ID card**



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.

© 2016 United HealthCare Services, Inc. All rights reserved. Do not reproduce, transmit or modify the content set forth herein in any form or by any means without the express written permission of United HealthCare Services, Inc. PRJ1198 29112-012016