

INSURANCE REQUIRED PCP VISITS

PROVIDER TIP SHEET

Below is some information that will hopefully answer questions you have about the required PCP visits for Bariatric Surgery Patients

Medically supervised weight-loss visits are an insurance requirement for some individuals seeking Metabolic and Bariatric Surgery.

Some patients require **monthly visits** while others require **a set number of visits**.

Monthly visits must be consecutive (i.e. Jan, Feb, March, etc.). If a monthly visit is skipped the patient will be required by their insurance to start over with these visits. Patients who require **a set number of visits** must complete their visits on separate dates over any duration of time. These can be weekly, every other week, or monthly.

There are three main goals for the required medically supervised weight-loss visits:

- GOAL ONE: Help the patient establish goals for needed lifestyle changes and monitor the success of these established goals at each visit**
 - **For Example:**
 - Cutting out caffeine
 - Cutting out soda
 - Cutting out sweet tea
 - Cutting out fried and processed foods
 - Tracking food
 - Participating in a structured exercise program (i.e. walking for 30 minutes 3-4 times per week)

- GOAL TWO: Help optimize the patient medically**
 - **For Example:**
 - Adjusting blood pressure medication(s) to gain better control of hypertension.
 - Adjusting diabetes medication(s) to help gain better control of blood sugar.
 - For menstruating females: ensuring there is a plan of care for birth control for at least 18 months after surgery.
 - Ordering a sleep study if patient meets criteria or an EKG if asked (in some cases this is an insurance requirement for surgery)

- GOAL THREE: At each visit complete the required form found here → [PCP Supervised Weight Loss Form.pdf](#) and upload it to the patient's medical record and fax completed form to 866-715-6611.**