



Thank you for your request about our weight loss surgical options. Weight loss surgery is a drastic step with long term effects on lifestyle and dietary behaviors. Any surgical procedure, including the Roux-en-Y Gastric Bypass, the Adjustable Gastric Band, and the Sleeve Gastrectomy, has risks including the possibility of lengthy hospitalization or death. Please note we do not perform the Mini-Gastric Bypass procedure at the Medical Center.

The weight management team requires the following documentation prior to your office visit:

1. Any personal medical records from your primary care physician. HIPPA governmental regulations require that you must request your medical records. The enclosed letter beginning “Dear Physician” should be given to your doctor.
2. Completion of the enclosed health forms. Please make certain all forms are completed as incomplete packets will delay your appointment.
3. Patients must be at least 18 years of age and able to participate in an exercise program.
4. Patients must not smoke for 3 months prior to surgery.

Insurance information:

It is important to determine if you have insurance coverage for weight loss surgery. Please call the customer service number on your insurance card prior to completing your paperwork and ask if weight loss surgery is a covered benefit, or our staff will be happy to verify benefits for you. This type of surgery is considered an **elective** procedure by most insurance carriers even if your doctor says it is medically necessary. Your insurance carrier may ask for the "procedure code" which is #43644 for the gastric bypass, #43770 for the adjustable gastric band, or #43775 for the sleeve gastrectomy.

Your personal expenses will include:

1. A mental health evaluation by Dr. Jeffrey Smith. The enclosed letter describes his services. Dr. Smith’s evaluation is required by all insurance companies and government programs prior to submitting any documentation for surgical approval; Dr. Smith will be following your progress post-operatively and during support group meetings. Please do not make your appointment with Dr. Smith until you have a confirmed appointment with the surgeon.
2. All insurance carriers require an assessment of your diet status, eating habits, and your knowledge of the diet changes after weight loss surgery. This appointment will be scheduled once you are scheduled to the surgeon. Once you are scheduled for surgery, a nutrition class is required prior to surgery to prepare you for the diet changes after surgery.

Financial Information:

The hospital requires all insurance deductibles and out of pocket expenses not covered by your insurance to be paid prior to surgery. No payment plans are arranged through the hospital at this time.

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 bariatric coordinator. Once your packet is reviewed, the coordinator will contact you about the next steps in the process to be evaluated for weight loss surgery. You will also be required to attend the bariatric information class which covers the weight loss surgery process in detail.

Our team looks forward to meeting you.

Thank you.

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

Stephen S. McNatt, M.D.
Assistant Professor of Surgery

Myron Powell, MD
Assistant Professor of Surgery

Please mail your completed packet to:

Weight Management Center
Attn: Tina Hall
PO Box 573228
Medical Center Blvd.
Winston-Salem, NC 27157

**Medical records from your physician may be faxed to 336-713-0501 to the attention of Dr. Fernandez, Dr. McNatt, or Dr. Powell.