



Initial Patient Instruction

SUPERVISED WEIGHT LOSS PROGRAM

Pre-Op Weight Loss Goal: _____ *remember *everyone* is expected to lose weight prior to scheduling surgery

DATE COMPLETED	REQUIREMENT										
	Complete online seminar and educational videos www.flowersbariatriccenter.com										
	Bariatric Surgery PreOp Program \$200 fee (may be paid in increments of \$50 each month)										
★	EGD										
★	H-pylori Test (breath test is preferred) *Note Humana insurance does not cover breath test										
	Negative Nicotine Test (done at your last appointment with us)										
★	Occupational Therapy Evaluation										
★	Sleep Study/ Pulmonary Clearance										
	Medicines Addressed										
	Colonoscopy for Patients 50 years old and older (within the past 5 years)										
	Mammogram for Women 40 years old and older (within the past year)										
	Mental Health Evaluation										
	Out of Pocket Expense Paid for Flowers Hospital and Surgeon (WSA)*										
	Medical Clearance for Surgery										
	Support Group Attendance										
	3-year Weight History –2015: 2016: 2017: *Note: BCBS TN requires 5 yrs										
	Current TSH Level (*Florida Blue only)										
	Complete nutritional class (scheduled by bariatric center closer to surgery)										
Jan	Feb	March	April	May	June	July	Aug	Sep	Oct	Nov	Dec

★ = Your surgeon's nurse will order these tests for you. **You are responsible for calling and setting up the appointment. You will receive a red folder at your 2nd appointment with the phone numbers. Do not set up until you see surgeon.**

*You will need to make arrangements for any old balances for either the surgeon office or the hospital before surgery

Bariatric Center Staff: Cindy (Front Desk), **Dana** (Navigator)**, Jessie (Bariatric Dietitian & Coordinator), Lindsey (Dept. Director), Kelli Heer, PA-C (Physician's Assistant), & Valerie (Certified Medical Assistant).

****The Navigator will be your point of contact concerning your progress/requirements for surgery**

Initial Patient Instruction: An Overview of the Path to Bariatric Surgery

1. Complete orientation/intake session and begin supervised diet program with your PCP, if required by insurance.
 - a. Please check to determine if you have coverage for bariatric surgery by contacting your insurance company to verify benefits and the criteria required for approval.
 - b. Call the bariatric center to sign up for an orientation/intake session.
 - c. Begin losing weight so you meet the preop weight loss goal given to you by the Bariatric Center.
2. Schedule and complete an appointment with one of the Bariatric Surgeons.
3. Schedule and complete your psychological evaluation as this will be required for insurance authorization.
4. Schedule and complete any other requirements, so they are completed before you finish your 6 month supervised diet
 - a. Please refer to the preoperative requirements checklist.
5. Attend our bariatric surgery support group.
 - a. Located in Classroom 1 of Flowers Hospital.
 - b. Visit website or call the office for an updated support group schedule.
6. Submit required all documents for insurance approval to the Bariatric Navigator (requirements vary by payer) as well as our requirements (see attached page). Fax to 334-615-8476. Please email or call our office to verify receipt.
 - a. We submit the required clinical documents to your insurance company in order to obtain an approved pre-authorization.
7. Once coverage is verified and authorization is received, Flowers Hospital's Bariatric Center will contact you promptly to schedule pre-surgery nutrition class.
8. Once we confirmed you are approved and lost your preop weight loss goal, the surgeon's nurse will be notified that you are ready to schedule surgery. The surgeon's nurse will then contact you and set up surgery.
9. Complete second office visit with one of our bariatric surgeons within 30 days of surgery.