



Surgical Program Requirements

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

1. Minimum of 6 consecutive clinic visits required unless insurance specifies more and a Psychological Evaluation (This also includes self-pay patients.) Please keep in mind that it can take longer as things may come up that need further workup. In addition, some insurance plans require additional months or consecutive months. Some insurance companies may require you to start over if you miss a month. Once you have completed all insurance requirements we will submit your information to your insurance company for approval which could take up to 30 days, but the process may take longer pending the insurance. Along with insurance approval you will have to be medically approved to move forward by our provider prior to being scheduled with the surgeon. Please note there is no guarantee when you will have surgery as it will depend on you, your health, and the surgeon's schedule.
2. Minimum of 6 consecutive nutrition visits with Registered Dietitian and Exercise Specialist. If your insurance does not cover nutrition visits, you will be responsible for remaining balance. Meeting with the Registered Dietitian and Exercise Specialist along with our provider is a requirement of each monthly visit – please plan accordingly.
If you have Medicare or a Medicare based insurance your nutrition visits may be a non-covered service.
3. Minimum of 6 consecutive months' worth of food and exercise log unless insurance specifies more 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.
4. Must be drug-free for 1 year prior to starting program and remain drug-free for the entire length of program.
5. Must be pass a nicotine screening 6 weeks prior to surgery approval and must remain nicotine free for surgery.
6. Patients cannot have an uncontrolled psychiatric disease or a recent psychiatric hospitalization within the last year.
7. 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 2nd no-show.
8. Nutrition Classes are required and each patient will need to complete 6 prior to surgery. We ask that you complete 2 classes per month for the first 3 months of the program. These classes must be complete prior to obtaining insurance approval. These classes can be done online or in person. More information will be given at your first visits.
9. Bariatric Support Group is required and each patient must complete at least 1 prior to surgical clearance.
10. 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, EGD, vitamins, Optifast, and ability to provide meals from all food groups.



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- 11. Deaconess Psychology Clinic will facilitate all of our psychological evaluations for Deaconess Weight Loss patients. If your insurance is not accepted at this clinic, please be prepared to pay approximately \$475 out of pocket to cover evaluation expenses. If you chose to have your evaluation performed at another location, it is the patient's responsibility to provide all necessary psych evaluation requirements to this facility and ensure information is returned back to Deaconess Weight Loss in a timely manner. Outside facilities may delay the process in your program.
- 12. We require each patient to lose 5% of their starting weight (from date of first office visit with us) prior to surgery approval. This is to help make the surgery safer for you and to help build sustainable healthy lifestyle changes that can be maintained after surgery.
- 13. 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.

Please note: Your initial appointment with the surgeon may last 4 -5 hours, your second appointment with the surgeon and all post opt appointments may last up to 2 -3 hours. During each visit with our office you will see the provider, dietitian, and exercise specialist; so please plan your schedule accordingly. Pre-testing labs and an EGD will be scheduled to be done during your first surgeon visit; usually 2 – 3 weeks later. Once you have completed the EGD the surgeon will let us know if we can move forward with scheduling your bariatric surgery. Once your surgery date is obtained we will schedule you to see the surgeon again prior to surgery; you may also require additional pre-testing at that time. Please keep in mind any out of pocket expense due by your insurance company must be paid prior to your bariatric surgery since this is considered an elective surgery. If at any time the surgeon or our provider feels you need additional testing or if you not a good candidate for surgery with our office you will be notified of this as soon as possible.

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.

Signature

Date