



**WEIGHT-LOSS SURGERY**

**Possible Surgery Candidate**

**WEIGHT LOSS**

**Weight Loss Recommended**

**IMPACT OF WEIGHT ON QOL**

**Quality of Life Greatly Impacted**

***Based on your weight and health conditions, surgery may be an option for you.***

Ask a doctor for a complete evaluation.

- Talk to your doctor about the risks and benefits of weight-loss surgery or other options.
- Based on widely accepted guidelines, a person of your height should weigh less than 172 pounds.
- You reported that your weight greatly impacts the quality of your life. A health care professional can work with you to change that.

People in the healthy weight range live 8 to 10 years longer than people with obesity. Weighing 20% more than recommended (obesity) has a health effect similar to that of being a life-long smoker.

People who need to lose weight for health reasons should talk to a health care professional about a personalized treatment plan. Several health conditions can get better or go away with weight loss. Weight-loss surgery may be the next step for people with obesity if:

- They haven't been able to lose weight other ways
- Their current weight greatly affects their quality of life
- They have a weight-related health problem

According to the recent National Health and Nutrition Examination Survey, approximately 69% of adults are in the overweight or obesity weight category.

Obesity, like smoking, can shorten lifespan by up to 10 years.

Weight-Related Health Conditions	You Reported
Quality of life is greatly impacted	<b>Yes</b>
High blood pressure or on medication	<b>Yes</b>
High blood sugar or on medication	<i>Unknown</i>
Abnormal cholesterol or on medication	<b>No</b>
Prediabetes or type 2 diabetes	<b>No</b>
Debilitating arthritis	<b>No</b>
Asthma	<b>No</b>
Obstructive sleep apnea	<b>No</b>
Gastroesophageal reflux disease (GERD)	<b>No</b>
Severe urinary incontinence	<b>No</b>
Obesity-hypoventilation syndrome	<b>No</b>
Pseudotumor cerebri	<b>No</b>
Nonalcoholic liver disease	<b>No</b>
Venous stasis disease	<b>No</b>

## Results

### Weight-Loss (Bariatric) Surgery

Weight-loss surgery is a term for any surgery that limits how much food a person can eat. Weight-loss surgery is also called bariatric surgery.

Before recommending weight-loss surgery, doctors consider:

- Current health
- Past attempts to lose weight
- The impact of weight on quality of life

Most people lose 10 to 20 pounds per month in the first year after surgery. Later on, people lose less weight per month. Keeping the weight off after surgery means changing old eating and exercise habits.

Even if a doctor recommends weight-loss surgery, some health insurance plans may not cover the cost of surgery.

Weight-loss surgery is generally safe. It does have risks and some can be serious. A health care professional can tell you about the risks and benefits of weight-loss surgery.

### WEIGHT-LOSS SURGERY

**Possible  
Surgery Candidate**

### IMPACT OF WEIGHT ON QOL

**Quality of Life  
Greatly Impacted**

### Body Mass Index (BMI)

BMI is a calculation that uses height to define weight ranges for both men and women. BMI is a good first step towards learning if you're at a healthy weight.

If you're in the obesity weight range, don't let the name get you down. Obesity is a term doctors use to describe people who weigh 20% more than recommended for their height. As you lose weight, the name of the BMI weight category you're in will change too!

BMI may not be the best way to determine the healthy weight range for people under age 20, highly trained athletes, or pregnant/breastfeeding women.

Weight Category (BMI)	Weight Range for people 5'11" tall
<b>Underweight</b> (BMI under 18.5)	132 lbs. or less
<b>Healthy</b> (BMI 18.5 to 24.9)	133 to 178 lbs.
<b>Overweight</b> (BMI 25.0 to 29.9)	179 to 214 lbs.
<b>Obesity I</b> (BMI 30.0 to 34.9)	215 to 250 lbs.
<b>Obesity II</b> (BMI 35.0 to 39.9)	251 to 286 lbs.
<b>Extreme Obesity</b> (BMI 40+)	287 lbs. or more

## Results (continued)

### Your Weight Loss Recommendation

Only a health care professional can determine the ideal weight for you. This assessment uses body mass index (BMI) to estimate your healthy weight range. Your ideal weight may not fall within this range.

### Watch Your Weight and Your Waistline

Having too much body fat increases several serious health risks. Having too much belly fat (a larger waistline) can also increase these risks no matter how much you weigh.

