



Your Path to Weight Loss Surgery

Let's Get Started!

1. **Determine Body Mass Index (BMI).**

Body Mass Index is the standard method for diagnosing obesity. BMI is an important number when determining whether a person qualifies as a candidate for weight loss surgery. **Candidates must have a BMI of 35 (kg/m²) or greater.**

2. **Attend a free informational seminar – online or in person.**

The UC Health Weight Loss Center requires that all surgical patients attend a free informational seminar. A surgeon and/or a patient advocate will discuss important topics, including health issues which are related to obesity, surgical program components, insurance information, self-pay pricing and more.

3. **Complete a medical history.**

Completed forms and a copy of your insurance card may be:

- ✓ submitted at an informational seminar;
- ✓ mailed to 7690 Discovery Drive, Suite 1700, West Chester, OH 45069;
- ✓ or faxed to (513) 475-8880.

4. **Determine benefit coverage & self-pay options.**

Understanding and determining benefit coverage can be complicated. A patient advocate from the Weight Loss Center will assist with verification of specific benefit coverage.

Common Insurance Requirements

- BMI greater than 40 kg/m²
- BMI greater than 35 kg/m² and at least one qualifying co-morbid health condition such as diabetes, sleep apnea and/or hypertension/hyperlipidemia)
- 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 primary care provider
- Psychological evaluation

NOTE: A patient advocate will contact all patients regarding their benefit coverage within 5 to 10 business days.

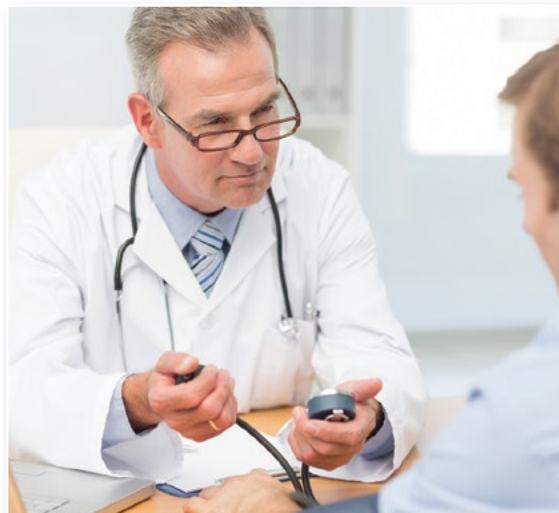
Cash Pay Options

If insurance does not cover surgery, a cash pay option is available for patients who have a BMI of 35 (kg/m²) or greater. Financing is available. Self-pay patients are required to complete all program requirements. For patients with insurance exclusions and those who are below the required BMI of 35, a non-surgical weight loss program is available.

Your Path to Weight Loss Surgery *(continued)*

Clinical Requirements Before Surgery

1. Initial Health Assessment – Testing for any or all of the following:
 - Blood work
 - EKG
 - Sleep apnea screening
 - Body composition
 - Metabolic rate
 - Medical history review
 - Discussion of expectations from surgery
2. Consultation with your surgeon
3. Consultation with a behavioral health expert
4. Consultation with a registered dietitian
5. Consultation with a fitness expert
6. Pre-Admission Testing at West Chester Hospital
7. Nutrition Education Class
 - Pre-operative liquid diet instructions
 - Post-operative diet progression instructions



The UC Health Weight Loss Center care team may require additional clearances, tests, screenings or treatment plans. While we try to identify all requirements at the start of your journey, some may be identified at a later time during your path to surgery.

NOTE: A patient's care plan is subject to change at any time based on medical need. Costs for medical clearances or additional testing are not included in the cost of surgery.

Requirements After Surgery

1. Follow-up visit with the surgeon two weeks after surgery
2. Completion of nutrition class with dietitian one month after surgery
3. Office visits eight weeks after surgery, and six months after surgery
4. Completion of a behavioral health class six months after surgery

Ongoing Support

The Weight Loss Surgery team will also perform annual follow-up visits for five years after the surgery. In addition, the UC Health Weight Loss Center offers a support group that is available to all patients for life. Each patient's treatment plan does not end with successful completion of the surgery. The Weight Loss Center team will continue to monitor each patient's overall health in the weeks, months and years to come.