

Patient Checklist

Congratulations! Welcome to the next few steps in your process to achieving a healthier life! Please review this checklist and follow these easy steps. Upon completion of this segment of your process, we will provide you with additional information to continue moving forward.

Confirm insurance coverage

1. Does your program include Bariatrics in their policy?
2. Do you meet the criteria that your insurance policy requires for Bariatric surgery?

Complete your patient packet and submit it to our office either in person or by mail to:

Southern Oregon Bariatric Center
520 Medical Center Drive, Suite 300
Medford, OR 97504
ATT: Kathleen Kellenbeck

Be sure to sign and initial everywhere indicated

1. Please write in ink
2. Please include a photocopy front and back of your insurance card
3. Please include all support documentation such as:
 - a) Referral letter from your primary care physician
 - b) Documentation of unsuccessful weight loss programs including enrollment and registration materials from diet centers or medically supervised plans.

Confirmation of receipt of your materials

1. We will call or send you a postcard reflecting receipt of your materials
2. You may also send the packet via registered mail, return receipt requested.
3. Processing your packet may take several weeks. It is necessary to be certain you are qualified in order to insure your wellbeing. We will call to schedule a review of your Patient Profile, History & Physical information over the telephone.
4. After completing your psychological evaluation, nutrition consultation and history and physical with our surgeon, we will submit a letter to your insurance carrier to apply for reimbursement. The response may take from 3 days to several weeks. In the meantime, you can educate yourself about the empowering steps you are about to take in reclaiming your life.
5. If you are not applying for insurance reimbursement preauthorization, we may move forward to completing your evaluation and scheduling your surgery immediately.

Education

1. It is important to be well educated on Bariatric Surgery. A well-informed patient is a successful patient.
2. It will be necessary for you to review the reference material that we direct you to, and complete an Informed Consent Questionnaire when you come in for your consultation with the surgeon. At that time, you will also be given a very detailed document to read and sign that elaborates on all of the potential risks involved in surgery.
3. If you have access to the internet, this will be your greatest resource. Please refer to our website at www.sobariatrics.com for a wealth of information as well as links to many other valuable sites.
4. If you do not have access to the internet, please let us know. We will be happy to send you an educational video that will provide you with the important information you need to know.
5. Plan to attend one of our Bariatric Symposiums. These patient information seminars are generally scheduled to occur on the third Thursday of every month from 7-9pm at the Smullin Education Center on the Rogue Valley Medical Center Campus. We also offer a Saturday morning event in Grants Pass from 11am-1pm at the Washington Campus facility. Please check our Calendar of Events on our website for the schedule or call for more information. The lecture is free and open to the public, however, pre-registration is required. Please call 877-404-SOBC to register. We encourage you to bring a friend or family member as your support person to learn about this life-changing procedure along with you. **NOTE:** Attendance at a Bariatric Symposium is required for all patients of our program.

Prior to Consultation with Surgeon

By now, your insurance benefits have been verified or you have selected to pay for your surgery in another way.

1. Psychological Screening

Before you meet with the surgeon you will be required to undergo a psychological screening by a PhD level psychologist. This is an important part of our enrollment process. Your psychological evaluation will be based upon the criteria below. It will also include a couple of written T/F tests that will assist in a comprehensive evaluation.

- a) Adverse psychiatric conditions: psychosis, severe neurosis, or severe behavioral disorder which might contraindicate surgery;
- b) Unreasonable expectations or unrealistic goals;
- c) Understanding of the risks and discomforts of surgery;
- d) Ability to understand and comply with instructions and recommendations;
- e) Acceptance of the need for active participation in the therapy process, for life;

2. Nutritional Assessment

You are about to embark upon a life-altering health regimen and need to demonstrate to yourself the level of commitment necessary to be successful.

- a) You will be given a nutrition program to follow for the next 4 weeks, until surgery. This will assist to reduce the size of your liver, an organ which (if too large) may hinder the ability to perform this surgery laparoscopically;

3. Fitness Assessment

You will meet with a Physical Therapist who will evaluate your current ability to exercise and set you up on a pre-op fitness routine.

- a) This routine will involve daily stretching as well as either walking or swimming for the same 4 weeks as the nutritional program, or until your surgery date.
- b) This will assist the oxygenation and circulation in your body.
- c) The purpose of this exercise regimen is to also begin the routine that you will be required to participate within after your surgery and for the rest of your life. Your surgery is a tool and a process that begins NOW and continues for the rest of your life.
- d) The Bariatrics Program Coordinator will check in with your fitness contact to monitor your progress.

4. Lab Work and other Testing

- a) This will be customized to your personal profile. It is possible that you may need to be there for 4-6 hours, depending upon the tests requested.
- b) Please do not eat or drink anything other than water before you go for your lab work as it may alter the results.
- c) If the doctor has recommended additional testing or procedures, you may be requested to return to your Primary Care Practitioner to arrange for these tests. This will depend on your insurance coverage.
- d) You will want to have these completed at least 2 weeks before your appointment with the Surgeon. The surgery scheduler will direct you to schedule this appointment.

