



Supervised Diet Information
Drs. Averbach, Singh or Hamdallah
Bariatric Surgery Program

Dear Patient,

Most insurance companies require submission of documentation of previous supervised diet attempts prior to providing an authorization for your surgery. Most insurance companies may require weight loss attempts of at least 6 consecutive months (180 days) in length or two diets that lasted at least 3 consecutive months in length. Some insurance companies (Aetna and Cigna) many also allow for a 90 day diet if done by our dietician as a part of a pre-operative bariatric prep program. These records must be less then 2 years old to be considered. Commercial diet plans such as Weight Watchers, Jenny Craig, office notes from your Primary Care provider or from a nutritionist may be accepted. 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.

BCBS Federal requires a 3 month supervised diet by a physician.

Please understand that this is the insurance company's requirement, not your doctor.

Please call your insurance benefit office to see if this is required for your policy.

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 your surgeons office- Dr. Averbach or Hamdallah at 667-234-8725 or Dr. Singh at 301-490-2193. When they receive the diet documentation they 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-Dadin, Bariatric Coordinator at 667-234-2384.

SIX MONTH SUPERVISED DIET PROGRAM

Primary Care Form

VISIT #: 1 2 3 4 5 6 _____ (please circle)

PATIENT: _____

DOB: _____

DATE OF EXAM: _____

TODAY'S WEIGHT: _____

HEIGHT: _____

DIET REGIMEN: _____

EXERCISE REGIMEN: _____

PROGRESS: _____

RECOMMENDATIONS: _____

_____, M.D. _____
Print Name

Name and Address of Practice: _____

Guidelines:

Your patient's insurance company requires a minimum of 6 months documentation of supervised diet before they will authorize Bariatric surgery in accordance with Maryland insurance regulations. This diet may be either 6 consecutive months or 2 diets that lasting 3 consecutive months and must be within the two years proceeding surgery.

If a patient progress is not documented or if they "skip" a month, the insurance company will require they begin the process over again.

Insurance companies will not accept a summary letter. Each visit must be documented.
This form may be duplicated for the 6 months required to ensure all the information is complete.

Patients should hand carry this information upon completion to the offices of:

Dr. Andrew Averbach MD, FACS
Dr Isam Hamdallah MD
700 Geipe Rd Suite 274
Catonsville MD 21228
Phone: 667-234-8725 Fax: 410-368-8726

Dr. Kuldeep Singh
7625 Maple Lawn Blvd Ste 145
Fulton MD 20759
Phone: 301-490-2193 Fax: 301-490-3782