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PATIENTS WHO HAVE:

AETNA, CIGNA, HEALTH NET, or any SMALL LOCAL PLAN –

Homework for patients

Stage 1

Obtain historical and current documentation:

- 1 Ask your primary care physician for copies of office notes & clinical diagnosis.
- 2 Obtain the same from any specialist you've seen in the same time frame.
- 3 Maybe you have tried commercial weight loss programs, clinics, or centers?
Obtain copies of records and/or receipts.

Stage 2

How to Create New Documentation when there isn't any already available:

- 1 Begin a medically supervised weight loss program for at least six months within one year before surgery.
- 2 When you go to appointments do not refuse to be weighed even when the scale is the enemy.
- 3 Be honest with yourself as well as with your physicians about eating habits, eating disorders, and your present level of exercise.

Be Pro-Active... you are on your way to "Stepping into a NEW YOU!"