

June 08

Dear Prospective Patient:

Thank you for inquiring about weight loss surgery with Pacific Laparoscopy. This packet contains more detailed information that will help to ensure quality and your satisfaction with the pre-operative process. Accompanying this letter please find:

1. Initial Consult Information
2. Suggestions on getting faster approvals from Insurance Companies

To conserve time before your first appointment, please call your insurance company and verify benefits for the Duodenal Switch Procedure for "morbid obesity". This will assist our office staff to serve you more efficiently. Some insurance companies will only authorize payment for the Roux-en-Y Gastric Bypass and not the Duodenal Switch. Also, a word about jargon: Please note that many insurance companies will not cover "weight loss surgery" for "obesity." Instead, the key phrase that they do recognize in order for treatment to be considered "medically necessary" is "Morbid Obesity."

We understand the urgency that many people feel after finally deciding to go ahead with weight loss surgery. Insurance company processing of authorizations and thorough medical evaluation may take considerable time. During this period, we encourage you as well as any who will be supporting you through your surgery to come to our monthly group support meetings listed in this packet. At these meetings you will meet people like yourself who are beginning the process, as well as post-operative patients and their support persons and, of course, members of our team who will help to make yours a successful journey back to good health.

Sincerely,



Barbara Metcalf RN, CBN  
Program Director

## INITIAL CONSULTATION INFORMATION

### Consultation Visit

**What to expect during the consultation?** These combined sessions total approximately 3 hours and are usually scheduled from 9:30 am until 12:30 pm. Our initial office visit includes:

- (1) An education class
- (2) Meeting with our insurance coordinator
- (3) Medical consult with the clinical staff and the surgeon

We encourage you to bring your support person. If you wish to attend only the education class you may request this when you call to make your appointment. There is no charge for the education class if attended without the medical consult. A separate visit with our clinical staff and the surgeon can be scheduled later at a time more convenient for you.

The consultation fee is **\$300.00** and must be paid at the time of visit. We do not accept insurance nor can we bill your insurance for this visit.

### Please bring to your consultation

1. **History & Physical** (if available) from your Primary Care Provider including height, weight, & current medical problems (including common co-morbidities such as diabetes, hypertension & sleep apnea).
2. **Insurance card** (if your surgery will be covered by insurance).
3. **Completed Patient Health Questionnaire.** Forms can be downloaded from our web site or mailed to you on request.
4. **Easily removable shoes** (Body Fat Analysis requires bare feet)

### Out of Area/Pre-Auth Process

1. **History & Physical** - from your Primary Care Provider including height, weight, Vital Signs & current medical problems (common co-morbidities such as diabetes, hypertension & sleep apnea). **Recent CBC and Chem 12 panel (within 12 months).**
2. **Insurance card** –copied, both sides.
3. **Completed Patient Health Questionnaire.** Forms can be downloaded from our web site or mailed to you on request.
4. **Psychological Evaluation-** see #2 “Needed Evaluations” next page.  
Letter of introduction and self-picture if at all possible.

5. **Financial Policy**-signed by patient
6. **Mail to us "Certified"**-please no faxes.

### **Rescheduling**

Prompt accommodation of our prospective patients is an important goal. Out of consideration for others please notify the office at the earliest possible time for any reason you are not able to keep your consultation appointment.

### **Hospital Affiliations**

Surgery is performed at California Pacific Medical Center, 2333 Buchanan Street, San Francisco, CA 94115 (415-600-6000) and at St. Mary's Medical Center, 450 Stanyan Street, San Francisco, CA 94117 (415-668-1000). Both hospitals are contracted with most major insurance companies. Our office will process and submit authorization for your surgery. Typically, if you are denied for the surgery you will also be denied for the hospital coverage. If you are a self-pay patient you will need to make a separate payment arrangement with the hospital directly. California Pacific Medical Center Financial Services can be reached via the main switchboard at 415 600-6000. The St. Mary's financial officer is Steve Cass, at (415) 750-5817.

### **Payment for Surgery**

**Duodenal Switch:** We are not contracted with your insurance company. If your procedure is approved by your insurance, **\$8,400.00** must be paid prior to scheduling surgery. The total professional fee for surgeon and assistant surgeon is **\$12,600.00**. Whatever amount your insurance company pays in excess of the remaining \$4,200.00 will be reimbursed to you after the surgery. If we receive less than \$4,200.00 from your insurance company, you will be billed and are responsible for paying the balance. When insurance payment is not available and you are a **self-paying or Medicare** patient, the full **\$12,600.00** fee is due at the time of scheduling.

