

# *CalOptima Kids Weight Management Program*



CalOptima Kids is offering a **FREE Weight Management Program** to selected members with obesity.

## **Criteria:**

To participate, a patient must meet the following criteria:

1. Enrollment in CalOptima Kids Health Plan (Healthy Families Program)
2. Body Mass Index (BMI) score at or greater than the 95<sup>th</sup> percentile  
[BMI= (Weight in lbs / Height in inches) / Height in inches x 703]
3. Ages 4-18 years old
4. No diagnosed co-morbidities

**To make a referral, the patient's PCP must fill out an Authorization Request Form (ARF) and fax form with laboratory results to CalOptima Kids**

**Fax: 714-246-8730**

To request an ARF or if you have any questions, contact  
Hela Mahgerefteh, Program/Policy Analyst  
714-246-8446 [hmahgerefteh@caloptima.org](mailto:hmahgerefteh@caloptima.org)

**Thank you for your participation!**