If you're overweight, losing just five to ten pounds can help lower your blood pressure. High blood pressure is an important risk factor for heart disease and stroke. Type 2 diabetes is another important weight-related health risk.

### Lose Weight and Keep It Off

There's no guaranteed way to lose weight and keep it off.

The best weight management plans focus on healthful eating for the rest of your life. Plans can also include staying active, lowering stress, taking medication, having surgery, or a combination of these.

Treating overweight and obesity early may prevent other health problems. Always talk to a health care professional before beginning a weight management program.

## WEIGHT LOSS

**Weight Loss  
Recommended**

Recommendations may be based on weight (BMI), waist measurement, and weight-related health conditions.

### About This Assessment

Recommendations for weight-loss surgery and weight loss included in this assessment are from:

- The 2022 Indications for Metabolic and Bariatric Surgery co-sponsored by American Society for Metabolic & Bariatric Surgery and (ASMBS) and International Federation for the Surgery of Obesity and Metabolic Disorders (IFSO).
- The 2019 clinical practice guidelines co-sponsored by American Association of Clinical Endocrinologists (AACE), The Obesity Society (TOS), and the American Society for Metabolic & Bariatric Surgery (ASMBS).
- The 2018 Pediatric Metabolic and Bariatric Surgery Guidelines from American Society for Metabolic and Bariatric Surgery.
- The American Diabetes Association Standards of Care 2020.
- The 2013 Guideline for the Management of Overweight and Obesity in Adults: A Report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines and The Obesity Society.

## Weight-Related Health Risk Factors

High (uncontrolled) blood sugar can take a toll on almost every organ of the body.

A fasting blood sugar of 126 mg/dL or higher indicates diabetes. A fasting blood sugar between 100 mg/dL and 125 mg/dL is called prediabetes. Prediabetes is a major risk factor for developing diabetes in the future.

Exercising, eating/drinking fewer calories, and losing a little weight may help lower blood sugar.

High blood sugar is not a weight-related risk factor in people with Type 1 diabetes.

### FASTING BLOOD SUGAR

Current

Recommended Goal

Uncontrolled Type 2 diabetes  
**High Risk**

Within recommended range  
**Average Risk**

Cholesterol is a type of fat that is found in the blood. It can build up in arteries and block them, causing heart and blood vessel disease. There are no symptoms for abnormal cholesterol.

Some people are able to control their cholesterol through physical activity, losing weight, and eating a healthful diet. Other people may need to add medication in order to reach their recommended goals.

### CHOLESTEROL

Current

Recommended Goal

Outside recommended ranges  
**Increased Risk**

Within recommended range  
**Average Risk**

#### "NORMAL" CHOLESTEROL RANGES

Total cholesterol = Less than 200 mg/dL

HDL "good" cholesterol (men) = 40 mg/dL or higher

HDL "good" cholesterol (women) = 50 mg/dL or higher

LDL "bad" cholesterol = Less than 100 mg/dL

Triglycerides = Less than 150 mg/dL

High blood pressure is an important health risk factor. Your doctor will figure out your blood pressure goal based on several health factors.

People with high blood pressure should:

- Keep their weight in the healthy range
- Be physically active every day
- Take medication to control blood pressure (if recommended by a doctor)

### BLOOD PRESSURE

Current

Recommended Goal

125/(unknown) mm Hg  
**Moderate Risk**

Less than 120/80  
**Average Risk**

## Weight-Related Lifestyle Risk Factors

Smokers have a higher risk of several important health problems. The more cigarettes smoked, the higher the health risk.

Quitting smoking has big health benefits. It may even reduce cravings for high-calorie and high-fat foods in some people.

Programs to quit smoking should also include weight management support.

### SMOKING

Current

Smoked within 30 days  
**Increased Risk**

Recommended Goal

Never smoked/Quit  
**Average Risk**

Talk to a doctor about programs or therapies to help you quit smoking.

Exercise is only part of the weight loss story.

A healthful diet and regular exercise can help with weight loss. The key is to exercise for enough minutes each week.

Regular physical activity can also improve blood pressure, cholesterol, and blood sugar.

### WEEKLY EXERCISE

Current

Equal to 180 min. (moderate)\*  
**Decreased Risk**

Recommended Goal

150 min. or more (moderate)\*\*  
**Decreased Risk**

\*60 moderate + 60 vigorous = 180 min. moderate  
(each minute of vigorous exercise equals two minutes of moderate)

\*\*The goal is 150 minutes of moderate exercise or an equivalent mix of moderate and vigorous minutes.

