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Dear Patient,

Effectively preparing for weight loss surgery will reduce stress, save money, minimize your risk of complications, increase the amount of weight you will lose and make you much more likely to keep the weight off over the long term.

Below is a list of steps our patients must go through when undergoing bariatric surgery with **Dr. Prokurat**. Some steps may vary slightly, depending on insurance requirements and each patient's individual medical needs:

- **Contact your insurance company** to verify whether you have **Bariatric Surgery benefits** and **Nutritional Counseling**. Nutrition clearance is required to have surgery. If so, what criteria you must meet in order to have bariatric surgery pre-authorized. For the most current information about how to ensure your surgery is approved, it is critical that you contact your insurer as only they can provide you with the most up-to-date information.
- Start working with **Dr. Prokurat's team** - from insurance and financing considerations to required pre-op testing to pre-op instructions specific to your situation, there are a variety of issues your surgeon will help you address while preparing for weight loss surgery.
- Schedule your **initial consultation** with **Dr. Prokurat, complete the online registration form** and find out what paperwork and medical history you'll need to move forward (e.g. Letter of Medical Necessity and Letter of Medical Clearance, medical records etc.). All of your questions regarding bariatric surgery and our process will be answered in person at the new patient appointment.
- If your insurance company requires a **referral** to see a specialist, please obtain a referral from your primary medical doctor and bring it with you on the day of your appointment.
- Attend **Dr. Prokurat Support Groups** to learn more about your options, to get a better handle on what to expect and to learn how to best work with our team.
- Schedule **pre-surgery tests** and consultations/ physicals to confirm that you are a good candidate for surgery. Arrange and begin your **physician-supervised diet program** (if required by your insurance company or surgeon).
- After evaluating all tests and completing all paperwork and requirements, our office will confirm that you are clear to proceed with surgery and will obtain **pre-authorization** from your insurance company (if applicable).
- **Billing questions** should be addressed to our billing service **Capital Medical Billing Solutions, LLC @ 732-443-4038**.
- Verify office location (**Freehold or Hamilton**) of your appointment. Please feel free to contact us with any questions you may have in advance of your appointment @ **732-722-5502/800-920-9928**
- **Stay Connected!** Visit our website at <http://njadvancedsurgery.com> and follow us on the **NJ Advanced Surgical Solutions Facebook** page to be updated on events and connect with others at <https://www.facebook.com/pages/NJ-Advanced-Surgical-Solutions/>