

Comprehensive Weight Management Program

Dean Clinic – West
752 N. High Point Road
Madison, WI 53717
(608)824-4457



Dean Clinic – East
1821 S. Stoughton Road
Madison, WI 53716
(608)824-4457

Date Completed	Weight Loss Surgery Pre-Surgical “To Do List”
	1. Ask your Primary Care Provider for a referral & prior authorization to Weight Management.
	2. Attend a Free General Information Session. Please call 608-824-4457 for more information.
	3. Confirm your insurance coverage and financial responsibilities. Please contact your insurance company’s customer service if you have questions regarding, insurance eligibility. For questions regarding self-pay, financial or billing issues, please contact: Dean Business Office: 608-824-4674 St. Mary’s Hospital: 608-229-7600 Surgery Care Center: 608-250-1318
	4. Complete a health history form before scheduling your Medical Consultation Appointment.
	5. Complete a Medical Consultation Appointment. To schedule at East or West Clinic, call 608-824-4457.
	6. Complete required Labs: Fasting Lipid Panel, Comprehensive Metabolic Panel, CBC, TSH, HgbA1C, Vitamin B1, B12, Vitamin D-25, Iron, Iron Binding, Folate and Ferritin. <i>If the above labs are drawn within last 3 months, please fax results to: 608-824-4859 Attn:CWMP</i>
	7. Complete daily food records and bring to all future appointments.
	8. Schedule* a Consultation Appointment in Nutrition for an individual meal plan.
	9. Schedule* the 4-hour Pre-Surgical Consultation appointments at either East or West Clinic: a. Wednesday at the West Clinic from 8:00-12noon. Review your appt itinerary: Psychiatric Evaluation and Testing - 3 rd floor. CWMP Nurse and RD – lower level. b. Tuesday at the East Clinic from 12noon-4:00. Check in at the Lower Level Occupational Medicine. Note: This appointment includes program and financial overview, Nutrition evaluation, Psychiatry evaluation and computerized psychiatric testing. In addition, you will be asked to review, complete, and sign the following: <ul style="list-style-type: none"> ○ Group Educational Session Waiver ○ Conditions for Participation in CWMP for Bariatric Surgery Form ○ Financial Agreements ○ Pre-Test ○ Psychiatric Consultation and Consent to Record Release ○ Emmi Education Program Note: Approximately 1-2 weeks after your Pre-Surgical Evaluation, our team discusses your case and sends a letter outlining recommendations and your personal requirements. Keep this letter for your reference. This is <u>not</u> a letter of approval from CWMP or your insurance.
	10. Schedule* monthly Success Habits Medical Appointments. Individual insurance plan and patient readiness will be a contributing factor in final number of Success Habit Appointments. <ul style="list-style-type: none"> ○ Dean Clinic - West in the Lower Level ○ Dean Clinic - East in the lower level <i>Please ask our team for appointment options at 608-824-4457.</i>
	11. Write a personal letter explaining why improved health and bariatric surgery will make a difference in your life.
	12. Ask your Primary Care Provider and other Medical Providers to write a letter of support for surgery. This letter may be brief, and should state that he/she supports your decision and will continue providing your ongoing care after surgery.

Date Completed	Weight Loss Surgery Pre-Surgical “To Do List”
	<p>13. Attend a Surgical Information Session: Sessions are held at the Dean Business Office (1806 W. Beltline Hwy, Madison, WI Physical Therapy Entrance) <i>Please plan to attend this before your Surgical Consultation Appointment (#15). Family members and significant others are welcomed to attend. Please call 608-250-1119 to reserve a seat</i></p>
	<p>14. Plan to attend a monthly Support Group.</p> <ul style="list-style-type: none"> ○ Dean Clinic - West in the Lower Level: <ul style="list-style-type: none"> ● Bariatric Surgery Support Group: 2nd Monday of the month 6:30 - 8:00 pm ● Healthy Habits/Healthy Family Support Group: 2nd Saturday of the month 11:00 - 12:00 pm ○ Dean Clinic - East in the Lower Level: <ul style="list-style-type: none"> ● Bariatric Surgery Support Group: 3rd Thursday of the month 4:00 - 5:00 pm <p><i>Family members and significant others are welcomed to attend</i></p>
	<p>15. Complete* a Surgical Consultation Appointment at either Dean East or West Clinic <i>Please plan to attend a Surgical Information Session (#13) before attending this appointment. Please ask our team for appointment options at 608-824-4457.</i></p>
	<p>16. Complete Emmi Programs assigned at your Pre-surgical evaluation (#9) You should have received a pass code via email. Visit www.emmisolutions.com</p>
	<p>17. Other items that you may need:</p> <ul style="list-style-type: none"> ● Consultation with a Pulmonary, Cardiac specialist or other Medical Providers may be required depending on your personal health needs. ● If you have taken a weight loss medication called Phen-Fen in the past for >3 months, an Echocardiogram is required. If this is abnormal, we will have you see a Cardiologist to obtain clearance for surgery. ● Ongoing Nutrition care ● Ongoing Physical Therapy ● Ongoing Mental Health care ● _____ ● _____ ● _____ ● _____
	<p>18. Demonstrate Success Habit Principles as outlined in your letter (#9) & Success Habit medical appointments (#10)</p> <ul style="list-style-type: none"> ● Maintain a diet plan (w/RD support if needed) ● Maintain daily record keeping ● Maintain an activity plan (w/PT support if needed) ● Maintain daily minimum intake of 64 oz water ● Maintain daily intake of fruits and vegetables (5-a-day) ● Eliminate high-calorie beverages ● Eliminate tobacco use ● Manage emotional eating (w/Mental Health support if needed) ● _____ ● _____ ● _____ ● _____

** Must complete a Medical Consultation Evaluation (#5) prior to scheduling these appointments*