

# **Your Next Steps**

## **Waiting for Insurance Approval**

Your file will be submitted to pre-certification for submission to the insurance company. This submission date will depend upon the timely manner in which you are able to accomplish any further testing required, i.e. psychological evaluation, sleep study etc. These to, are to be submitted with your file to the insurance company.

You may be contacted by our office for additional information to facilitate the pre-certification process. This could include contacting your primary care physician for further information that may be needed. If so, this information needs to be returned in a timely manner.

Insurance companies review policies vary. This process could take from weeks to months. The actual scheduling of your surgery will depend upon this process and the surgeons schedule at the time of approval. We suggest that you contact your insurance company and check on the progress of your request if you have not heard from them after 4 weeks.

Waiting can add anxiety to the process of pre-approval. We hope this explains the process and relieves some of the anxiety. If you receive a letter from your insurance company and have not received notification from UC Surgeons, please contact our pre-certification specialist. Approximately 7-14 days following the letter of approval you will receive your scheduled surgery date and your pre-operative appointment from us in the mail. Your diet class and fitness assessment appointments will be included in this letter also. If you have not received a surgery date within 14 days of your pre-approval letter, please call 513-475-7770.

## **Psychological Evaluations**

A consultation with a psychologist or psychiatrist is required by all patients, no exceptions. You will need to do this as soon as possible. If this is a covered benefit with you insurance plan, you may want to choose a physician that is part of your provider network. If this is not a covered benefit, you may want to see someone within your budget. We will provide you with material that you will need to take with you to the psychologist or psychiatrist at the time of your visit.

## **Sleep Evaluations**

A consultation with a sleep center may be required prior to surgery. This is to check for the presence of sleep apnea, a serious condition that is characterized by brief interruptions in breathing during sleep that decreases your oxygen saturation levels.

## **Diet Class**

You will be scheduled for your diet class when your surgery has been scheduled. It is imperative that you attend your scheduled class. This is usually just prior to surgery and if you do not attend your surgery will be canceled, no exceptions.

## **Support Group Meeting**

The Center for Surgical Weight Loss Support Group meets monthly. Our web site will always have the date, time and location listed under "Upcoming Events." You are required to attend at least one meeting prior to your surgery.

## **Fitness Evaluation**

This evaluation will be scheduled the around the same day as your pre-op appointment. An exercise physiologist will evaluate your strength and flexibility and recommend an exercise regimen.

### **University Pointe Office**

Priscilla Barker/ Bariatric Clinical Assistant 513-475-7842

Phone number: 513-475-7770

Fax number: 513-475-7451

[www.ucsurgeons.com/bariatric](http://www.ucsurgeons.com/bariatric)