

Weight and Wellness Center

“Center of Excellence”



Tufts Medical
Center

How Do I Enroll In the Surgical Program at the Weight And Wellness Center ?

Step #1: Determine if you meet BMI Criteria

- BMI (body mass index) is calculated from a person's weight and height.
- Use the BMI calculator found on our webpage to determine your personal BMI

- To qualify for bariatric surgery:
 - BMI 35 or greater with 2 co –morbidityes
 - *Diabetes, HTN, Sleep apnea*
 - BMI 40 or greater

Classification	BMI Category (kg/m ²)	Risk of developing health problems
Underweight	< 18.5	Increased
Normal Weight	18.5 - 24.9	Least
Overweight	25.0 - 29.9	Increased
Obese class I	30.0 - 34.9	High
Obese class II	35.0 - 39.9	Very high
Obese class III	>= 40.0	Extremely high

Step # 2: Confirm Insurance Coverage

- You need to **confirm** that your specific insurance policy covers weight loss/bariatric surgery
- You need to **know/understand the criteria**:
 - A few examples:
 - CIGNA – 6 **consecutive** months (monthly MD visit)
 - Aetna – 3 months (monthly MD visit)
 - BC/BS – confirm plan location (ie MA) to determine criteria – may be managed out of state and have “special” criteria
 - Mass Health versus NHP versus BMC HealthNet
 - Obtain **REFERRALS** for all visits if your plan requires them

STEP # 2
**Research Your
Surgical Options**

Surgical Options at Tufts Medical Center

- We perform three **laparoscopic** bariatric procedures:
 - Gastric Bypass (Roux-en-Y)
 - Adjustable Gastric Band
 - Vertical Sleeve Gastrectomy

Step #2: Research Your Surgical Options

The following is a list of web resources that we encourage you to utilize:

www.asmbbs.org

www.obesityaction.org

www.smallscars.com

www.realizemysuccess.com

It is Important to Note:

- Surgery is a “tool”
- Surgery is not for everyone
- Surgery has risks
- Surgery provides the best chance for permanent weight loss, improved health and quality of life
- The best procedure is the one that is well chosen, and done with excellence the first time around
- Understand the “tools,” the risks, oneself and have realistic expectations

We Recognize.....

One size does NOT fit all

Our team of experts will develop a
treatment plan specific to
your needs.

How Do I Apply?

Tufts Medical
Center

How To Apply...

- Click on our web page to download an application:
www.tuftsmedicalcenter.org/ourservices/weightandwellnesscenter/joinourprogram/occ_application.pdf
- Fill out and return the one-page application via mail or fax:
 - Weight and Wellness Center,
800 Washington Street #900
Boston, MA 02111
 - Fax: 617- 636-2386
- Our Intake Coordinator will contact you within 72 hours of receipt of the application. (Indicate daytime phone number on application).

I've Been Accepted Into The Program, What's Next?

Treatment Plan/Visits

Initial Behavioral Visit

Immersion Day

Initial Nutrition Visit

Initial Medical Visit @ Tufts/PCP

Attend HOWL

Initial Surgeon Visit

Nutrition & Behavioral Follow –up

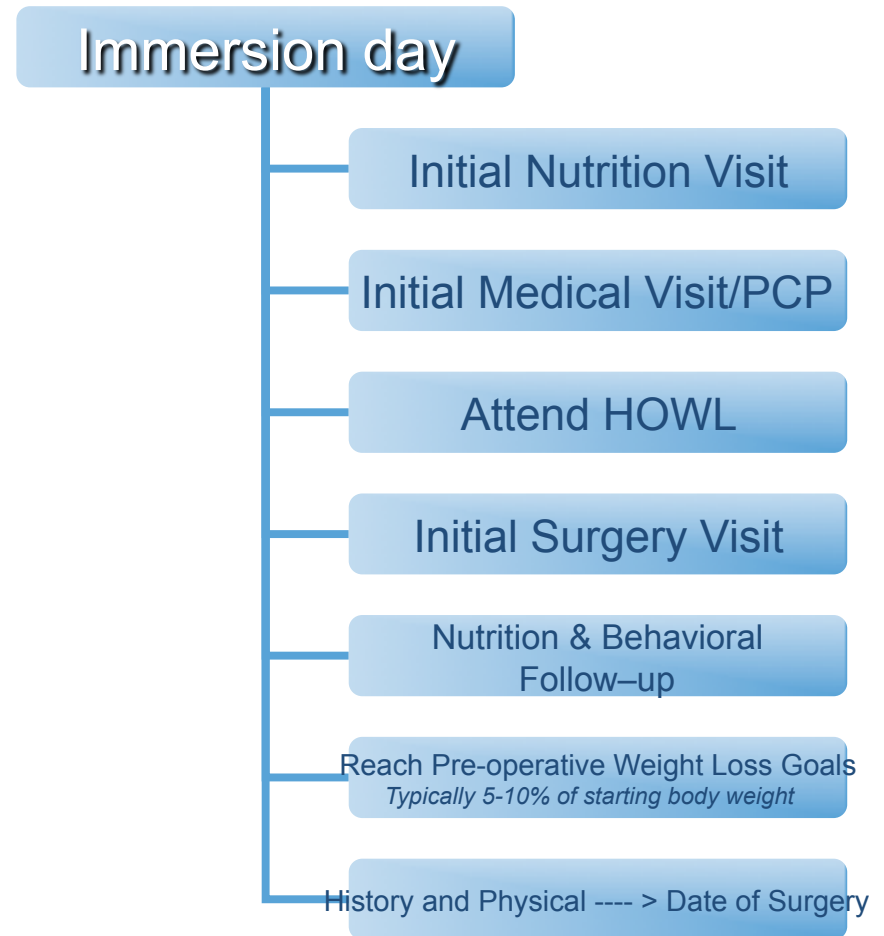
Reach Pre-operative Weight Loss Goals

Typically 5-10% of starting body weight

History and Physical ---- > Date of Surgery

Immersion Day

- Group introduction to our surgical program which highlights the key areas of our program
 - Small group of 10-15 new patients
 - Group is lead by the Weight and Wellness Team
- First step in the screening process for obtaining surgery
- Agenda includes:
 - Orientation (9am or 10am session)
 - Nutrition Group
 - *Get you started right away with the pre-op weight loss goal*
 - Behavior Change Group
 - *Review readiness for surgery and skills need to be success post-op*
 - Surgical Review
 - Future appointment scheduled



How Long Before Surgery?

- If your insurer does not require a specific amount of time in a weight management program....it takes on average three to five months from your first appointment to receive a surgical date.

How Is My Readiness Determined?

- Date of surgery is determined by the WWC Clinical Staff only after the prescribed Treatment Plan is completed
 - Date of Surgery is a team decision
 - Complete all visits
 - Reach pre-op weight loss goals
 - You demonstrate readiness for surgery
- Records are then sent to insurer for pre-authorization of the bariatric procedure