

## Freeman Bariatric Center Online Seminar Instructions:

- **As of October 1<sup>st</sup>, 2021 the Freeman Bariatric Center no longer offers lap band procedures.**
- **Go to [www.freemanhealth.com](http://www.freemanhealth.com). Under services choose Bariatric surgery. This will take you to the Bariatric page. Under Helpful Resources about half way down that page you will view the Bariatric seminar.** It is encouraged to explore the entire page for additional information about our program and helpful information to assist you in your bariatric journey.
- **Fill out the paperwork that is located underneath the seminar.** You can edit this information on your chosen device and save the document.  
**INSURANCE WILL NOT ACCEPT PHOTOS OF THIS PAPERWORK. MUST BE SENT AS DOCUMENT/PDF.** You can either email to [bariatric@freemanhealth.com](mailto:bariatric@freemanhealth.com) or fax directly to the Bariatric program at (417)347-5107.
- Papers to complete are listed as:
  - 8 pages of Medical Information
  - New Patient/Update-please fill out completely and sign and date. This is very important for our insurance representative to accurately determine your insurance coverage and requirements that must be met
  - Mental Health Readiness for Surgery Questions
  - Authorization for Release of Information-please fill out and sign and date. This form is utilized to legally request records outside of Freeman Health System
  - Test questions for Freeman Bariatric Center seminar
  - **Please copy if mailing or attach jpg. image if emailing a copy of your insurance card (front and back) and the front of a photo id. Processing stops if these are not included!**
  - **IF YOUR PRIMARY PROVIDER IS NOT A FREEMAN PROVIDER, YOU MUST HAVE A REFERRAL WITH CHART NOTES SENT. IF YOU DO NOT HAVE A PRIMARY YOU NEED TO ESTABLISH WITH ONE AND HAVE CHART NOTES SENT, IF A REFERRAL HAS NOT ALREADY BEEN SENT.**

- If you don't have the ability to do the above, please call (417)347-1266 to schedule an in-person seminar or personal appt. to view the seminar in the office.
- If we have mailed you the above mentioned forms please return them in the enclosed postage paid envelope. Keep the folder with the business card and support group information. You are welcome to attend support group at any stage of the program.
- After your packet is received it will be reviewed by the Bariatric team to determine if you are a candidate for the program in accordance to your insurance guidelines. We will call you in **4-6 weeks from date EVERYTHING is submitted** with an explanation of your insurance benefits and requirements.
- If you prefer you may deliver your documents to our office located at 3302 McIntosh Circle Suite 1, Joplin, MO 64804

Please don't hesitate to call (417)347-1266 with any questions or concerns. We look forward to assisting you with any needs you may have to be successful in every step of your journey! We will contact you periodically to check your progress and see how your journey is going throughout the bariatric process.

# **READ THIS CAREFULLY!**

**-MUST BE A NON-SMOKER/NON-NICOTINE INCLUDING VAPE/PATCH/CHEW ETC... INSURANCE COMPANY MAY REQUIRE NICOTINE TESTING FOR CURRENT AND PAST USE AND MAY DENY SURGERY IF NICOTINE IS NOT STOPPED.**

**-IF USING ANY FORM OF MARIJUANA MUST BE STOPPED 3 DAYS PRIOR TO SURGERY, CAN EFFECT ANESTHESIA AND PAIN NEGATIVELY**

**-IF DIABETIC MUST HAVE A1C UNDER 8 TO BE ELIGIBLE FOR SURGERY.**

**-MUST BE ABLE TO TRAVEL TO JOPLIN FOR ALL CLASSES AND APPOINTMENTS TELEHEALTH IS NOT AN OPTION. AT LEAST 3 APPOINTMENTS BEFORE SURGERY AND 6 APPOINTMENTS AFTER SURGERY.**

**-NUTRITION CLASSES ARE NOT COVERED BY INSURANCE. CLASSES ARE SELFPAY AND INSURANCE SPECIALIST WILL GIVE EXACT PRICE AND HELP YOU GET SET-UP IF ELIGIBLE. ALL PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE.**

**-WILL NEED A REFERRAL FROM PRIMARY CARE PROVIDER SENT TO BARIATRIC OFFICE WITH CHART NOTES IF THEY ARE NOT A FREEMAN PHYSICIAN. FAX# 417-347-5107. ALL REFERRALS KEPT FOR 1 MONTH AND IF BARIATRIC PAPERWORK IS NOT TURNED IN, REFERRALS ARE DISCARDED.\*\*IF ONE HAS NOT ALREADY BEEN RECEIVED\*\*\***

