

Dear Patient,

Thank you for considering UT Southwestern for your health care needs. We have the most experienced team in North Texas and are committed to your success in losing weight. Losing weight requires a difficult lifestyle change, a process that we will guide you through. To help us accomplish this, we ask that you provide the following:

- Previous medical records, including diet plans you have tried. We also ask that you maintain a food diary. These items should be brought to your initial visit.
- Health insurance information, including a referral from your primary care provider, if that is required by your insurance carrier.
- Name, address and telephone number of your current primary care physician. If you do not have a primary care provider, we will assign one at UT Southwestern for you.

At your initial visit we will explain the program, review your medical condition, and discuss your surgical options. UT Southwestern surgeons perform both open and laparoscopic bypass surgeries, as well as the laparoscopic gastric band placement.

We will obtain a “predetermination” from your insurance company. Your medical history and diet plans will be sent to your insurance company to determine if they will cover your proposed bariatric operation. This step is often lengthy but can be expedited if you are familiar with your insurance companies’ policies and procedures. Individual insurance providers vary greatly in their coverage for this surgery. If your insurance company denies reimbursement for this procedure, we will be able to discuss other payment options.

Once your insurance provider has approved this procedure, your preoperative visit and surgery date will be scheduled. Depending on which procedure is performed, hospitalization will be from one to four days. Your success will be monitored through frequent clinic visits. We also offer a monthly Support Group meeting.

Please fill out and return the “Patient Weight Loss and Medical History Questionnaire.” Include a photocopy of the front and back of your insurance card. These items will be reviewed during your initial visit.

As with other obesity treatments, choosing surgery for the treatment of morbid obesity requires substantial lifestyle changes. Your food intake, exercise, and medications will require permanent modifications. The health care team at UT Southwestern is committed to your success and stands ready to guide you through this process.

If you have questions or require additional information, please call us at (214) 645-2900.