

## IMPORTANT FACTS

**Insurance companies are now requiring proof of a consecutive 6 month, physician-supervised diet history/weight history. They require documented monthly weigh-ins, the type of diet you are on, behavior modification and exercise plan. Before scheduling an appointment please make sure that your insurance carrier covers bariatric surgery.**

- Meet with a surgeon for an initial evaluation.
- Schedule appointments with the specialists you need to see for the tests required to obtain medical clearance. Have these reports sent to this office and to your primary care physician.
- If you require referrals from your primary care physician, make an appointment at your earliest convenience.
- Attend two nutrition-psychological support group meetings. It is mandatory that you attend these support groups prior to surgery.
- Get a clearance letter, necessary blood work and diet history letter from your primary care physician.
- Meet with one of our dietitians, Laura Celardo-Giannone, M.S., R.D., C.D.N., or Lisa Lobel, M.S., R.D., C.D.N., for a nutrition consultation, 718-667-8100 or 718-630-8451.
- Meet with our psychologist, Avi Saperstein, Ph.D., 718-630-8600.
- After we have your reports from our dietitian, psychologist and primary care physician, a letter of medical necessity will be sent to your insurance company. It may take as long as 30 days to approve or deny your claim.
- Delays in receiving reports will delay your surgery. Please have the test results and clearance letters faxed or mailed to our office.
- Please call the Staten Island office only on a **Wednesday, Thursday** or **Friday** to have your chart reviewed.
- When you have completed ALL the required tests, call our office to make an appointment to sign surgical consent. We must have copies of all evaluations and clearance letters from your specialists and primary care physician before we can make an appointment to sign consent.
- The \$300.00 program fee must be paid prior to submitting your paperwork to the insurance company.
- **NO SURGERY DATE WILL BE GIVEN UNTIL WE RECEIVE WRITTEN APPROVAL FROM YOUR INSURANCE COMPANY.**  
Once we receive insurance approval, we will call you to schedule a surgery date.
- Only Debbie can book your surgery date. Any date discussed with any other staff member is only an estimate, not a promise.
- Follow preoperative diet given to you by nutritionist.
- The week before surgery you will go for pre-surgical testing at the hospital. You will be informed of that date and time by the hospital.