

**BRIGHAM HEALTH**



BRIGHAM AND WOMEN'S  
Center for Weight Management and Wellness



**South Shore Health**

## **New Patient Packet**

Brigham and Women's Hospital  
Center for Weight Management and Wellness  
75 Francis Street  
Boston, Massachusetts 02115  
[www.brighamandwomens.org/cwmw](http://www.brighamandwomens.org/cwmw)  
Tel: (617) 732-6960



***You won't believe what you'll gain when we help you lose***

## **A Message from our Staff**

Welcome to the New Patient Information Session for Brigham and Women's Center for Weight Management and Wellness (CWMW). Congratulations on taking this important step toward a healthier you! Obesity can impact so many facets of one's life – appearance, medical health, emotional health and well-being, interpersonal changes and challenges, stigma and bias to name a few. As we learn more about obesity (as a disorder or disease) we begin to understand that it goes well beyond diet and exercise. Obesity is a complex process that can be caused by many factors including genetics, medications, medical disease, emotional aspects, nutritional interests, and environmental concerns. You may have been led to believe otherwise, but **obesity is not your fault**. Weight loss surgery is the only proven long-term solution to obesity and its related health concerns. Choosing surgery is one of the most important decisions you can make for yourself. Weight loss surgery empowers you to regain control toward a healthier you.

Each one of our sites is accredited by the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP). This designation is awarded to recognize the safety and quality of bariatric surgery programs by the American College of Surgeons. Our dedicated team of nationally recognized experts (surgeons, physician assistants, psychologists, and dietitians) will support you at every step of the way. Our surgeons are active members of American Society of Metabolic and Bariatric Surgery, with many years of leadership and experience in treating obesity. You will be cared by experts in a safe environment. In addition, our program is designed to take care of you for the long-term, offering both pre- and post-operative counseling, support groups, educational forums, and online support.

You probably have several questions about the risks, benefits, and your journey to and after the surgery. The goal of today's session is to review the following:

- The qualifications for surgery
- The types of weight loss surgery procedures we provide
- The risks and benefits of weight loss surgery
- Insurance coverage
- Appointments overview
- What your post-operative care will include
- How to have long-term success with weight loss surgery

Thank you for attending our information session. We look forward to answering any questions and welcome you to our program.

Sincerely,

The Team of CWMW

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### Voice of a CWMW Patient

"I chose surgery because the medical issues related to being overweight for years were getting worse. My diabetes was out of control, and even with medication my A1C was always over 10. Congestive heart failure and kidney disease continued to worsen. After suffering two strokes in 2013, I realized I was not going to get better unless I had the surgery to help with the weight loss. I had the laparoscopic sleeve procedure and lost nearly 100 lbs within the first year. I am no longer insulin dependent, and I take less medications to control some of the other health issues. Since the weight loss, I experience greater mobility, feel better about myself and enjoy some activities I have not in years. I cannot thank my bariatric surgery team enough for making this life changing experience as uncomplicated as possible".

With Sincere Appreciation,

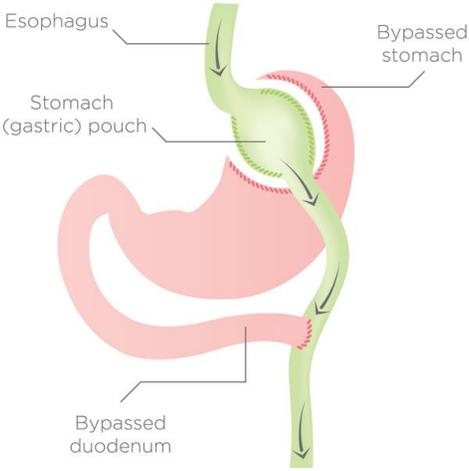
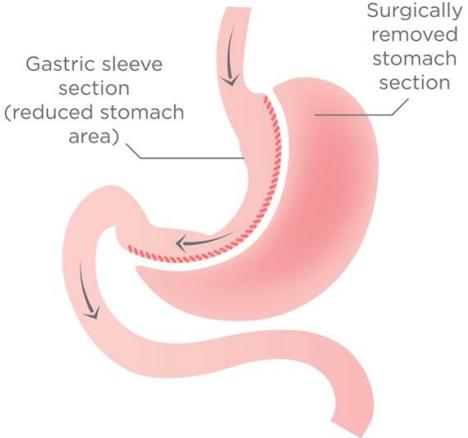
Michael, *CWMW Sleeve Patient*



