

Welcome to the Weight and Wellness Center

“A 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 a calculation between 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 –morbidities
 - *For example: Diabetes, Hypertension*
 - 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 of requirements:
 - CIGNA – 3 **consecutive** months with a monthly MD visit
 - Aetna – 3 months with a monthly MD visit
 - BC/BS – confirm plan location (ie MA) to determine criteria – may be managed out of state and have “special” criteria
 - Obtain **REFERRALS** for all visits if your plan requires them. If you are not sure, contact your insurer via the 800# on the back of your card.

Research Your Surgical Options

Surgical Options at Tufts Medical Center

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

Utilize Professional Sites to Obtain Your Information

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

www.asmbbs.org

www.obesityaction.org

www.realizemysuccess.com

It is Important to Note:

- Weight loss surgery is merely 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
- Understand the “tools,” the risks, oneself and have realistic expectations

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

How Do I Apply?

How To Apply...

- Visit our website at:
 - <https://www.tuftsmedicalcenter.org/patient-care-services/Departments-and-Services/Weight-and-Wellness-Center/How-to-Join-Our-Program.aspx>
 - Complete the online appointment request form
- Our Intake Coordinator will contact you within 72 hours of receipt of your information

What's Next?

- Your application is reviewed to ensure it meets both our program requirements and generic insurance criteria (BMI and co-morbid conditions).
- The Intake Coordinator will contact you to schedule you with one of our behavioral providers for an initial screening.

Obtain REFERRALS for all visits if your plan requires them. If you are not sure, contact your insurer via the 800# on the back of your insurance card.

Medical and Behavioral visits are managed as two separate policies – please inquire with your insurer.

Treatment Plan/Visits

Initial Behavioral Visit

Immersion Day

Initial Nutrition Visit

Initial Medical Visit @ Tufts/PCP

Initial Surgeon Visit

Nutrition & Behavioral Follow- up

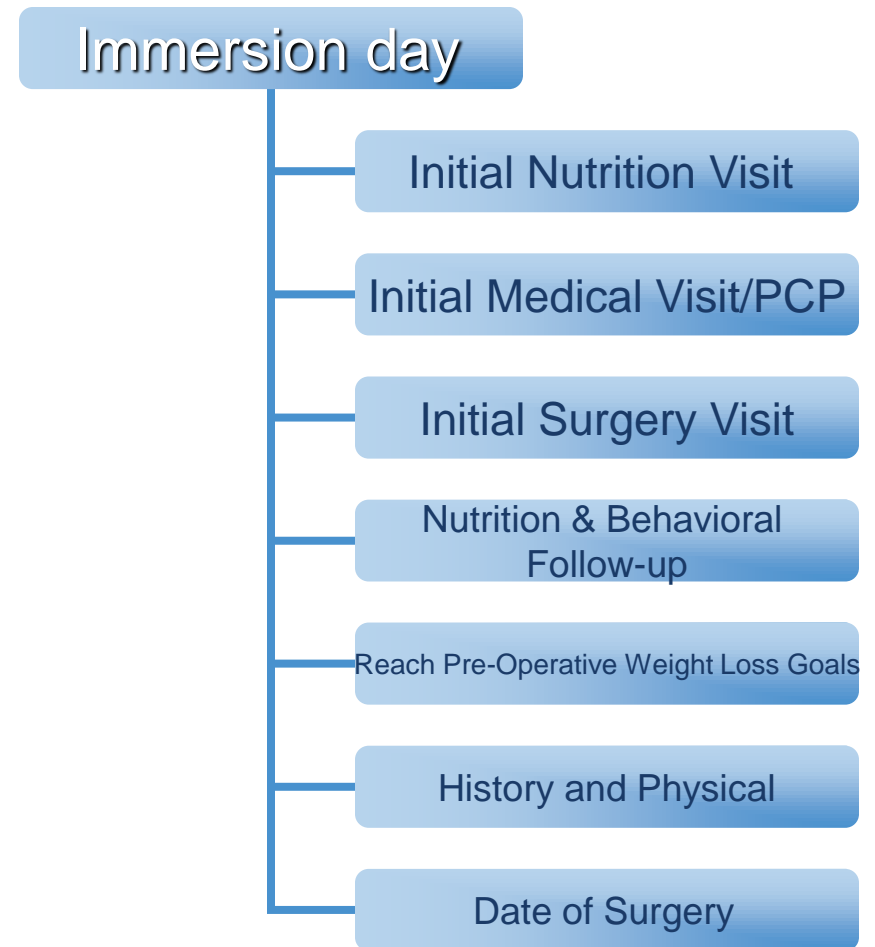
Reach Pre-operative Weight Loss Goals

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 5-7 new patients
 - Group is lead by the Weight and Wellness Team
- First step in the screening process for obtaining surgery
- Agenda includes:
 - Orientation
 - 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 appointments scheduled



How Is Readiness for Surgery Determined?

How Is Readiness Determined?

- Your surgical readiness is determined by your clinical team only after your individually prescribed treatment plan is completed.
 - Date of Surgery is a **team** decision
 - All visits must be successfully completed
 - You must reach a pre-op weight loss goal as determined by the surgeon
 - You must demonstrate readiness for surgery: medically, behaviorally and nutritionally

And Then.....

- Visit records are sent to insurer for pre-authorization of the bariatric procedure.
- You are notified of your insurers decision
 - “Approved” = Obtain a date
 - “Denied” = Appeal until you receive approval
- You are scheduled for surgery