NOTICE: Health assessments are based on averages from studies of large groups of people.

Your situation may be different. It is important to discuss your personal situation with your health care provider. This assessment is not intended to replace medical advice from your health care provider, but rather help you set health goals and make healthy lifestyle decisions.

#### DISCLAIMER

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Name: \_\_\_\_\_ mm-dd-yyyy

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**Mt. General Memorial Lakeport Hospital**

524 SW Monarch St., Lakeport, MN 57653  
(555) 555-5100

## RISK PALETTE

PAGE 1 - PARTS

	Weight-Related Health Conditions	You Reported	
	qollmpact	Quality of life is greatly impacted	<b>Yes</b> (if = great) -> <b>Yes</b> , else -> <b>No</b>
medications_bloodPressure & bloodPressureRisk	High blood pressure or on medication	<b>Yes</b>	{{(if medications_bloodPressure = 1) OR (bloodPressureRisk = moderate OR high OR very_high)} -> <b>Yes</b> , (bloodPressureRisk = average) -> <b>No</b> , (bloodPressureRisk = unknown) -> <i>Unknown</i>
medications_diabetes & fbsRisk	High blood sugar or on medication	<b>Unknown</b>	{{(if medications_diabetes = 1) AND [diabetes != type1]) OR (fbsRisk = increased OR high)} -> <b>Yes</b> , (fbsRisk = average) -> <b>No</b> , (fbsRisk = not_applicable) -> <i>Not Applicable</i> , (fbsRisk = unknown) -> <i>Unknown</i>
medications_cholesterol & cholesterolRisk	Abnormal cholesterol or on medication	<b>No</b>	{{(if medications_cholesterol = 1) OR (cholesterolRisk = increased)} -> <b>Yes</b> , (cholesterolRisk = average) -> <b>No</b> , (cholesterolRisk = unknown) -> <i>Unknown</i>
diabetes	Prediabetes or type 2 diabetes	<b>No</b>	(if = pre OR type2) -> <b>Yes</b> , else -> <b>No</b>
otherWeightConditions_arthritis	Debilitating arthritis	<b>No</b>	(if = 1) -> <b>Yes</b> , else -> <b>No</b>
commonWeightConditions_asthma	Asthma	<b>No</b>	(if = 1) -> <b>Yes</b> , else -> <b>No</b>
commonWeightConditions_sleepApnea	Obstructive sleep apnea	<b>No</b>	(if = 1) -> <b>Yes</b> , else -> <b>No</b>
commonWeightConditions_gerd	Gastroesophageal reflux disease (GERD)	<b>No</b>	(if = 1) -> <b>Yes</b> , else -> <b>No</b>
commonWeightConditions_incontinence	Severe urinary incontinence	<b>No</b>	(if = 1) -> <b>Yes</b> , else -> <b>No</b>
otherWeightConditions_ohs	Obesity-hypoventilation syndrome	<b>No</b>	(if = 1) -> <b>Yes</b> , else -> <b>No</b>
otherWeightConditions_pseudotumorCerebri	Pseudotumor cerebri	<b>No</b>	(if = 1) -> <b>Yes</b> , else -> <b>No</b>
othereightConditions_liverDisease	Nonalcoholic liver disease	<b>No</b>	(if = 1) -> <b>Yes</b> , else -> <b>No</b>
otherWeightConditions_vsDisease	Venous stasis disease	<b>No</b>	(if = 1) -> <b>Yes</b> , else -> <b>No</b>



This column is static:

Weight Category (BMI)	Weight Range for people 5'11" tall	[dynamic; changes with user's height]
<b>Underweight</b> (BMI under 18.5)	132 lbs. or less 'underweight'	Show {(BMI=18.5) - (1 pound)}
<b>Healthy</b> (BMI 18.5 to 24.9)	133 to 178 lbs. 'normal'	Show {(BMI=18.5) to [(BMI=25.0) - [1 pound]]}
<b>Overweight</b> (BMI 25.0 to 29.9)	179 to 214 lbs. 'overweight'	Show {(BMI=25.0) to [(BMI=30.0) - [1 pound]]}
<b>Obesity I</b> (BMI 30.0 to 34.9)	215 to 250 lbs. 'obese1'	Show {(BMI=30.0) to [(BMI=35.0) - [1 pound]]}
<b>Obesity II</b> (BMI 35.0 to 39.9)	251 to 286 lbs. 'obese2'	Show {(BMI=35.0) to [(BMI=40.0) - [1 pound]]}
<b>Extreme Obesity</b> (BMI 40+)	287 lbs. or more 'extreme_obese'	Show (BMI=40.0)