**To qualify for weight loss surgery, you must have a BMI of:  
35 with weight-related health problems (type 2 diabetes, high blood pressure, sleep apnea)  
OR  
40 with or without weight-related health problems.**

		Body Mass Index (BMI) Table																																			
		Normal					Overweight					Obese									Extreme Obesity																
BMI		19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54
Height (feet, inches)		Body Weight (pounds)																																			
4'10"		91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258
4'11"		94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212	217	222	227	232	237	242	247	252	257	262	267
5'0"		97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215	220	225	230	235	240	245	250	255	261	266	271	276
5'1"		100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222	227	232	238	243	248	254	259	264	269	275	280	285
5'2"		104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295
5'3"		107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225	231	237	242	248	254	259	265	270	278	282	287	293	299	304
5'4"		110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232	238	244	250	256	262	267	273	279	285	291	296	302	308	314
5'5"		114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264	270	276	282	288	294	300	306	312	318	324
5'6"		118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	253	260	266	272	278	284	291	297	303	309	315	322	328	334
5'7"		121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268	274	280	287	293	299	306	312	319	325	331	338	344
5'8"		125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262	269	276	282	289	295	302	308	315	322	328	335	341	348	354
5'9"		128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270	277	284	291	297	304	311	318	324	331	338	345	351	358	365
5'10"		132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292	199	306	313	320	327	334	341	348	356	362	369	376
5'11"		136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301	305	315	322	329	338	343	351	358	365	372	379	386
6'0"		140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294	302	308	316	324	331	338	346	353	361	368	375	383	390	397
6'1"		144	151	159	168	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302	310	318	325	333	340	348	355	363	371	378	386	393	401	408
6'2"		148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326	334	342	350	358	365	373	381	389	396	404	412	420
6'3"		152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335	343	351	359	367	375	383	391	399	407	415	423	431
6'4"		156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344	353	361	369	377	385	394	402	410	418	426	435	443

## Commonly Offered Bariatric Surgeries

	<b>Gastric Bypass</b>	<b>Sleeve Gastrectomy</b>
<b>Technique</b>	Laparoscopic	Laparoscopic
<b>Length of Surgery</b>	2 hours	1-2 hours
<b>Time in Hospital</b>	1-2 days	1 day
<b>Return to Work</b>	1-2 weeks	1-2 weeks
<b>Weight Loss</b>	~30% total weight loss at 2 years	~25% total weight loss at 2 years
<b>Anatomy Changes</b>		

## What Are My Next Steps?

### **Step 1 – Insurance**

- ✓ Verify your insurance
  - Make sure to speak with benefits representative
  - Ask your insurance company if the gastric bypass or the sleeve gastrectomy are covered by using the CPT Code provided
  - Are Brigham and Women's Hospital and/or Brigham and Women's Faulkner Hospital and/or South Shore Hospital "Within Network"?
  - Does my plan require a "Center of Excellence" institution?
- ✓ Verify your employer's policy with your HR representative
  - Sometimes employers can customize the plan to include and exclude specific coverage, such as bariatric coverage
- ✓ Verify if there is a certain amount of required time you must document attempted weight loss
- ✓ Verify mental health benefits
- ✓ Complete or update patient registration - **866-489-4056**
- ✓ Obtain referral for surgeon visit (if needed)

CPT Codes:

Gastric Bypass (43644)

Sleeve Gastrectomy (43775)

### **Step 2 – Start the Pre-operative Process!**

- ✓ Contact our New Patient Coordinator (617-732-6960) to schedule your Core Appointments
  - Surgeon Consult
    - Labs
  - Group Nutrition Class
  - Behavioral Assessment
  - Nutrition New Patient Assessment
  - Nutrition Follow-up
  - Imaging
  - Surgeon Follow-up



## **Not sure about moving forward with surgery?**

**It's ok to meet with a surgeon before committing to the program! Schedule a surgeon consult only.**

The Center for Weight Management and Wellness offers non-surgical, medical and endoscopy treatment for weight management. Call 617-525-3597 to schedule these appointments.

## POWR Questions & Answers

### 1. What is POWR?

- POWR stands for **Pre-Operative Weight Reduction**. This virtual group covers topics to help patients get ready for surgery. It also meets insurance requirements for patients that need to participate in a mandated, medically supervised weight loss program prior to surgery. All are welcome to attend POWR!

### 2. What's the difference between POWR and a nutrition appointment?

- A nutrition appointment is an **individual visit** with a dietitian that meets our program's preoperative requirements. POWR is a virtual **group visit** with a dietitian covering nutrition education.

