

### Step by Step Process:

1. Please contact your insurance company and check your individual benefit plan for details on Bariatric surgery coverage. (Some plans entirely exclude coverage of surgical treatment of obesity.) If you do not have coverage please contact our office to discuss available options for financing of surgery.
2. Attend a Bariatric Seminar at either St. Agnes or St. Joseph Hospital.  
Call for schedule and registration 1-866-690-9355
3. Print off or call the office for a New Bariatric Patient Packet and complete entirely.
4. Call primary care doctor to obtain **\*\* MOST RECENT\*\*** physical **\*\* MOST RECENT\*\*** blood work results. You may have these records faxed to our office ahead of time 410-368-8726.  
Note: You do not need to get a new physical or blood work. And if you have your records faxed, call the office a few days before your consult to make sure we have received them.
5. Call the office 410-368-8725 to set up a consultation visit with Dr. Averbach.
6. Nutrition Evaluation- call Arlene Swantko, RD, LD 410-302-2187 to schedule.
7. Psychological Evaluation- call Bea Flynn MS, RN, CS-P 410-719-9799 to schedule  
OR  
call your insurance company for a list of providers with in your network. If you see someone other than Bea Flynn MS, RN, you must print off the Psychological evaluation guidelines.
8. Please read all information booklets, review patients presentation one more time and wright down all you questions so you can discuss all your concerns during consultation with Dr. Averbach.
9. At the end of consultation you will be informed if any additional test are needed prior to your surgery.
10. Majority of Insurance Companies require verification of 6 months medical professional supervised non-surgical weight loss attempt within past 2 years. It is preferred that you print and make 6 copies of the special form available on this page of the website and ask your primary care physician, dietician to fill it in (Absolute majority of patients did diet or took medications for weight loss in the past and that just need to be verified for your insurer). If you do not have this option - Arlene Swantko, RD, LD can assist you with that.

**PLEASE CALL THE OFFICE WITH ANY QUESTIONS YOU MIGHT HAVE!**