



Wake Forest University Baptist
MEDICAL CENTER®

Thank you for your information request on weight loss surgery. Surgical options for weight loss are a drastic step with profound effects on life long dietary habits. In addition, any surgical procedure, including the laparoscopic gastric bypass has serious risk, including the possibility of lengthy hospitalization or death.

For these reasons, the weight management team requires the following documentation **prior to your office visit**:

1. Any personal medical records from your primary care physician. The HIPPA governmental regulations mandate that you request your medical records. The enclosed letter beginning “Dear Physician” should be given to your physician as it explains the specific diagnostic tests which are useful in assessing your physical health.
2. Completion of the enclosed health assessment, including the diet history. Please make certain that all forms are completed.
3. Patients must be between 18-55 years of age and able to exercise.
4. May not have used any tobacco product in the last three months.

Obtaining this paperwork may take several weeks. If your insurance company agrees to pay for the weight loss surgery, the company will be billed for your office visits, pre-operative tests, the surgical procedure, and the follow-up visits, along with any physician’s fees associated with the procedure.

Expenses that you will be responsible for include:

1. A mental health evaluation. The fee of \$500 includes a year of follow-up behavioral health visits. In some cases, this service is paid for by insurance. Dr. Jeff Smith is our preferred provider and the enclosed letter describes his services and fee structure. Dr. Smith’s evaluation is required as he will be following your progress post-operatively and during support group meetings.
2. Once you are scheduled for surgery, a nutritional evaluation is required. Following surgery, you will have one year of follow-up visits with a Registered Dietitian specializing in the nutritional needs of the weight loss surgery patient. This service costs \$350.00 and is payable by cash or check (made out to Family and Community Medicine) at the time of the nutritional consult. Several of the insurance carriers require an assessment of your nutritional status and eating patterns by our dietitian prior to submitting your claim for review. If you insurance carrier requires the pre-operative assessment, the fee is \$75.00 which is payable during your clinic visit to Family and Community Medicine. This fee is in addition to the \$350.00 for pre and post operative nutritional follow-up.

3. An exercise plan will be discussed during your office visit.
4. Financial obligations related to your hospitalization will be discussed prior to scheduling surgery. Gastric Bypass surgery is considered an elective surgery by most insurance carriers. Our hospital requires deductibles and out of pocket expenses not covered by your insurance to be paid prior to surgery. The Nurse Coordinator will assist you in making the appropriate contacts in Patient Financial Services.

If you are interested in exploring surgical options for weight loss, please complete the enclosed forms and return them, along with your medical records from your primary care physician, to our office. This information is used as a part of your surgical evaluation and will be reviewed by the Weight Management Nurse Coordinator, usually within two weeks of receiving your packet. Please include a daytime phone number with area code in the event the Nurse Coordinator requires additional information regarding your current health status prior to scheduling your appointment.

We look forward to meeting you.

Sincerely yours,

Carl J. Westcott, M.D.
Assistant Professor of Surgery

Adolfo "Fuzz" Fernandez, M.D.
Assistant Professor of Surgery

Please complete all items and send to:

Wake Forest University School of Medicine
Department of General Surgery
5th Floor Watlington Hall
Attn: Susan Butler, RN
Medical Center Blvd
Winston-Salem, NC 27157.