



Bariatric Resource Services

Bariatric Resource Services (BRS) offers you support, education, resources and care from specialized bariatric nurse case managers and some of the top bariatric facilities in the country.

Today, it's possible for individuals to take a more active role in their health care. Think of you and your doctor as a team, working together to achieve your best possible level of health. Keep in mind that good communication is an essential part of this relationship. Most conditions, including clinically severe obesity, have several treatment options. It's important to be aware of all the risks and benefits of each option. This way, you can be an informed partner when choosing what's right for you. When visiting your bariatric surgeon or primary care doctor, bring along the following questions to help guide your conversations.

I'm thinking about surgery:

- Do you work with a dietitian or trained counselor who can help me achieve my goals?
- What are the conservative treatment (nonsurgical) options? Have I tried them long enough?
- Will support from a trained counselor or evaluation for more serious eating disorders help me?
- What are the options for weight control — diet and exercise, taking medication, or having surgery?
- Will I see a dietitian as part of my treatment plan before and after surgery, if I select surgery?

I've decided to have surgery:

- What types of bariatric surgery procedures are available and what would you recommend?
- Will I need to have any tests prior to surgery?
- Depending on the procedure, how much weight am I likely to lose?
- What are the risks of this surgery?

Can you help me find out how much the procedure will cost?

- Can I check with your office manager to find out how much the procedure will cost and what insurance covers to determine my out of pocket costs?

I've had my surgery:

- Can I go home right after surgery, as long as I have support?
- What are the restrictions post-surgery?
- What type of diet will I need to follow after I've had surgery?
- Will I need to take extra vitamins or minerals?
- How long is it before I can return to work?
- How long does it take to fully recover from surgery?
- Do I qualify for excess skin removal surgery after bariatric surgery?
- Do you have any support groups you can connect me to?

Write down other questions you'd like to ask:

Considerations before your doctor's visits:

- Bring a family or friend for extra set of ears.
- Come prepared with a medication list and be ready to discuss medications you are taking.
- Be prepared to complete a release of information before meeting with your primary care provider to get medical records sent to your surgeon.
- Have the BRS phone number on hand to provide to your surgeon so your surgeon's office can confirm requirements.
- Validate that any other providers such as nutritionists, psychologists, etc. are in network with your benefit plan.
- Encourage your surgeon to call BRS to obtain the most up to date criteria for your plan requirements.

Obesity and weight management links:

- **American Society for Metabolic and Bariatric Surgery:** <http://asmbs.org/>
- **National Heart, Lung and Blood Institute — Overweight and Obesity:** <https://www.nhlbi.nih.gov/health/health-topics/topics/obe>
- **Weight Management:** <https://www.nutrition.gov>
- **Choosemyplate.gov:** <https://www.choosemyplate.gov>
- **Weight Control Information Network — Bariatric Surgery:** <http://win.niddk.nih.gov/publications/gastric.htm>
- **Obesity Help:** <http://www.obesityhelp.com/>

General health links:

- **PubMed:** <https://www.pubmed.gov>
- **MedlinePlus®:** <https://www.nlm.nih.gov/medlineplus>
- **Caring Info:** <https://caringinfo.org>



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Sources:

American Society for Metabolic and Bariatric Surgery. Bariatric Surgery FAQs. <https://asmbs.org/patients/bariatric-surgery-faqs>. Accessed August 31, 2017.

MedlinePlus. Weight-loss surgery—before—what to ask your doctor. <https://medlineplus.gov/ency/patientinstructions/000259.htm>. Accessed August 31, 2017.

MedlinePlus. Weight-loss surgery—after—what to ask your doctor. <https://medlineplus.gov/ency/patientinstructions/000258.htm>. Accessed August 31, 2017.

This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through the nurse support service is for informational purposes only and provided as part of your health plan. The nurse cannot diagnose problems or recommend treatment and is not a substitute for your doctor's care. Please discuss with your doctor how the information provided is right for you. Your health information is kept confidential in accordance with the law. This nurse support service is not an insurance program and may be discontinued at any time.

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