

Steps to Complete Before Metabolic and Bariatric Surgery (Weight Loss Surgery)

1. If you have **private/commercial insurance**:
 - a. Contact your insurance customer service to ask if weight loss (metabolic and bariatric) surgery is covered under your plan, ask what medical criteria needs to be met to qualify, and the preparation requirements. Get a copy of your plan if able for reference. If you need assistance with verifying your insurance benefit for weight loss surgery, contact the Patient Assistance Center (715- 389-4475). We will also do a formal verification of your benefits after you start the program. Contact the Marshfield Center General Surgery Department (715-387-9220) if you would like price quotes for private pay.
 - b. If you have **Medicare, Medicare Advantage, BadgerCare or ForwardHealth**, you may skip to step two.
2. Marshfield Clinic - **Marshfield Medical Center Metabolic and Bariatric Surgery Online Information Session**
 - a. Watch information session online and complete **Information Session Quiz** once you have watched the entirety of the information session.
3. Once online information session quiz is received by Bariatric Surgery Coordinator, they will contact you to fill out the Metabolic & Bariatric Surgery Questionnaire. Once this has been received an appointment scheduler will contact you. This will be to schedule an **initial bariatric surgery appointment with a Bariatric Surgery provider**.
4. Additional requirements you may have to complete prior to metabolic & bariatric surgery:
 - a. A **sleep study**, completed by sleep medicine
 - b. An **EKG**, completed by cardiology or your primary care physician
 - c. Additional tests or clearances depending on case by case basis.
 - d. **Weight loss or maintenance is expected during this time**. Weight gain is **NOT** allowed. Weight loss may be required when determined by the provider. This is discussed in detail at your initial metabolic & bariatric surgery evaluation appointment.
 - e. If you seek behavioral health care outside of the Marshfield Clinic Health System a letter of support will be required by your provider (s).
 - f. The metabolic & bariatric surgery provider may request any non-Marshfield Clinic Health System medical records.
5. Complete **3 or more weight loss visits with a Registered Dietitian** (this depends on your insurance requirements **and** your progress in the program). These visits can be completed at multiple centers, or via telehealth, so please ask for your preference.

Chippewa	Marshfield	Mosinee	Stevens Point
Colby/Abbotsford	Menomonie	Park Falls	Wausau
Eau Claire	Merrill	Phillips	Weston
Ladysmith	Minocqua	Rice Lake	Wisconsin Rapids

Steps to Complete Continued.....

6. Attend at least **2 Metabolic & Bariatric Surgery Support Group Meetings**. Online until further notice. The information session does NOT count as a support group.
 - a. We need to have documentation that you attended 2 meetings. **Be sure to give moderator full name! We track attendance.**
 - b. Support group schedule, unless it falls on a holiday or if it is cancelled on a rare occasion:
 - i. 2nd Tuesday every month at 6:30 pm & 3rd Friday every month at 10:00 am.
 - ii. The link to the Virtual Support Group will always be provided in our private Facebook group
7. A **Psychological Consult** for a weight loss surgery evaluation and testing will be scheduled after your initial bariatric surgery provider consult and two visits with the dietitian.
8. **Abstinence from all nicotine products is required 3 or more months before surgery and you must NEVER restart.**
**You will be required to take a lab test to verify.
9. The **Metabolic & Bariatric Surgery Team will meet** to review your case after everything above has been completed, including weight loss. **It may take 2 weeks or more** before a prior authorization request is submitted to insurance after the meeting. You will be notified if the team does not approve you for surgery and why.
10. The business office will send a **request to your insurance for approval**. Insurance has up to 30 days to respond with their decision. You will be notified of their decision by mail, or if Medicare by phone. Typically 2 weeks prior to our office.

Once written documentation of **insurance approval is received by the surgery scheduler, you will be called to schedule surgery**. Surgery clearance visits before surgery as well as the first visit or two after surgery will also be scheduled at that time.

****All of these requirements may take 6 months or longer depending on your progress and individual health care needs. If you ever have questions please reach out to the Metabolic & Bariatric Surgery team at 715-397-9220.****