**-MUST BE ABLE TO BUDGET FOR PROTEIN SHAKES(WILL BE ON FOR MONTHS) AND BARIATRIC VITAMINS (WILL BE TAKING FOR LIFE).**

**-MUST SHOW-UP TO ANY SCHEDULED APPOINTMENT. SOME PROVIDERS WILL NOT RESCHEDULE IF YOU NO CALL NO SHOW. IF YOU CAN'T MAKE IT PLEASE CALL AND RESCHEDULE.**

**-INSURANCE RENEWALS FOR ANY MEDICAID MUST BE UP TO DATE FOR ELIGIBILITY/BENEFITS. IF NOT RENEWED NO BENEFITS CAN BE GIVEN.**

**\*\*\* PLEASE MAKE SURE THE BARIATRIC PACKET IS FILLED OUT APPROPRIATELY. ANY MISSING OR LACK OF INFORMATION CAN CAUSE AN INSURANCE DENIAL. \*\*\***

**PATIENT INFORMATION** (Please Print)

Date: \_\_\_\_\_

Preferred Procedure: Gastric sleeve \_\_\_\_\_ Roux-en-Y (Bypass) \_\_\_\_\_ Duodenal Switch \_\_\_\_\_

First Name: \_\_\_\_\_ Middle Intl: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_ Sex: M F Status: S M D W Ht: \_\_\_\_\_ Wt: \_\_\_\_\_

Race:  Black, African American  Asian  White  American Indian, Alaska Native  
 Native Hawaiian, other Pacific Islander  Unknown  Declined

Ethnicity:  Hispanic/Latino  Not-Hispanic/Latino  Declined  Unknown

Primary Language: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ SSN: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Employer: \_\_\_\_\_ Employer's Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Position (Job Title): \_\_\_\_\_ Length of Employment: \_\_\_\_\_

**PRIMARY CARE PHYSICIAN**

Doctor's Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_ Specialty: \_\_\_\_\_

How were you referred to the program? \_\_\_\_\_

**CO-OCCURRING MEDICAL ISSUES**

Please answer all questions related to your current and/or past medical history.

Place an 'X' beside Yes or No for every question.

<u>Cardiovascular Disease</u>	<u>Yes</u>	<u>No</u>	<u>RN/MD Notes (for office use only)</u>
High Blood Pressure	_____	_____	_____
Congestive Heart Failure	_____	_____	_____
Ischemic Heart Disease	_____	_____	_____
Heart Stress Test	_____	_____	_____
Heart Attack	_____	_____	_____
Stents Placed in Heart	_____	_____	_____
Heart Catheterization	_____	_____	_____
Anginal Chest Pain	_____	_____	_____
Peripheral Vascular Disease	_____	_____	_____
Stroke	_____	_____	_____
Lower Leg Edema/Swelling	_____	_____	_____
Blood Clot in Leg or Lung	_____	_____	_____
Vena Cava Heart Filter	_____	_____	_____
Coagulation/Bleeding disorders	_____	_____	_____
Cardiologist	_____	_____	Name: _____
			Address: _____

REV 11/23

Phone: \_\_\_\_\_

Patient Initials: \_\_\_\_\_

<u>Metabolic Disease</u>	<u>Yes</u>	<u>No</u>	
Diabetes Mellitus Type I	___	___	_____
Diabetes Mellitus Type II	___	___	_____
Fasting glucose > 99 mg/dL	___	___	_____
Oral Medication for Diabetes	___	___	_____
Insulin Use	___	___	_____
Eye/Kidney Problems	___	___	_____
High Cholesterol or Lipids	___	___	_____
Gout/High Uric Acid Levels	___	___	_____
Endocrinologist	___	___	Name: _____ Phone: _____
			Address: _____

<u>Pulmonary</u>	<u>Yes</u>	<u>No</u>	
Sleep Study	___	___	_____
Sleep Apnea	___	___	_____
COPD	___	___	_____
CPAP/BIPAP Use	___	___	_____
Oxygen Use at Home	___	___	_____
Pulmonary Hypertension	___	___	_____
Asthma	___	___	_____
Inhaler Use Due to Asthma	___	___	_____
Pulmonologist	___	___	Name: _____ Phone: _____
			Address: _____

