

WEIGHT LOSS SURGERY PATIENT STEPS:	
☐	Attend an informational session presented by Lakewood health system bariatric team.
☐	Please call your insurance and complete the insurance checklist, along with the health history packet.
☐	Attend consultative appointment with Dr. Lenz.
☐	The nutritional evaluation will be done at Lakewood Health System by a dietitian. These appointments will be scheduled after you have seen the surgeon.
☐	Your insurance company requires a minimum of ____ months of nutrition visits. <u>One</u> visit per calendar month for ____ consecutive months. The requirement is for successful completion and implementation of nutritional and exercise recommendations. Additional visits may be required.
☐	You must complete a psychological evaluation by a licensed behavioral health professional. Referral will be sent after your consult appointment and you will be contacted by Lakewood to schedule.
☐	You will be encouraged to begin a regular exercise program, exercising a minimum of 150 minutes/week for the remainder of the program.
☐	If you currently are using any tobacco products, you will <u>need to be tobacco free for six weeks prior to surgery.</u>
☐	You must receive a recommendation for surgery from both the nutritional and psychological portions of the program prior to being considered for surgery.
☐	Once the medical, nutritional, and psychological requirements are met your records will be compiled and presented to the Core Team for final recommendation for surgery.
☐	Following approval by Core Team your notes will be sent to your insurance company for prior authorization. Your insurance company has up to 30 days in which to respond. After we receive your insurance's prior authorization, you will be contacted by our office to discuss scheduling your surgery.
☐	Scheduling for surgery includes a pre-operative history & physical with your primary care physician, appointments with your dietitian to discuss the <u>required</u> two week pre-operative liquid diet, possibly a meeting with a pharmacist to discuss any medication changes that will need to be made prior to/following surgery, and your tentative surgery date.
☐	Two weeks following surgery you will see Dr. Lenz for your first surgical follow-up. Further follow-up appointments will be scheduled at 6 weeks post op, then every 3 months for the first year, every 6 months for the second year, and annually thereafter.
☐	You will be encouraged to attend regular follow-up appointments post-operatively with the dietitian as well as psychology per recommendations.
☐	You will be encouraged to register for and attend Bariatric weight loss aftercare support groups.