

QUESTIONS

FREQUENTLY ASKED

MEDICAL WEIGHT MANAGEMENT PROGRAM

What kind of diet will I be on?

This is a very low calorie liquid diet. You will be consuming a low carbohydrate, high protein meal replacement beverage with limited food choices for the first 12 weeks of the program. After 12 weeks, you will be gradually transitioned back to a regular diet.

How much weight will I lose?

The expected rate of weight loss is two pounds per week, but that number can vary greatly among individuals. Most people consistently lose between two and five pounds per week.

How often do I need to come?

Your time commitment will be about two hours a week. You will have a weekly clinic visit with a nurse, monthly lab work and a visit with a physician once a month, as needed. You will also attend a weekly group session which focuses on nutrition and/or behavior modifications.

Will my insurance cover this program?

Due to limited insurance coverage and a lengthy approval process, we no longer accept insurance for our Medical Weight Management program. Instead, we have created a flat rate that offers a significant discount from regular charges on individual services. The package includes the following services: weekly clinic visits with a nurse, dietitian and counselor; weekly group sessions; monthly labs and physician oversight.

How soon can I start the program after attending orientation?

All patients must complete a physical exam with an EKG and labs, a medical questionnaire and payment verification. Typically, this process of completing the medical tests and receiving clearance from the Medical Director to start the program takes 7-10 business days.

WEIGHT LOSS SURGERY

What weight loss surgeries does Methodist offer?

Our surgeons perform the two weight loss surgeries approved by the National Institutes of Health: the Roux-en-Y gastric bypass (RNY) and the LAP-BAND®. Our surgeons are skilled in performing these surgeries using the laparoscopic method.

How will the weight loss surgeries help me lose weight?

Depending on the weight loss surgery performed, weight loss achieved in two ways:

- **Restriction only:** By reducing the size of the upper stomach, the LAPBAND®, restricts the amount of food you can eat before you feel full. Thus, you eat fewer calories and lose weight as a result.
- **Restriction and Malabsorption:** The RNY surgery combines the restriction of a newly created small stomach pouch with malabsorption caused as a result of by-passing some of the small intestine. Less food is consumed before you feel full and fewer calories from that food is absorbed as it passes through the shortened digestive system.

What are the other benefits of surgery?

After surgery, patients often report a number of health improvements. Many patients are able to reduce or even stop taking medications for diabetes, hypertension, GERD and other conditions. In addition to weight loss and reduced medication intake, many patients enjoy increased energy and a greater interest in physical activity, as well as improved self-confidence.

Will my insurance cover surgery for weight loss?

Many insurance companies provide coverage for weight loss surgery. The exact benefits and requirements vary tremendously from insurance company to insurance company and by policies within a company. Methodist can assist you in finding out if your insurance company and policy provides benefits. However, having benefits does not mean that you are approved for the surgery. Insurance companies are very specific regarding qualifications and requirements for the surgery. Our surgeons' office staff are very familiar with the requirements of the various insurance companies and will guide you on the process and required documentation.

Why do I have to participate in a three month health/wellness plan before surgery?

This is dictated by the individual's insurance plan. Insurance companies want their members to be well prepared and begin making the necessary lifestyle changes that are necessary for long-term weight loss success.