

## *St Agnes Bariatric Program*

In association with  
Drs. Kuldeep Singh and Andrew Averbach MD  
700 Geipe Road Suite 203  
Catonsville MD 21228

Dear Patient,

Your insurance company requires submission of documentation of previous supervised diet attempts prior to providing an authorization for your surgery. They will look for weight loss attempts of at least 6 consecutive months in length or two diets that lasted at least 3 consecutive months in length. These records should be less than 2 years old to be considered. This documentation may include records from commercial diet plans such as Weight Watchers, Jenny Craig, LA Weight Loss, office notes from your Primary Care Physician or from a nutritionist. You may also be able to submit cancelled checks or credit card statements from weight loss centers or pharmacy records that show prescription medications you may have taken for weight loss. *Please note, if you are covered under Medicare, this diet must be Physician supervised and notation of exercise compliance must also be documented.*

Please understand, this is your insurance company's requirement, not ours.

If you need to start the 6 month supervised program, we recommend you contact Arlene Swanko by calling her at 410-302-2187. Please see the attachment for information about her program.

If you would like to start a program with your physician, we have enclosed a tool that will help your physician document all the items needed for insurance authorization. Please show your PCP this letter. A summary letter will not be acceptable to your insurance company.

**Please do not skip a weigh in, or you will need to restart the documentation.**

When you have completed the required diet, please call Carol at 410-368-8725. When she receives the diet documentation, she will contact the insurance company to begin the process to get your authorization. We can not give you a surgery date until this process has been completed.

If you or your Physician has any questions, please call Cathy Carr, Bariatric Coordinator at 410-368-2384.

Cathy Carr RN- Program Coordinator