



December 18, 2006

Dear CalOptima Kids Provider:

We are pleased to announce the continuation of the CalOptima Kids (Healthy Families Program) Weight Management Program. As you are aware, CalOptima Kids conducted a weight management pilot program in spring 2006 to address the obesity epidemic in our community. With the success of the pilot, CalOptima Kids has established a sustaining program and is now accepting referrals.

The CalOptima Kids Weight Management Program will begin during the third week of January 2007. The six to eight week program is comprised of two service models; a medical-based model and a community-based model. Both service models include the following components:

- Nutritional counseling / healthy eating practices
- Exercise / physical fitness
- Psychosocial counseling

The referral criteria for participation in the CalOptima Kids Weight Management Program includes:

1. Enrollment in the CalOptima Kids (Healthy Families Program) Health Plan
2. Ages 4-18 years old
3. Body Mass Index (BMI) score at or greater than the 95th percentile
[BMI = (Weight in lbs/Height in inches)/Height in inches x 703]
4. No diagnosed co-morbidities. (Note: Some exceptions will be made for children with uncomplicated co-morbidities. These will be evaluated on a case by case basis)

We encourage you to refer your eligible CalOptima Kids patients to this program. Please fill out the enclosed Authorization Request Form (ARF) and fax to (714) 246-8730. Note that a current laboratory report taken within the last three months must be submitted with the ARF.

Within two weeks of receiving the ARF and laboratory results, CalOptima Kids will send a notification letter to you, your patient's health network and your patient. If approved, the patient will be contacted by a program coordinator to sign up for an orientation session. CalOptima Kids will also notify all parties if the patient is not accepted into the program.

As the patient's primary care provider, you will also be informed of your patient's participation through biweekly progress reports. Follow up will be conducted with the patient six months and twelve months post completion of the CalOptima Kids Weight Management Program. Laboratory tests will be requested at these intervals to monitor health improvements as a result of the program.

Thank you for your participation and support for this very important health initiative. If you have any questions, please do not hesitate to contact Hela Mahgerefteh, Program/Policy Analyst at (714) 246-8446 or hmahgerefteh@caloptima.org.

Sincerely,

Gertrude S. Carter, M.D.

Dr. Trudi Carter, MD, Chief Medical Officer

Maria C. Calleros

Maria Castañeda Calleros, MPH, Healthy Families Program Manager

cc: Estela Martinez, CalOptima Provider Operations Director
CalOptima Contracted Health Networks

Encl: CalOptima Kids Weight Management Program Flyer
CalOptima Kids Weight Management Program Authorization Request Form