



# YOUR JOURNEY

## AT A GLANCE.

Congratulations on taking the first step to achieving your weight-loss goals. We are honored to be going on this journey with you and are committed to your success.

This roadmap provides a birds-eye view of the path to surgery and highlights several of the support tools available to you. (On average, individuals are able to complete the presurgery requirements in 4-6 months.)

Bariatric surgery is not an immediate fix, but rather a tool to aid in the lifestyle changes needed to achieve desired results. Bariatric surgery, coupled with your commitment to a healthier lifestyle, will ensure long-term success.

You can count on our Bariatric Surgery Center to be your partner on this life-long journey.

# Your Journey Begins Now



## 1 RESEARCH

- ☒ **Attend** an online informational seminar.
- ☐ **Doctor Referral:** Discuss bariatric surgery with your Primary Care Physician (PCP).
- ☐ **Talk to your Peers:** Attend a MONARCH Support Group Meeting.
- ☐ **Insurance:** Determine if you qualify for bariatric surgery and if it is a covered benefit with your insurance.



## 2 GETTING STARTED

- ☒ **Bariatric Surgery Questionnaire:** Complete prior to scheduling your first appointment.
- ☐ **Primary Care Form:** Work with your PCP to have this form completed and returned to the Bariatric Center.
- ☒ **First Appointment:** After completing the Bariatric Surgery Questionnaire, you will need to schedule and attend your first medical appointment.
- ☐ **Nutrition Classes:** Schedule your online nutrition classes, part 1 & 2.



## 3 LEARNING A NEW LIFESTYLE

- ☐ **Medical Clearance:** You will complete several medical screenings to help better prepare you for surgery and an optimal recovery. Follow the checklist given to you at your first medical appointment.
- ☐ **Nutrition Clearance:** You will complete online nutrition classes introducing you to the Bariatric Lifestyle meal plan. Additionally, you will have individual nutrition appointments to help you meet the nutrition requirements of the program.
- ☐ **Exercise:** Practice a consistent exercise program to help maintain your weight loss results. Set goals and start working toward them. This will help with your recovery from surgery and weight-loss success.



## 4 PREPARING FOR SURGERY

- ☐ **Online Pre-op Class:** Designed to prepare you for everything from surgery to discharge to recovery.
- ☐ **Surgical Consult:** Prepare your questions for the surgeon. Together with your surgeon you'll decide which surgery is best for you.
- ☐ **Surgery Date:** We will schedule your surgery.
- ☐ **Insurance Approval:** Following the completion of the surgical consult we will submit a request to your insurance provider for surgery approval.
- ☐ **Presurgical Screening Appointment:** You will come in for one more appointment prior to your surgery. Our Presurgical Screening team will call you to schedule this appointment.



## 5 A HEALTHIER YOU

- ☐ **Post Surgery:** Follow the post-surgery meal plans and take your vitamin/mineral supplements as instructed.
- ☐ **Follow-up:** Attend post-operative appointments. Partner with the Center for ongoing nutritional support.
- ☐ **Stay Connected:** Continue attending MONARCH support group meetings.
- ☐ **Keep Moving:** Practice a consistent exercise program to help maintain results.



## HELPFUL TOOLS

Online **MONARCH** Support Group Meetings are the 2nd Wednesday of every month. Register to attend.  
[BariatricSupport.urmc.edu](http://BariatricSupport.urmc.edu)

Don't miss important messages from the Center. Sign up for MyChart.  
[mychart.urmc.edu](http://mychart.urmc.edu)

The Center is available to assist with Medical and Nutritional Clearances  
(585) 341-0366

The Life After Weight Loss (LAWL) group is here to help you adjust to your new weight. (585) 275-1000

The M.O.V.E. program can help you meet your exercise goals. [www.wellness360fitness.com](http://www.wellness360fitness.com)

Track your progress. Download the **Baritastic** app and connect with us using code 410366. Available in major app stores.



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**MyWeightLossJourney.urmc.edu**  
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