

## OBESITY SCREENING AND COUNSELING



Hello,

My name is Al Castellanos and I am a licensed insurance agent. Do you know what disease prevention is and why it's important? Well I am here to give you that information. Medicare pays for many preventive services to keep you healthy. These preventive services can find health problems early, when treatment works best, and can keep you from getting certain diseases.

**Obesity Screening and Counseling** is one of the preventive services that is covered by Medicare.

### **How is Obesity Diagnosed?**

To diagnose obesity, your doctor will typically perform a physical exam and recommend some tests. These exams and test generally include:

- Taking your health history
- A general physical exam
- Calculating your BMI
- Measuring your waist circumference
- Checking for other health problems
- Blood tests

Gathering all this information helps you and your doctor determine how much weight you need to lose and what health conditions or risks you already have. And this will guide treatment decisions.

**Risk Factors:**

There are many factors for overweight and obesity. Some of these factors are :

- Lack of physical activity
- Unhealthy eating behaviors
- Not enough sleep
- High amounts of stress
- Age
- Unhealthy environments
- Family history and genetics
- Race or ethnicity
- Sex

Some of these risk factors can be changed, such as unhealthy lifestyle habits and environments.

**Who's covered?**

All people with Medicare may be screened for obesity. Counseling is covered for anyone found to have a BMI of 30 or more.

**How often is it covered?**

Medicare covers behavioral therapy session to help you lose weight. This counseling may be covered if you get it in a primary care setting (like a doctor's office), where it can be coordinated with your other care and a personalized prevention plan.

**Your cost if you have Original Medicare**

You pay nothing for this service if your primary care doctor or other qualified primary care practitioner accepts assignment.

If you have any questions regarding this exam or any of the other Preventive Service exams covered by Medicare, please contact me at (281) 642-4082 or at [alcastellanos@prinsuco.com](mailto:alcastellanos@prinsuco.com).