

Weight Loss Center

The Path to Surgery

1. Determine your BMI

Your first step in the process is to determine your Body Mass Index. BMI is the standard method for diagnosing obesity. Your BMI is an important number in determining whether you qualify as a candidate for weight loss surgery.

To qualify as a candidate for weight loss surgery, your BMI MUST be 30 (kg/m²) or greater. You can reference the BMI chart in your packet or visit our website at UCHealth.com/WeightLoss to use our BMI calculator.

2. Attend a FREE Informational Seminar - Online or In Person.

The UC Health Weight Loss Center requires all surgical patients attend one of our free informational seminars.

During the seminar, you will meet our experienced experts and learn more as we discuss a variety of topics, including the health issues related to obesity, details about our surgical program, helpful information about insurance, self-pay pricing, and more.

3. Complete and Submit Paperwork and Copy of Insurance Card (front/back).

Every patient must complete our medical history form, and medical record release form.

All of these are available to download from the UC Health Weight Loss Center website.

- Completed forms and a copy of your insurance card may be mailed to our office at 7690 Discovery Drive, Ste. 2300, West Chester, Ohio 45069. You may also fax your documents to (513) 874-4579.

4. Determine Benefit Coverage & Self Pay Options

Insurance Coverage (See *Paying for Weight Loss Surgery insert in this packet*)

Understanding and determining your benefit coverage can be complicated. Our team will assist with verifying your specific benefit coverage and can help you understand your insurance benefits.

Common Insurance Requirements

- BMI greater than 40 kg/m²
- BMI greater than 35 kg/m² and two co-morbid conditions (e.g. diabetes, sleep apnea, hypertension)
- Physician-supervised weight loss attempt (typically three, six or nine months)
- Documentation of weight loss history (typically at least two years)
- Letter of recommendation and/or medical clearance from your primary care provider
- Psychological evaluation

Please allow five to ten business days for us to contact you with your benefits information.

Cash Pay Options

If insurance does not cover your surgery, we offer cash pay options for patients who have a BMI of 30 (kg/m²) or greater.

Our cash pay patients are required to complete all program requirements including: necessary medical clearances, prescribed treatment plans, and care team approval prior to having surgery. For patients with insurance exclusions and those who are below the required BMI of 30, we offer a less-expensive non-surgical weight loss program.

Our goal is to help you lose weight and regain your health, and we will make every effort to ensure your success.

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Continued

Requirements Before Surgery

1. Initial Screening/Assessment - Testing includes any or all of the following:

- Blood work
- EKG
- Sleep apnea screening
- Body composition
- Comprehensive review of your medical history
- Discussion of your expectations from surgery
- Outline your pathway to surgery

2. Consultation with Surgeon

3. Consultation with Behavioral Health Expert

4. Consultation with Registered Dietician

5. Consultation with Fitness Expert

6. History and Physical

7. Pre-Admission Testing at West Chester Hospital

8. Nutritional Educational Class

- Pre-operative liquid diet instructions
- Post-operative diet progression instructions

9. Pre-operative office visit

** Our care team may require additional clearances, tests, screenings, treatment plans, etc., for your safety. While we try to identify these at the beginning, these requirements may come at any time during your path to surgery. In general, costs for medical clearances/tests are not included into the cost of your surgery.*



Requirements After Surgery

1. Post-operative office visit 30 days after surgery

2. Minimum of monthly office visits for one year after surgery

- Gastric band patients are required to have Barium Swallow study at 1 year appointment and annually thereafter

We strongly encourage following your prescribed treatment plan before and after surgery for optimum success. A patient's treatment plan doesn't end with the successful completion of your surgery; with your cooperation, we will continue to monitor your health in the weeks, months and years to come.