**Bariatric Patient Checklist**

Below is a list of steps our patients must go through when undergoing bariatric surgery with the Emory Bariatric Center. Some steps may vary slightly, depending on insurance requirements and each patient’s individual medical needs.

<table>
<thead>
<tr>
<th>STEP</th>
<th>ACTION</th>
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<tbody>
<tr>
<td>1.</td>
<td>Watch our online seminar (click the link that says “Bariatric Surgery Seminar”) and the MyEmmi patient education video modules (under “Become a Patient” then “Bariatric Patient Resources”) at <a href="http://www.emoryhealthcare.org/bariatrics">www.emoryhealthcare.org/bariatrics</a>. Complete and submit the online registration form after watching the Emory Bariatric Center online seminar.</td>
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<td>2.</td>
<td>Contact your insurance company to verify whether you have bariatric surgery benefits and, if so, what criteria you must meet in order to have bariatric surgery pre-authorized. For the most current information about how to ensure your surgery is approved, it is critical that you contact your insurer as only they can provide you with the most up-to-date information.</td>
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<td>3a.</td>
<td>After completing the online registration form, we will contact you to schedule a new patient appointment. All of your questions regarding bariatric surgery and our process will be answered in person at the new patient appointment.</td>
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<td>3b.</td>
<td>Please arrive at least 20 minutes before your new patient appointment. <strong>Please arrive fasting (nothing to eat or drink after midnight the night before)!</strong> In a group meeting led by a member of our team, you will receive important information about how our program works as well as the process of obtaining pre-authorization for surgery. You will then meet individually with our one of our providers for a comprehensive evaluation. You will also have lab work and an EKG completed.</td>
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<tr>
<td>4a.</td>
<td>If your insurance company requires a physician-supervised diet, you will return for your next group visit the following month and monthly thereafter until your pre-surgery supervised diet program is</td>
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4b. Please note that these visits must be consecutive or you risk starting the whole program over again, per the insurance company requirements. Over the course of your physician-supervised diet program, you will be simultaneously completing your pre-surgical tests, as prescribed by your Bariatrician and/or Physician Assistant (PA).

4c. If your insurance company does NOT require a supervised diet, you will proceed with scheduling and completing all of the pre-surgical tests as prescribed by our providers during your new patient visit.

While you are completing your physician-supervised diet, you should also be gathering all of the required clinical documentation (as discussed in the group new patient visit) to fax to our team at 404-778-5368. Download a [Sample Letter of Medical Necessity](#) (PDF 128KB) and a [Sample Letter of Medical Clearance](#) (PDF 92KB).

5. Once your pre-surgical testing is complete, and you are in month 2 of a 3 month diet or month 4 of a 6 month diet, you will be scheduled for your first office visit with one of our bariatric surgeons. The surgeon will review your test results and further discuss your candidacy for bariatric surgery.

6. After you have successfully completed all of your pre-surgical testing, met with a bariatric surgeon, and submitted all of your clinical documents (psychological evaluation, letter of medical necessity/clearance, etc), you will meet individually with our Bariatrician or PA on the last month of your supervised diet program. Our providers will give final clearance to proceed with surgery, if appropriate.

7. Our team will submit all of your required documentation for insurance pre-approval.

8. Once we have received pre-authorization for your surgery, we will contact you within 1 business day to proceed with scheduling your pre-surgical nutrition class. Attendance for the entire nutrition class is a pre-requisite for surgery. The attendance list will be verified and recorded the same day and you will be contacted to schedule surgery within 2 business days after your nutrition class has been completed. Please note that the balance of your program fee is due in full at the time of your pre-surgical nutrition class. If insurance coverage is denied, Emory Bariatric Center will contact you
to discuss an appeal and/or alternative payment options.

9. Pre-op

10. Surgery

11. Initial post-op visit with **bariatric surgeon** 2 to 4 weeks after surgery.

12. Second follow-up appointment with **medical team** (Bariatrician or PA and Registered Dietitian (RD)) to be scheduled 2-3 months after surgery.

13. Third follow-up appointment with **medical team** (Bariatrician or PA and RD) occurs 6 months after surgery.

14. Fourth follow-up appointment with **medical team** (Bariatrician or PA and RD) occurs 12 months after surgery.

15. Annual follow-ups with **medical team** (Bariatrician or PA) to occur indefinitely.

16. Participate in monthly support groups at the Emory Bariatric Center and continue exercise program.