

Recommended Documentation for Diet History AND Medically Supervised Weight Loss Attempts

While insurance carriers vary on their requirements, most require some form of documentation regarding medically supervised weight loss attempts. In order to expedite your insurance approval for surgery, it is advisable that your primary care physician documents and submit the following:

At each monthly appointment (if you have already started – just continue):

- Your primary care physician must document your weight on progress notes
- Your primary care physician must also document the type of “medically supervised weight loss attempt(s)” you are doing under his/her care

Such as “my patient is following a 1500 calorie diet”

NOTE: *Diet programs such as Jenny Craig or NutriSystem, etc...will not be accepted as a medically supervised weight loss attempt.*

- Your primary care physician must document that he/she has prescribed any weight loss medications as well, the physician must include the name and dose of the medication in the monthly progress note.

Documentation should be monthly, for 6 consecutive months, or until a date is scheduled for your surgery (can be as long as 12 months).

An example of “consecutive months” is as follows:

ACCEPTABLE - *January, February, March, April, May, June
(continue until your date for surgery is scheduled).*

NOT ACCEPTABLE – *January, February, April, May, June, July
■ because you missed March – you will have to start over starting with
April, May, June, July, August, September, etc....*

| |
|--|
| THEREFORE - DO NOT SKIP A MONTH!! |
|--|

Please remember that we cannot guarantee that by having the above documentation your insurance carrier will authorize your surgery.

We recommend that if you contact your insurance carrier directly for specific requirements, please ask for the full name of the person whom you are speaking with.