

<b>Case Number:</b>	CM13-0029985		
<b>Date Assigned:</b>	11/27/2013	<b>Date of Injury:</b>	09/13/2007
<b>Decision Date:</b>	01/22/2014	<b>UR Denial Date:</b>	08/27/2013
<b>Priority:</b>	Standard	<b>Application Received:</b>	09/25/2013

### 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 Cardiology, has a Fellowship Trained in Cardiovascular Disease and is licensed to practice in Texas. 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:

The patient is a 52 year old male who reported an injury on 09/13/2007. The mechanism of injury was pulling. Diagnoses include obesity, lumbar strain with left lower extremity radiculopathy; disc bulges L1-2, L2-3, and L4-5; trochanteric bursitis of the left hip; left ankle sprain; medial and lateral meniscus tear; and significant psychological factors preventing him from complete rehabilitation and return to work. The patient has received past physical therapy and is currently receiving acupuncture. He is considered permanent and stationary.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Lindora Weight Loss Program:** Upheld

**Claims Administrator guideline:** The Claims Administrator did not cite any medical evidence for its decision.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Wollner, S., Blackburn, D., Spellman, K., Khaodhiar, L., & Blackburn, G. L. (2010). Weight-Loss Programs in Convenient Care Clinics: A Prospective Cohort Study. American Journal of Health Promotion, 25(1), 26-29.

**Decision rationale:** The CA MTUS/AOEM and Official Disability Guidelines did not address the use of medically supervised weight loss programs; therefore, a medical journal article was supplemented. This independent study specifically noted the Lindora weight loss program and confirmed that individuals who participate in this medically supervised program on an outpatient basis, lost greater than or equal to 5 % of their bodyweight. The last clinical note dated 11/07/2013 noted that the patient had decreased his weight from 327 to 265 on this program. That is the loss of 62 pounds, or 19% of his bodyweight. It is also documented in this note that the patient's goal is to lose 80 pounds. The records indicate a weight loss goal and have detailed objective documented evidence of its efficacy in terms of patient education and compliance, change in patient lifestyle, and current weight lost. As such, the request for the Lindora Weight Loss Program is certified.