



## Healthy Eating and Living Program Requirements

Please read the non-surgical Program Requirements initial each box and submit a signed copy with your New Patient Packet documents.

1. Meeting with the Registered Dietitian & Exercise Specialist along with your provider is a requirement of this program. You may have some follow ups with only the Registered Dietitian and Exercise Specialist throughout the program. If your insurance does not cover nutrition visits, you will be responsible for remaining balance.  
*If you have Medicare or a Medicare based insurance your nutrition visits may be a non-covered service.*
2. Food and exercise logs are required for the program. Please bring logs monthly to each nutrition visit (with the exception of initial visit). If no logs are submitted within the first 60 days of your initial visit you may be deemed as non-compliant and may be termed from the program.
3. Must be drug-free 6 months prior to starting program and remain drug-free for the entire length of program.
4. Patients cannot have an uncontrolled psychiatric disease or a recent psychiatric hospitalization within the past 6 months.
5. Appointment time slots are in high demand; please call the office at least 24 hours in advance if you cannot keep your appointment. Failure to give a 24 hour notice when rescheduling will be considered a no-show. If you do not give 24 hours' notice or do not show for your new patient appointment; you will be required to wait a full 6 months to restart. If you are an established patient this may result in termination from the program after 2<sup>nd</sup> no-show.
6. Nutrition Classes are required and each patient will need to complete at least 6 classes. We ask that you complete 2 classes per month for the first 3 months of the program. These classes can be done online or in person. More information will be given at your first visits.
7. Bariatric Support Group is required and each patient must complete at least 1 throughout the program.
8. If your insurance company approves of bariatric services, please keep in mind that some services may not be covered; please financially plan to have funds available to cover routine items such as labs, Opti-fast meal replacement, and ability to provide meals from all food groups.
9. Some patients may need additional testing such as Chest X-Ray, EKG, and/or Sleep Study, and additional labs please know this is a part of your weight loss journey and highly recommended to uncover any additional medical issues. Some of the tests may be out of pocket expenses if not covered by your insurance. If any abnormalities are founding during the medical clearance testing additional workup may be required.

I acknowledge I have read and understand the information above and my signature states I will comply with the program requirements. Failure to comply with program requirements may result in dismissal from the Deaconess Weight Loss program.

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Signature

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Date