



**BARIATRIC AND
METABOLIC INSTITUTE**

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mclaren.org/flint

M-31024 (09.20)



**THE ROAD TO WELLNESS
BEGINS**



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Congratulations on taking the first steps toward wellness! Our caring and comprehensive bariatric team will guide and support you step-by-step through our surgical weight management program. We want you to know that a healthier you is within reach! With addition of telemedicine capabilities to our program you can have “virtual” visits with our team. That means receiving most of your care close to home.

The process begins with a consultation at McLaren Bariatric and Metabolic Institute (MBMI) – At our Flint or Lansing location.

WHAT TO EXPECT AT THE FIRST STOP ON YOUR JOURNEY:

- Consultation at MBMI – with:
 - Dr. Michael Kia, Board Certified General Surgeon
 - Dr. Nicole Franklin, Board Certified Health Psychologist
 - Bariatric team which includes

bariatric certified dietitians and nurse practitioners

THE SECOND STOP

Your surgical weight loss journey can take place in your own community with virtual visits with our team and the support of your primary care physician.

What to expect at the second stop on this journey:

- Dietary instruction to assist with attainment of pre surgery weight loss

THE THIRD STOP – YOU ARE READY FOR SURGERY!

What to expect at the third stop on this journey:

- Presurgical appointment which will include:
 - Health assessment
 - Training in mindful eating
 - Review of post operation dietary requirements

THE FOURTH STOP – SURGERY AT McLAREN FLINT

What to expect at the fourth stop on this journey:

- Average length of stay at McLaren-Flint hospital is 2-3 days
- We have a hospitality house on our campus available for your family or support person to stay at should they choose to do so.

THE FINAL STOP

At home recovery will include ongoing follow up with your primary care provider, as well as follow up with our team at our Flint or Lansing locations. We will be with you every step of the way. Your road to wellness can begin with a single phone call (810) 342-5470 or 1-888-342 -5470