**Vertical Gastrectomy:** The total professional fee for surgeon and assistant surgeon is **\$6400.00**. We are not contracted with your insurance company. The fees must be paid prior to scheduling surgery. As a courtesy we will bill your insurance company, and the amount paid by them will be reimbursed to you after the surgery.

**Roux-en-Y:** We are not contracted with your insurance company. If your procedure is approved by your insurance, **\$6,300.00** must be paid prior to scheduling surgery. The total professional fee for surgeon and assistant surgeon is **\$9,400.00**. Whatever amount your insurance company pays in excess of the remaining \$3,100.00 will be reimbursed to you after the surgery. If we receive less than \$3,100.00 from your insurance company, you will be billed and are responsible for paying the balance. When insurance payment is not available and you are a **self-paying or Medicare** patient, the full **\$9,400.00** fee is due at the time of scheduling.

### **Needed Evaluations**

1. **Medical evaluation:** The physician who most regularly sees you (Your primary care physician, or a specialist) can provide this work-up. This is also needed for pre-anesthesia clearance. History & Physical, dictated, with medical co-morbidities.
2. **Psychological evaluation:** In San Francisco, **Dr. William Hartman** (415 771-1821) and in Southern California **Dr. Ron Bale** (805 642-8600) have more than 20 years of experience with our patients and the effects of surgical procedures for morbid obesity. The fee for psychological evaluation is **\$300.00**, due and payable at the time of your visit. Each office will provide you with the paperwork necessary for you to bill your insurance company. Please note that many insurance companies do not reimburse for psychological exams.
3. **Out of Area Patients:**
  - a. **Insurance Clearance:** Completed Patient Health Questionnaire, both sides of insurance card (copied), We will try to pre-authorize you before traveling to San Francisco. Many insurance companies require a nutritional evaluation and/or documented medical weight loss program for 6 months.
  - b. **Medical Clearance:** History and Physical from your Primary Care Physician (including recent blood work, CBC, Chem 12 panel) and a psychological evaluation (MCMI evaluation)
4. **Subspecialty evaluations:** Based on your medical history and clinical exam, you may be referred for a subspecialty evaluation, most commonly pulmonary or cardiac.

**New Group Support Meetings:**

**Los Angeles:** 1<sup>st</sup> Thursday after the Ventura meeting, 6PM Informational Seminar 7PM Patient Support. Grace Lutheran Church, 700 W South St, Anaheim CA, 92802. Group Leader-Patrice N, cell 626-354-5714, [pnordstrand@frontporch.net](mailto:pnordstrand@frontporch.net)

**San Diego:** 1<sup>st</sup> Tuesday, preceding Ventura mtg. 6-8PM, Jeff M <jnelriley@aol.com Informational seminar/group support Elijah's Deli is 8867 Villa La Jolla dr. in La Jolla zip 92037 Park in front of Rubio's/Bombay

**Sedona Arizona- Under Construction-** stay tuned for fall opening

**Pacific Laparoscopy Monthly Group Meetings in your area:**

**Bellingham Washington:** 2<sup>nd</sup> Monday, 6-8PM. 3333 Squaticum Parkway, St. Joe's Health Education Center, Bellingham, WA. Informational Seminar/Group Support Jennifer J, (360) 223-1798, [twinmomjen@yahoo.com](mailto:twinmomjen@yahoo.com)

**Chicago, Illinois:** 3<sup>rd</sup> Monday, 6-8PM., Union League Club of Chicago, 65 West Jackson Blvd, Chicago, IL 60604 Contact: Paul B – paulbrian@aol.com Al B-db-guru@att.net PacLap 1-888-848-8446 Informational Seminar/Group support

**Chico:** 4th Tuesday of every month, 6-8PM Cozy Diner, 6095 Mangrove, Chico 95926.

Contacts: Dieter, [davis@improvementdirect.com](mailto:davis@improvementdirect.com) Susan, [ULFJD@MSN.com](mailto:ULFJD@MSN.com)

**Dallas Texas:** 2<sup>nd</sup> Saturday, 11AM-1PM Ellen Y 1-972-968-4379 [yatesel@yahoo.com](mailto:yatesel@yahoo.com)  
2427 Carrick St, Farmers Branch.

