

<b>Case Number:</b>	CM13-0034559		
<b>Date Assigned:</b>	12/11/2013	<b>Date of Injury:</b>	12/11/2008
<b>Decision Date:</b>	06/06/2014	<b>UR Denial Date:</b>	09/30/2013
<b>Priority:</b>	Standard	<b>Application Received:</b>	10/15/2013

### HOW THE IMR FINAL DETERMINATION WAS MADE

MAXIMUS Federal Services sent the complete case file to an expert reviewer. He/she has no affiliation with the employer, employee, providers or the claims administrator. The expert 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 expert 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 49-year-old male with a date of injury on December 11, 2008. He has diagnoses of lumbosacral disc disease, radiculopathies, status post right knee operation and degenerative joint disease of left knee. He has received hydrocodone, paroxetine, Zofran and topical tramadol. On a visit to a doctor on June 6, 2013, the patient was referred for a weight loss program.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**A weight loss program:** Upheld

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation CMS Guidelines, Treatment of Obesity.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Medical Knowledge Self Assessment Program, 16th edition- a publication of the American College of Physicians, pg 70-72.

**Decision rationale:** According to the American College of Physicians, the National Institute of Health (NIH) recommends screening for all adults for obesity. The U.S preventive services task force recommends Body Index and waist circumference measurements. Assessment also includes history and physical with emphasis on chronology of weight gain, family history, medications that may increase weight, exercise history, eating patterns and cardiovascular risks.

Success of a weight loss program may be enhanced with a combined team of dieticians and an exercise therapist. There does not appear to be a record of the patient's weight, target weight loss, or kind of weight loss program requested. Based on this cited guideline, the requested weight loss program is not medically necessary.