

HAVE YOU CONSIDERED *Surgical* WEIGHT LOSS?

MGM employee loses 81 pounds
with the help of surgical weight loss

story by **Kelsey Sunderman-Foster**
photos courtesy of **Mary Nichols**



**MARY
NICHOLS**
once weighed
225 pounds.

For many, weight loss is an ongoing struggle with many ups and downs. While weight loss can often be achieved in short bursts, it can reverse rapidly, causing the person to feel increasingly hopeless about reaching and maintaining their goal weight.

Mary Nichols, 60, serves as Executive Assistant to the Vice President of Human Resources at an MGM property in Las Vegas, Nevada. "For most of my adult life I struggled with my weight," Nichols said. "I lost 100 pounds three different times, but always gained it back. I hoped that surgical weight loss would finally be the answer to losing the weight, and most importantly, keeping it off.

With health concerns like high cholesterol and high blood pressure becoming increasingly worse, Nichols knew it was time to make a change. "I hated the idea of being on medications to keep my health in check and I felt tired all

the time," she said. "I had seen the success of many MGM employees and was hopeful that I would experience the same results."

BARInet is offered through MGM's employee benefits and covered Nichols' surgery. After meeting with her surgeon, Dr. MacIntyre, she opted to receive a gastric sleeve due to the minimal invasiveness of the procedure and shortened down time.

With a starting weight of 225 pounds, Nichols now weighs 144 pounds—a total weight loss of 81-pounds. "My dress size went from a 20 to a size 6," Nichols said proudly. "The experience has been nothing short of amazing. The BARInet surgeons and staff were wonderful, and I have seen a vast improvement in my health, energy and overall quality of life. I no longer rely on medications and am happier than I've ever been."

With the help of Dr. MacIntyre's team and her daughter, Michelle Konstantarakis Jensen, who is a dietician, Nichols has completely changed her way of life for the

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Mary Nichols

better. “Even though I worked out before the surgery, I have made many changes following my surgery that help me to live a healthier life,” said Nichols. “I have dedicated myself to working out every morning at 4 a.m. to get a good work out in before I start my day. I also plan my weekly meals, consciously making healthy choices.”

Looking back on her own experience with weight loss, Nichols advises others struggling with the same issues to consider looking into surgical weight loss. “This has been an invaluable tool for me, and my life has changed for the better,” she said. “It’s the best thing that has ever happened to me, and I am so glad that I made the decision to do something to improve my quality of life.”



ABOVE: NICHOLS before seeing Dr. MacIntyre at Intyre Surgical Weight Loss Solutions. RIGHT: NICHOLS after her gastric sleeve surgery and losing 81 pounds.



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Available for plan members covered under the MGM Resorts Health Plan (PPO) or MGM Resorts Premier Health Plan (PPO) who are over the age of 18 and maintain coverage throughout the duration of the benefit. COBRA members who maintain either of the two plan offerings are also eligible.

BARInet is a PPO organization with direct-to-payor contracts for bundled “episodes of surgery.”

This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments and restrictions may apply. Benefits, eligibility requirements and member cost share may change annually.