

# BARIATRIC WEIGHT LOSS SURGERY

Information for Patients

**UPMC**  
LIFE CHANGING MEDICINE

# BARIATRIC SURGERY

Bariatric surgery is considered an elective surgery by all insurance companies. This means that all insurance companies have their own policy on weight loss surgery that must be followed

Through our program guidelines:

- Approval for bariatric surgery requires that at the time an individual is seeking authorization for procedure that the individual can not be above their starting weight. Starting weight is the weight taken at the initial visit with provider (dietitian or doctor) when starting in bariatric program.
- We require our patients to complete a 6-month dietary education program.
- In addition, we also require all patients to have a 5 to 10 percent weight loss before their surgery.

UPMC requires all patients to make sure we have received a referral from a referring physician before your scheduled appointment with Dr. Myers or Rachel Beels, CRNP.

# INSURANCE

- Most major insurances are accepted
- Personal policy must cover weight loss surgery
- Keep in mind that all co-pays and co-insurance are the responsibility of the patient. It is up to you to find out this information.
- Types of surgeries performed at UPMC Jameson:
  - Laparoscopic Gastric Bypass
  - Laparoscopic Sleeve Gastrectomy



# QUALIFICATIONS

- BMI of 36.2 to 39.9 with one major co-morbidity at your first visit with the dietitian or Dr. Myers or Rachel or per individual insurance requirements. Co-morbidities may include:
  - Diabetes
  - Sleep Apnea
  - Major Heart Disease
  - Major Lung Disease
  - Hypertension requiring triple therapy
  - Hyperlipidemia on maximum doses of monotherapy
  - Moderate to Severe arthropathy of spine and/or a weight bearing joint.
- BMI of 40 or greater at your first visit with the dietitian or Dr. Myers or Rachel with no comorbidity or per individual insurance requirements.

# NUTRITION

- UPMC Jameson Minimally Invasive Bariatric Surgery Center provides you with the opportunity to work closely with a dietitian to ensure you have success and reach your goals. Nutrition education will be provided to you through our program's registered dietitian nutritionist.
- Nutrition education is not covered by insurance companies. Payment is patient responsibility and is non-refundable.
  - Cost is \$144 and will cover all pre-operative nutrition education.
  - 20% discount if paid in full at first dietitian education
  - Discounted cost is \$115.20



# NUTRITION

- Our program strives to provide you with the skills to understand your diet phases before surgery and lifelong healthy dietary habits for after surgery.
- Six months of nutrition education are required before you will be eligible for surgery.

# DIET EDUCATION CLASSES/SUPPORT GROUP

- Patients are only required to attend/view one diet education class per month. Initial visit will be in office with the dietitian. At the visit you will receive further instructions and a schedule from the dietitian with our program's available options (in person/online).
  - Absenteeism from any of these mandatory diet education classes will be brought to the Bariatric team's attention for review.

***“Stay motivated with classes and your goals will be closer than you think.”***

# APPOINTMENTS

- Fill out the patient information packet in your UPMC folder completely before your first office visit.
- An appointment will be with either Dr. Myers or Rachel Beels who will determine what you will need for your workup.
- You will receive orders at your first visit, so please take your folder to every appointment.
- You will also be scheduling a 3-month follow up appointment with Rachel to monitor your progress in your workup. Instructions for this appointment will be given to you.
- All surgeries and scopes are done at UPMC JAMESON.
- Testing is scheduled at UPMC facilities. If another location is desired, they must be scheduled through your PCP or yourself.



# TESTING

- Blood work
- Upper GI (x-ray)
- Upper GI endoscopy (scope) (EGD)

# CONSULTATIONS

- Psychology - pre-op clearance required from all patients by all insurances before submittal for authorization (this will be 2 visits at the least) and a 6-month post-op visit is required by our center.
- Depending upon medical conditions:
  - Cardiology
  - Pulmonology
  - Endocrinology
  - Nephrology

# PREREQUISITES



- MUST STOP USING ALL NICOTINE PRODUCTS and UNPRESCRIBED NARCOTICS.
- THIS IS REQUIRED BY THE INSURANCE COMPANIES AS WELL AS OUR PROGRAM.
  - Random nicotine blood and drug tests must be negative before submitting to the insurance company.

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