

<b>Case Number:</b>	CM13-0023148		
<b>Date Assigned:</b>	11/15/2013	<b>Date of Injury:</b>	12/12/2010
<b>Decision Date:</b>	01/06/2014	<b>UR Denial Date:</b>	08/14/2013
<b>Priority:</b>	Standard	<b>Application Received:</b>	09/11/2013

### HOW THE IMR FINAL DETERMINATION WAS MADE

MAXIMUS Federal Services sent the complete case file to a physician reviewer. He/she has no affiliation with the employer, employee, providers or the claims administrator. The physician reviewer is Board Certified in Internal Medicine and is licensed to practice in New York. He/she has been in active clinical practice for more than five years and is currently working at least 24 hours a week in active practice. The physician reviewer was selected based on his/her clinical experience, education, background, and expertise in the same or similar specialties that evaluate and/or treat the medical condition and disputed items/services. He/she is familiar with governing laws and regulations, including the strength of evidence hierarchy that applies to Independent Medical Review determinations.

### CLINICAL CASE SUMMARY

The expert reviewer developed the following clinical case summary based on a review of the case file, including all medical records:

Pt. is a 40 y.o. male who had an injury 12/10/10. He has received pain meds, injections, extracorporeal shock wave rx, and PT. Pt requested a 10 week wt. loss program, which was denied 8/14/13. An appeal was made 9/11/13.

### IMR ISSUES, DECISIONS AND RATIONALES

The Final Determination was based on decisions for the disputed items/services set forth below:

**Weight loss program X 10 weeks:** Upheld

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation [www.aetna.com/cph/medical/data/1\\_99/0039.html](http://www.aetna.com/cph/medical/data/1_99/0039.html), Clinical Policy Bulletin: Weight Reduction Medications and Programs...

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation nutrition.gov, MKSAP 16 general internal medicine published by ACP pages 69-72..

**Decision rationale:** Per guidelines, the NIH recommends screening all adults for obesity. This is done by calculating the BMI and measuring waist circumference, a history and Px, and assessing risk factors. Then a treatment program may be initiated wt loss, dietary changes, exercise and

lifestyle changes. The pt. records do not indicate that these mentioned steps were taken by the PMD. Based on the evidence, the utilization review decision should stand.