

<b>Case Number:</b>	CM13-0053490		
<b>Date Assigned:</b>	04/25/2014	<b>Date of Injury:</b>	10/01/2012
<b>Decision Date:</b>	06/11/2014	<b>UR Denial Date:</b>	10/01/2013
<b>Priority:</b>	Standard	<b>Application Received:</b>	11/05/2013

### 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 Emergency 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 42-year-old male who was injured on October 1, 2012. The patient continued to experience lower back pain radiating into his left leg. Physical examination was notable for decreased sensation in left L5/S1 distribution and positive left straight leg raise. MRI showed severe degeneration of the disc at L5-S1. Diagnosis was bilateral sciatica. Treatment included medications, acupuncture, epidural steroid injections, chiropractic therapy, and physical therapy. Request for authorization for 6 months of weight loss programs (██████████) was submitted for consideration.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**6 MONTHS OF WEIGHT LOSS PROGRAM (██████████):**  
Upheld

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Very Low-Energy Diets And Morbidity: A Systematic Review Of Longer-Term Evidence. BR J NUTR. 2012; 108(5): 832-851.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Other Medical Treatment Guideline or Medical Evidence: Weight Loss Treatment Guidelines from The Medical Letter. April 1, 2011, Issue 104, page 17: Diet, Drugs, and Surgeries for Weight Loss.

**Decision rationale:** Diet and exercise are the preferred methods for losing weight, but are still associated with high long-term failure rates. The patients on a diet generally lose 5% of their body weight over the first 6 months, but by 12-24 months weight often returns to baseline. The long-term ineffectiveness of weight-reduction diets may be due to compensatory changes in energy expenditure that oppose the maintenance of a lower body weight, as well as genetic and environmental factors. In this case the patient's past history included lap band procedure. There is no documentation that the patient has tried and failed conservative measures such as diet and exercise. There are no recommendations for [REDACTED] weight loss program or [REDACTED] in the Chronic Pain Medical Treatment Guidelines or in the Official Disability Guidelines. The lack of information does not allow determination for medical necessity and safety. The request is not medically necessary and appropriate.