



## AHA/ACC/TOS Guidelines for the Management of Overweight and Obesity in Adults

For complete guideline, please go to <http://www.ahajournals.org>

Or

<http://circ.ahajournals.org/content/early/2013/11/11/01.cir.0000437739.71477.ee>

### Guideline History

<b>Original Approve Date</b>	<b>1/06</b>
<b>Review/Revise Dates</b>	<b>10/05, 1/06, 10/07, 01/08, 1/10, 1/12, 01/14, 01/16, 01/18</b>
<b>Next Review Date</b>	<b>01/20</b>



## Formularies/Drug Lists

Please refer to:

<http://providers.optimahealth.com/pharmacy/Pages/Formularies.aspx>

<http://providers.optimahealth.com/pharmacy/Pages/DrugAuthorizationForms.aspx>

<http://providers.optimahealth.com/Drug%20Authorizations/PAweightmanagement.pdf>

<http://providers.optimahealth.com/Drug%20Authorizations/PASaxenda.pdf>

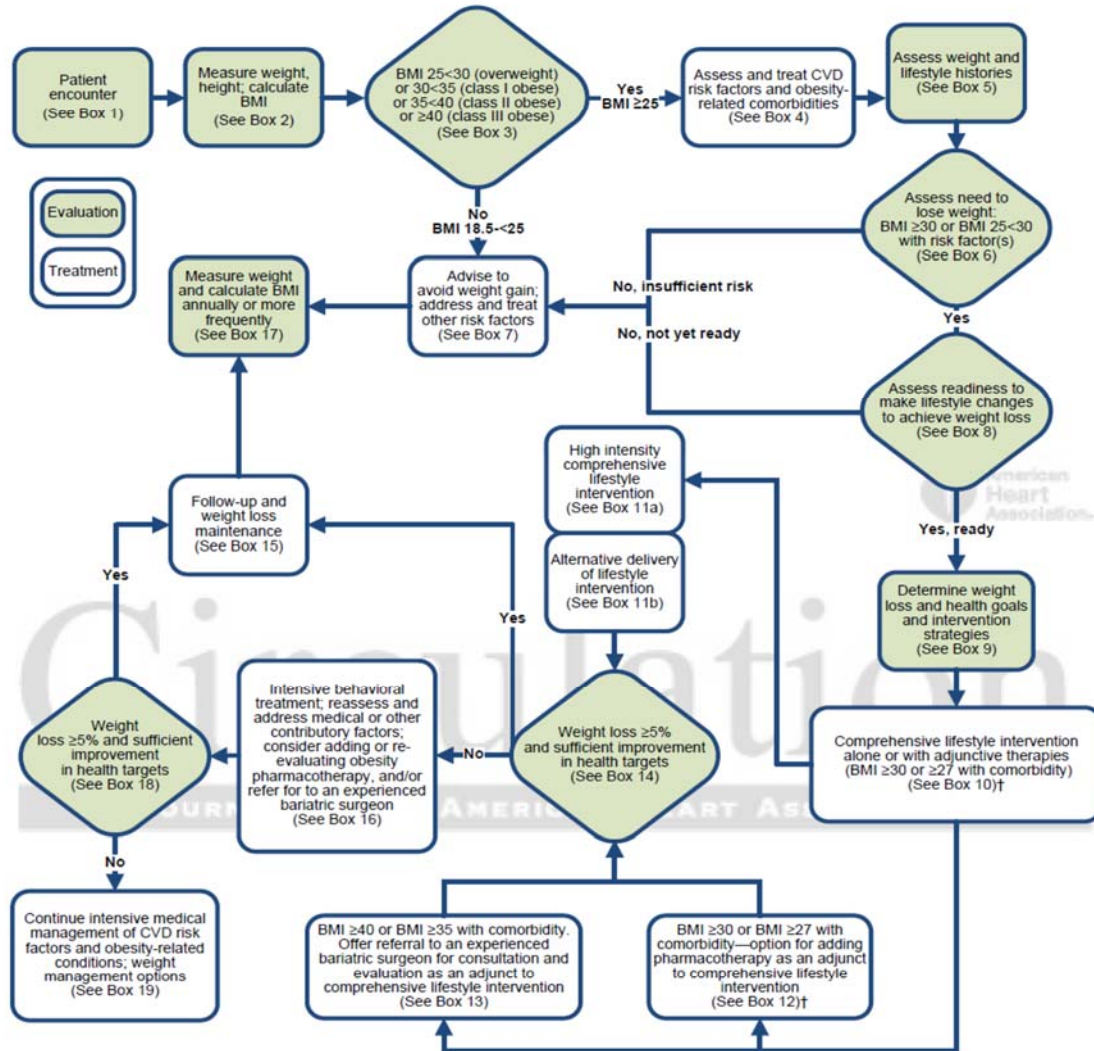
**\*\*All weight loss medications require prior authorization\*\***

**\*\*Please see appropriate plan benefit for specific coverage\*\***

**\*\*Check for plan specific Morbid Obesity Benefit Rider\*\***

***Please check the website, [www.optimahealth.com](http://www.optimahealth.com) for updates.***

**Figure 1. Treatment Algorithm—The Chronic Disease Management Model for Primary Care of Patients with Overweight and Obesity\***



\*This algorithm applies to the assessment of overweight and obesity and subsequent decisions based on that assessment. Each step (designated by a box) in this process is reviewed in this section and expanded upon in subsequent sections.

†BMI cutpoint determined by the FDA and listed on the package inserts of FDA-approved obesity medications.

BMI indicates body mass index; CVD, cardiovascular disease; and FDA, Food and Drug Administration.

\*\* The algorithm can be found on page 18 of the 2013 AHA/ACC/TOS Guideline for the Management of Overweight and Obesity in Adults guidelines. The steps in the algorithm have designated boxes, which are reviewed in the subsequent pages following this algorithm\*\*

## Patient Education Information Resources

1. CDC Vital Signs Adult Obesity : Obesity Rise Among Adults  
<http://www.cdc.gov/vitalsigns/pdf/2010-08-vitalsigns.pdf>
2. CDC Eat More, Weigh Less? How to Manage Your Weight without Being Hungry  
[http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/Energy\\_Density.pdf](http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/Energy_Density.pdf)
3. CDC How to Avoid Portion Size Pitfalls to Help Manage Your Weight  
[http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/portion\\_size\\_pitfalls.pdf](http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/portion_size_pitfalls.pdf)
4. CDC How to Use Fruits and Vegetables to Help Manage Your Weight  
[http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/CDC\\_5-A-Day.pdf](http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/CDC_5-A-Day.pdf)
5. CDC Rethink Your Drink  
[http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/rethink\\_your\\_drink.pdf](http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/rethink_your_drink.pdf)
6. Choose My Plate Seasonal Resources <http://www.choosemyplate.gov/seasonal>
7. Choose My Plate Super Tracker Interactive Online Tools  
<http://www.choosemyplate.gov/supertracker-other-tools>
8. United States Department of Agriculture: What's Cooking? USDA Mixing Bowl  
<http://www.whatscooking.fns.usda.gov/>
9. **United States Department of Agriculture (USDA) Revised August 2012.**  
<http://www.choosemyplate.gov/>
10. Sentara Free Weight Loss Surgery Seminars  
<http://www.sentaraseminarregistration.com/>

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**\*\*Check for plan specific Morbid Obesity Benefit Rider\*\***