**DYNAMIC TEXT:** Show height in feet and inches (as input by user, not the 'height' variable)

**WEIGHT-LOSS SURGERY**

Possible Surgery Candidate

**IMPACT OF WEIGHT ON QOL**

Quality of Life Greatly Impacted

**WEIGHT LOSS**

**Weight Loss  
Recommended**

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## PAGE 1 RESULTS BADGES

### WEIGHT-LOSS SURGERY

weightLossSurgeryRecommendation

Possible  
Surgery Candidate

'possible\_surgery\_candidate'

Screening Needed to  
Determine Eligibility

'screening\_needed'

Not a  
Surgery Candidate

'not\_a\_surgery\_candidate'

### IMPACT OF WEIGHT ON QOL

qolImpact

Quality of Life  
Greatly Impacted

'great'

Quality of Life Not  
Greatly Impacted

'not\_great'

### WEIGHT LOSS

weightLossRecommendation

Weight Loss  
Recommended

'recommended'

Weight Loss May Be  
Recommended

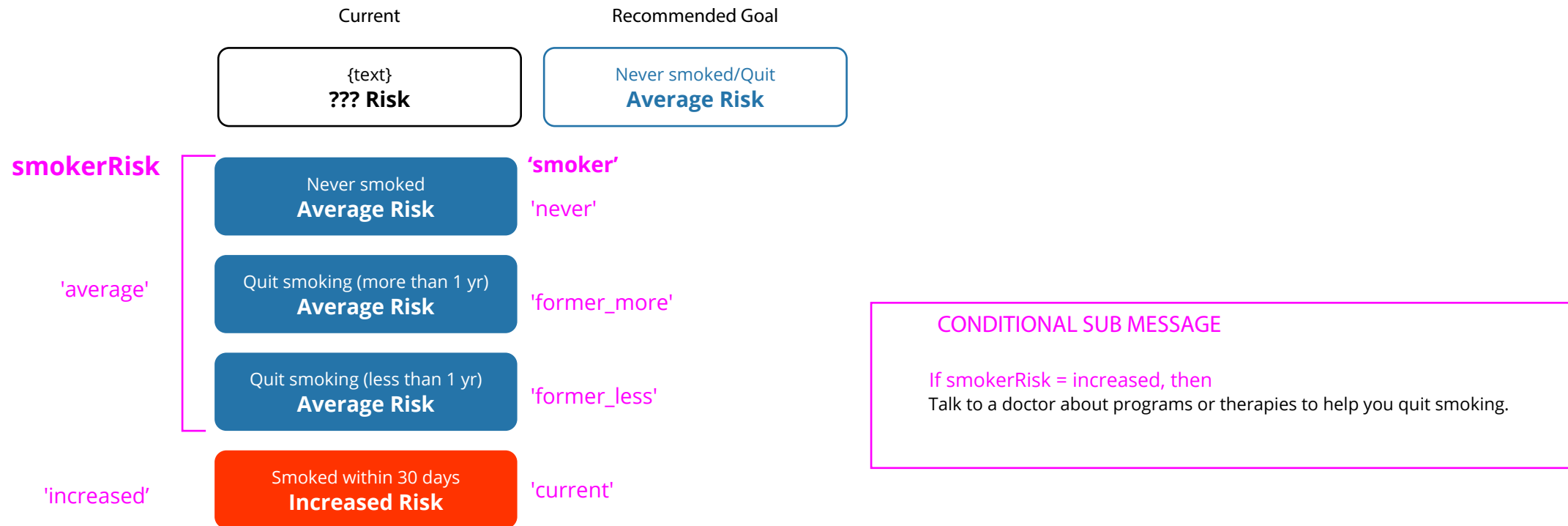
'more\_info'

Weight Loss Not  
Recommended

'maintain'  
'not\_recommended'