**East Bay SF, Castro Valley:** 4<sup>th</sup> Tuesday, 6-8PM [AZuriOne@aol.com](mailto:AZuriOne@aol.com)  
Carrows Restaurant 2723 Castro Valley Blvd. Castro Valley, CA 94546  
(510) 582-9410

**Fort Bragg:** 3<sup>rd</sup> Thursday 7PM Susan M. 707-964-4492 [suzi@rickfriar.com](mailto:suzi@rickfriar.com)

**Grants Pass:** 2<sup>nd</sup> Tuesday 6 pm. Shelley, [smcentire@equitygroup.com](mailto:smcentire@equitygroup.com) At the Black Forest. We will meet in the small banquet room. The Black Forest is at 820 NE E Street, by Oil Can Henry's.

**Napa:** 2<sup>nd</sup> Monday, 7pm 1954 Shurtleff Ave, Napa, 94559. Debbie Bozarth, 707-255-6868 [Debbie@SacredJourney.net](mailto:Debbie@SacredJourney.net)

**San Francisco: One Year Plus-** Last Sunday, 3-5:30 pm. 706 16<sup>th</sup> Ave San Francisco, 94118 Nancy C and Lori M. "1 Yr Postop" group support. [Rubymoon194@yahoo.com](mailto:Rubymoon194@yahoo.com) 415-386-4552

**Portland Oregon:** 2<sup>nd</sup> Sunday, 5 PM Informational Seminar, 6 PM group support. Hillsboro Vineyard Church, 5968 SW Alexander St, Hillsboro, OR 97123, Lee M. 360.260.7447; [grammylee@comcast.net](mailto:grammylee@comcast.net). Kevin and Sharon <[hillsborovineyard.com](http://hillsborovineyard.com)>

**San Jose:** 3<sup>rd</sup> Wednesday, 6PM - 8PM Hoover Theater, 1635 Park Avenue, San Jose (across from Rosicrucian Museum, corner of Park and Naglee. [Marty-MRG@TechMark.com](mailto:Marty-MRG@TechMark.com) Diana- [dianac@comcast.net](mailto:dianac@comcast.net)

**Santa Rosa:** 4<sup>th</sup> Saturday 10A to 12n. Debra G, 707-894-0450, [pasta65@comcast.net](mailto:pasta65@comcast.net) 415 Merlot Dr. Cloverdale, CA 95425. Bring a protein potluck dish to share

**San Francisco:** 2<sup>nd</sup> Wednesday, 6PM simultaneous postop and Informational Seminar. 7PM General Open Meeting, both preop and postop patients. Potluck dinner served, clothes closet. St. Mary's Hospital cafeteria. 450 Stanyan.

**Sacramento:** 3<sup>rd</sup> Thursday. 6-8PM Post-op Support Meeting Lyons Restaurant, 300 Bercut Drive, Colleen G, 916.984.1276

**Seattle:** 2<sup>nd</sup> Saturday, 4-6PM Informational Seminar/Group support. Sizzler(206-575-0427) Restaurant, 16615 S. Center Pkway, Tukwila, Washington, 98188 (near airports) off Interstate 5, near South Center Mall. Laura, 206-920-8159 [laura@lauras.net](mailto:laura@lauras.net)

**Stockton:** Last Wednesday of every month, 6PM-Informational Seminar, 7PM Postop support. Jon B, 209-956-3945 [jonbearg@hotmail.com](mailto:jonbearg@hotmail.com) Bill- 209-952-0961. U J's Restaurant, Stockton, corner of Pacific and Hammer.

**Ventura:** 1<sup>st</sup> Wednesday, 6:00PM-Informational Seminar 7PM- General Open Meeting, both preop and postop patients. Barbara Metcalf RN, 1-888-848-8446, [Barbara@paclap.com](mailto:Barbara@paclap.com) St. Paul's Church, 3290 Loma Vista Rd, Ventura, 93003 (rectory at back of parking lot-Gooden Center)

### **Area Contacts:**

2250 Hayes Street, 3<sup>rd</sup> Floor  
San Francisco, CA 94117

[www.paclap.com](http://www.paclap.com)

415 668-3200  
fax 415 668-2010

**Alaska:** Contact: Ruth [sculptor@kpunet.net](mailto:sculptor@kpunet.net)

**Monterey:** Emily 831-625-2338 [higuerae@aol.com](mailto:higuerae@aol.com)

**Oakdale:** Vicki 209-848-0830 [valriefast@aol.com](mailto:valriefast@aol.com)

**San Diego:** Nancy RN—1-760-728-8286.

**FOR ANY SPECIFIC QUESTIONS REGARDING SUPPORT GROUPS IN YOUR AREA,  
FEEL FREE TO EMAIL Barbara @paclap.com OR CALL BARBARA AT THE OFFICE:  
1.888.848.8446.**