

Medicare/WellCare/Peoples Health: 6 Month Prep—2022

Thank you for contacting us with your interest in weight loss surgery. Fortunately, your insurance DOES cover the procedure that we offer, however we have to prove that it is “MEDICALLY NECESSARY”. In addition, they require multiple clearances and additional documentation to prove this. I have listed the requirements/clearance/and documentation required by your insurance company.

1. 3-year weight history- Copy of 1 office note per year from your physician to prove obesity for 3 years. (summary letter not accepted)

2. Letter (2) Forms to filled out by your primary care physician

*Letter of recommendation-stating he or she recommends you for the procedure

*Medical Clearance-Stating that you are “medically cleared” for the surgery

*You are also required to be placed on a medically supervised weight loss program which involves **6-monthly visits** and monitoring by your primary physician. (**Must be consistent in the same month as dietitian appointments**)

We supply these forms

3. Dietitian Evaluation (with a registered dietitian) We will send a referral to our dietitians, you will need **6-monthly visits**. If you do not hear from the dietitian in 2-3 weeks, you can call **Chantelle Raines (504)356-1511, Brea Dominique (504)249-8559 or Sara Breakfield (504)930-8137** ****If you do call please leave a message with your name and phone number and they will return your call****

-It is VERY important that you keep your dietitian visits-missing these will result in delay or even cancellation of your appointment

4. Active participation in an exercise regimen. This requires you to join a facility which can provide us with a printout confirming that you participated in exercise 3 times a week for a 6-month period.

5. Psych evaluation and clearance. We work with a Dr. William Brastead. You can call 504-362-8046 to let him know you are our patient and that you require an evaluation and clearance for bariatric surgery. A second option is Dr. Gordhammer with bariatricpsychassessment.com. If you do already see a psychologist, it is fine to use them for clearance.

6. Evaluation and clearance from a cardiologist- you can call and schedule an appointment with your cardiologist.

7. Evaluation and clearance from a Gastroenterologist- you can call and schedule an appointment with your preferred physician.

8. Evaluation and clearance from a pulmonologist- you can call and schedule with your preferred pulmonologist.

9. Blood work: Hemoglobin A1C regardless of history of Diabetes, TSH level, H. Pylori blood level, and a Drug and Alcohol Screening.

*IF YOU ARE A DIABETIC, WE WILL PROVIDE YOU WITH A DIABETIC FORM, PLEASE HAVE THIS DIABETIC FORM COMPLETED BY YOUR PHYSICIAN WITH INSTRUCTIONS REGARDING ANTICIPATED CHANGES IN YOUR DIABETIC MEDICATION AS A RESULT OF UPCOMING DIETARY CHANGES. THIS FORM IS TO BE COMPLETED, INSTRUCTIONS REVIEWED AND SIGNED BY YOU. ONCE A SURGERY DATE IS CONFIRMED YOU MUST SCHEDULE A FOLLOW UP VISIT WITH PHYSICIAN 5-7 DAYS AFTER SURGERY TO ASSESS BLOOD GLUCOSE LEVELS ON NEWLY ADJUSTED MEDICATION REGIMEN

The 6-month visits with dietitian, exercise regimen, and physician must all occur over the same time period. These 3 steps will satisfy their requirement of a “6-month weight loss program”.