# smokerRisk

## SMOKING



exerciseRisk  
WEEKLY EXERCISE

Current

exerciseModerateEquivalent

Equal to ## min. (moderate)\*  
**??? Risk**

Recommended Goal

150 min. or more (moderate)\*\*  
**Decreased Risk**

Current

exerciseRisk  
'decreased'

Equal to ## min. (moderate)\*  
**Decreased Risk**

'average'

Equal to ## min. (moderate)\*  
**Average Risk**

DYNAMIC SUB MESSAGE

weeklyExercise\_moderate    weeklyExercise\_vigorous    exerciseModerateEquivalent  
\*## moderate + ## vigorous = ## min. moderate



# MHIRTP-1556

## fbsRisk FASTING BLOOD SUGAR

Current

{text1}  
{Text2}

Recommended Goal

Within recommended ranges  
**Average Risk**

fbsRisk  
not\_applicable

Diagnosis of Type 1 diabetes  
Not Applicable

average

Within recommended range  
**Average Risk**

increased

Outside recommended range  
**Increased Risk**

high

Outside recommended range  
**High Risk**

unknown

Unknown blood sugar  
Unknown Risk

**CONDITIONAL SUB MESSAGES**

- 1 Show ONE of these:  
If fbsRisk = increased OR high, then  
Ask your doctor how to lower your blood sugar risk.  
Or if fbsRisk = unknown, then  
Learn your fasting blood sugar to fully understand your health risks.  
Or if fbsRisk = not\_applicable, then  
High fasting blood sugar is not a weight-related risk factor in people with type 1 diabetes.
- 2 When medications\_diabetes = 1  
You indicated you're taking medication to control blood sugar.
- 3 When diabetes = type2 OR pre  
You indicated you have {type 2 diabetes/prediabetes}.

## cholesterolRisk

### CHOLESTEROL



#### CONDITIONAL SUB MESSAGES

- 1 When `cholesterolRisk = increased`  
Ask your doctor how to lower your cholesterol risk.  
When `cholesterolRisk = unknown`  
Learn your cholesterol numbers to fully understand your health risks.
- 2 When `medications_cholesterol = 1`  
You indicated you're taking medication to control cholesterol.

# bloodPressureRisk

## BLOOD PRESSURE

Current

{text}  
**??? Risk**

Recommended Goal

Less than 120/80  
**Average Risk**

bloodPressureRisk  
average

###/## mm Hg  
**Average Risk**

For {text}, when  
{(sbp\_known = 1) AND (dbp\_known = 1)}, show ###/### mm Hg  
{sbp\_known = 1}, show ###/(unknown) mm Hg  
{dbp\_known = 1}, show (unknown)/### mm Hg  
{(sbp\_known = 0) AND (dbp\_known = 0)}, show Unknown blood pressure

moderate

{text}  
**Moderate Risk**

high OR very\_high

unknown

{text}  
**Unknown Risk**

### CONDITIONAL SUB MESSAGE

- 1 Show ONE of these according to the following hierarchy:  
If {(sbp\_known = 0) OR (dbp\_known = 0)} AND (bloodPressureRisk = moderate), then  
You didn't know both blood pressure numbers. Your actual risk may be high.  
  
Or if blood PressureRisk = unknown, then  
Learn both blood pressure numbers to fully understand your health risks.  
  
Or if blood PressureRisk = moderate OR high OR very\_high, then  
Ask your doctor how to lower your blood pressure risk.

- 2 When medications\_bloodPressure = 1

You indicated you're taking medication to control blood pressure.



Report Messaging  
Please check Lucidchart for longest version

reportMainMessage

See LUCIDCHART --> Messaging --> reportMainMessage

<https://www.lucidchart.com/documents/edit/3317c8ee-2fcc-4794-a5d2-63e8011a8d78/4>

reportBullets

Weight-Loss Surgery Bullets

See LUCIDCHART --> Messaging --> bullet1

<https://www.lucidchart.com/documents/edit/3317c8ee-2fcc-4794-a5d2-63e8011a8d78/1>

Healthy Weight Range Bullets

See LUCIDCHART --> Messaging --> bullet2

<https://www.lucidchart.com/documents/edit/3317c8ee-2fcc-4794-a5d2-63e8011a8d78/2>

QoL & Risk Factors Bullets

See LUCIDCHART --> Messaging --> bullet3

<https://www.lucidchart.com/documents/edit/3317c8ee-2fcc-4794-a5d2-63e8011a8d78/3>