

Arlene Swantko, Registered Dietitian, SUPERVISED WEIGHT LOSS PROGRAM

In order to meet the requirements of your insurance company, you must follow a "physician supervised weight loss program."

If you choose to do the program with Arlene Swantko, registered dietitian, contact her at **410-302-2187** to schedule an appointment. Please contact her for additional questions about the following information.

The process involves:

- A 30 minute appointment with Arlene Swantko to discuss your current eating habits and recommended changes. The dietary recommendations you will be given are ones that you will have to follow after weight loss surgery. This six month period will give you the opportunity to make lifestyle can behavior changes that will contribute to your long term success.
- You will be responsible for providing regular weights during the 6 month period. A convenient method for doing this will be discussed in the session. If you are not consistent with weigh-ins, you may not get authorization from your insurance company.
- A fee of \$35.00 covers this supervised weight loss program.
- At any time during the six month period, you must communicate with Arlene if you have any questions or concerns about the process or your progress.
- At the end of the six month period, you will be responsible for getting your primary care physician's signature on the weight loss record. Multiple copies will be provided to you for this purpose. **This information will not be mailed to your Physician; it MUST be personally taken to the office for the signature. After this has been done, you must return the signed copy to the office of Singh & Averbach so that the authorization process may continue. Do not depend on the doctor's office to do this.**
- The consultation regarding weight loss surgery will be scheduled at the conclusion of the supervised weight loss program. There is a separate fee for this service of \$150.00. That fee includes a one hour consultation to review the nutritional program you must follow after the surgery. You will be given handout materials. Follow-up appointments and phone consultations for a six month period after the surgery are also included in the fee.