

## McLaren Bariatric & Metabolic Institute

Thank you for choosing McLaren Bariatric & Metabolic Institute as your bariatric surgery provider. We've outlined what steps you can expect to complete over the next several months as you meet your medical insurance plans guidelines for coverage for bariatric surgery.

### Medically Supervised Weight Loss Program (MSWL)--Averages 6-7 months

Your medical insurance provider requires that in order to meet the criteria for bariatric surgery, you must provide documentation of nonsurgical management, including a structured, professionally supervised (physician or dietitian) weight loss program for a minimum of six consecutive months. MSWL is generally defined as month to month office visits where the following items MUST be documented on each visit:

- Diet-Appropriate caloric restriction must be prescribed and explained, and dietary intake reviewed since the previous visit with documentation of caloric intake.
- Physical Activity-It is generally recommended that regimens consist of 30-60 minutes of moderate-intensity physical activity five to seven days per week.
- Behavioral Interventions-Address specific strategies to provide tools for overcoming barriers and improving dietary compliance should be reviewed at each office visit.

To help you meet this criteria, we recommend that you meet with our Registered Dietitian.

Appointment with the dietitian: \_\_\_/\_\_\_/\_\_\_ at \_\_\_:\_\_\_ am/pm

If you have been working with your primary care physician to meet your insurance's requirement for MSWL, we will request your medical records or you may pick up your medical records to expedite the process. We will evaluate the medical records to ensure that they are complete and match your insurance plan's requirements. We do this to help you obtain an authorization for surgery so that you do not get charged for the surgery .

### Most insurance plans expect that you will lose weight.

#### Smoking Cessation

##### Cigarette Smoking

If you are currently smoking, it is expected that you will stop smoking a minimum of three months prior to your surgery. We encourage you to remain smoke-free for the rest of your life. Please consider discussing smoking cessation with your primary care physician to discuss treatment options such as medications, nicotine patches and nicotine gum.

##### Marijuana Use

If you are currently smoking marijuana we discourage the use of it due to weight gain issues associated with regular use. We require that you stop smoking it at least 3 months prior to surgery, even if it is considered medically necessary that you use marijuana. Please see a bariatric team member for further clarification.

Smoking causes pulmonary (lung) problems and cardiac (heart) problems prior to surgery, which can lead to a longer than expected hospital stay. After surgery, smoking causes ulcerations, bleeding and perforation. A perforation is a hole that forms all the way through the stomach, large bowel or small intestine.

#### Psychological Evaluation

All patients are required to complete a psychological evaluation prior to weight loss surgery. The psychological evaluation should be performed by a licensed psychiatrist (M.D. or D.O.) or licensed psychologist (Ph.D. or Psy.D.) who has experience in psychological testing using objective measures. The evaluation should be completed in a supervised setting and it must include the use of objective assessment instruments as well as a clinical interview.

Our staff will coordinate scheduling your psychological evaluation appointment approximately 2-4 months into your MSWL program.

Please note that the licensed professional completing this psychological evaluation should not be a licensed professional that you are currently receiving treatment from as this may impact the objectivity of the assessment report.

### Your bariatric surgery procedure will be scheduled once ALL of the following conditions have been met:

- Completion of the Medically Supervised Weight Loss program
- Received psychological clearance to proceed with surgery
- Medical insurance plan has authorized your bariatric surgery procedure

Please understand that this is a process and the treatment team at the McLaren Bariatric & Metabolic Institute is here to help you reach your goal of having surgery. If at any time you have any questions regarding the process, please contact the center at 810-342-5470.

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Patient Signature

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Date