### 3. Do I need to make an appointment for POWR?

- Yes! POWR groups meet virtually on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of each month at 1pm. You may attend on the day that works best for you.

### 4. How do I meet my insurance requirement?

- You **MUST** attend **at least 1** nutrition visit OR attend 1 POWR group **per month** for the amount of time required by your insurance (i.e. 3-6 consecutive months, depending on your insurance).

### 5. What happens if I miss a month?

- If you **miss** a month, you must **restart** the monthly insurance requirement. (See examples below)

#### Completed POWR Example

Nutrition Visit/ POWR	Month	Attended?
Nutrition Class	March ( <b>month 1</b> )	✓
Nutrition Assessment	April ( <b>month 2</b> )	✓
Nutrition Follow-up	May ( <b>month 3</b> )	✓
POWR	June ( <b>month 4</b> )	✓
POWR	July ( <b>month 5</b> )	✓
Nutrition Follow-up	August ( <b>month 6</b> )	✓
<b>Completion of 6 months</b>		

#### Incomplete POWR Example

Nutrition Visit/ POWR	Month	Attended?
Nutrition Class	March ( <b>month 1</b> )	✓
Nutrition Assessment	April ( <b>month 2</b> )	✓
POWR	May ( <b>month 3</b> )	✓
Nutrition follow up ( <b>Missed</b> )	June ( <b>month 4</b> )	<b>No</b>
POWR	July ( <b>month 1</b> )	<b>*Restart</b>

\*Please refer to #6

Please note that you **can** attend a POWR group **before** any of your scheduled visits

## Bariatric Patient Checklist

- Insurance Verification (page 6) \_\_\_\_\_
- Surgeon Consult \_\_\_\_\_
- Group Nutrition Class \_\_\_\_\_
- Nutrition Individual Assessment \_\_\_\_\_
- Nutrition Follow-Up (may need more than one) \_\_\_\_\_
- Behavioral Consult \_\_\_\_\_
- UGI (or other abdominal imaging) \_\_\_\_\_
- Blood Draw (ordered by surgeon at first consult) \_\_\_\_\_
- Letter of Medical Necessity from primary care provider \_\_\_\_\_
- Consultation from other providers as needed \_\_\_\_\_
- Nutrition Visits 3 or 6 months in a row (if required by insurance, see grid above) \_\_\_\_\_

Monthly Requirements	Insurance Providers
6 months	MassHealth, Anthem BCBS (any state), BCBS Rhode Island, Unicare/GIC, *United/United Choice Plus
3 months	BCBS Federal, Cigna, Aetna**, Medicare, *United/United Choice Plus
Not Required	BCBS MA, Harvard Pilgrim, Allways, Tufts
<b>Subject to individual policy</b>	All others (especially out-of-state policies)  *United is 3-6 months depending on individual plan **A minimum of 12 appointments with health professionals that discuss a nutrition and/or behavioral treatment plan that supports weight management

\_\_\_\_\_

## **Recommendation Letter Template for Primary Care Physician**

All insurance companies require a recommendation letter from your primary care physician (PCP). Please feel free to provide the following information to your PCP.

The letter must include the following sections:

1. Identifying Demographics
2. History of Morbid Obesity
  - a. Minimum should be 2 years, best to include 5 years
    - i. History of actual weights should be documented (ex. 11/15/2016 weight 345lbs)
3. Past Medical History
  - a. History of any co-morbid factors as a result of or related to morbid obesity
    - i. Diabetes Mellitus
    - ii. Hypertension
    - iii. Asthma
    - iv. Obstructive Sleep Apnea
4. Statement of Medical Clearance and Recommendation for Bariatric Surgery

This note must be sent to your surgeon's office in order to allow us to obtain authorization for surgical intervention from the insurance carrier. This letter can be faxed to 617-734-0336.

List of Bariatric Surgeons:

Scott A. Shikora, MD, Director (not accepting new patients)  
Neil Ghushe, MD  
Malcolm K. Robinson, MD  
Eric Sheu, MD  
David Spector, MD  
Ali Tavakkoli, MD  
Thomas Tsai, MD  
Ashley H. Vernon, MD

If you have any questions, please do not hesitate to contact us.

Sincerely,

**The Center for Weight Management and Wellness**

Brigham and Women's Hospital, Brigham and Women's Faulkner Hospital, and Brigham and Women's Surgical Associates at South Shore Hospital

Tel: 617-732-6960

Fax: 617-734-0336