<u>Gastrointestinal</u>	<u>Yes</u>	<u>No</u>	
Heartburn/Reflux/GERD	___	___	_____
Heartburn Medication Use	___	___	_____
Past Anti-Reflux Surgery	___	___	_____
Barrett's Esophagus Crohn's	___	___	_____
Disease or Colitis Gallstones	___	___	_____
Gallbladder Removal	___	___	_____
Abnormal Liver Tests	___	___	Name: _____ Phone: _____
			Address: _____

<u>Musculoskeletal</u>	<u>Yes</u>	<u>No</u>	
Back Pain	___	___	_____
Back Pain Requiring Meds	___	___	_____
Hip, Knee, Ankle Pain	___	___	_____
Joint Pain Requiring Meds	___	___	_____
Fibromyalgia	___	___	_____
Joint Replacement	___	___	_____
Back Surgery	___	___	_____
Orthopedist	___	___	Name: _____ Phone: _____
			Address: _____

<u>Reproductive (Female)</u>	<u>Yes</u>	<u>No</u>	
Polycystic Ovarian	___	___	_____
Syndrome Infertility	___	___	_____
Menstrual Irregularities	___	___	_____
Hysterectomy	___	___	_____
Gynecologist	___	___	Name: _____ Phone: _____
			Address: _____

<u>General</u>	<u>Yes</u>	<u>No</u>	
Stress Urinary Incontinence	___	___	_____
Sanitary Pad Use for Leakage	___	___	_____
Pseudotumor Cerebri	___	___	_____
Abdominal Hernia	___	___	_____
Hernia Repair	___	___	_____
Walk with a Cane/ Walker	___	___	_____
Sores/Rash in Skin Folds	___	___	_____
Past Weight Loss Surgery	___	___	_____
Type of Weight Loss Surgery:	___	___	_____ Surgery Location: _____
			Address: _____ Phone: _____



List **ANY RECENT** labs, x-rays, EKGs, stress tests or echocardiograms with date and location.

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**ALLERGIES** to medications, latex or other substances

Substance	Reaction to substance (rash, breathing, etc.)

List any **SURGERY** (Please write 'Lap' if done laparoscopically)


List **ANY OTHER** medical problems/surgeries not listed above:

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**DIET HISTORY**

Weight History in past 5 years (Highest weight each year, in pounds)

\_\_\_\_\_

How many years have you been overweight? \_\_\_\_\_

How many years have you been trying to lose weight? \_\_\_\_\_

How long have you been researching or thinking about weight loss surgery? \_\_\_\_\_

Why are you seeking weight loss surgery? \_\_\_\_\_

What has been your lowest adult weight? \_\_\_\_\_ Highest adult weight? \_\_\_\_\_

Do you have any religious or cultural beliefs that affect what you eat?    Y    N

If yes, describe \_\_\_\_\_

**Please fill out the diet history form completely, with as much detail as possible. The information on this form is used for your Medical Necessity letter that is submitted to your insurance company. Documentation should reflect ALL weight loss efforts attempted, including physician supervised, commercial programs, prescription diet pills, behavior modification, unsupervised diets and over-the-counter diet aids.**

Program	Date	Duration	Dr. Supervised?	Max Wt. Loss	Wt. Gained Back
Jenny Craig					
Nutri-System					
Weight Watchers					
Optifast/Medifast					
Fen-Phen/Redux					
Meridia					
Alli					
Bulimia/Purging after eating					
Anorexia					
T.O.P.S.					
O.A.					
Acupuncture					
Metabolife					
Atkins Diet					
Pritikin Diet					
South Beach Diet					
Low-Fat Diet					
Doctor Supervised Diets					
Zone Diet					
Beverly Hills Diet					
Grapefruit Diet					
HCG Diet					
Paleo Diet					
Keto Diet					

**PSYCHIATRIC HISTORY Symptom Checklist**

**None** = This symptom is not currently present.

**Past** = This symptom is not currently present but has been experienced in the past five years.

**Mild** = This symptom is currently present but does not significantly impact my daily life.

**Moderate** = This symptom is currently present and significantly impacts my daily life.

**Severe** = This symptom is currently present and has a profound impact on my daily life.

	None	Past	Mild	Moderate	Severe
Depressed Mood					
Anxiety					
Appetite/Weight Changes					
Problems with Sleep					
Nightmares					
Flashbacks					
Poor Concentration					
Lack of Energy/Motivation					
Difficulty with Social Interactions					
Relationship Conflict					
Mood Swings					
Irritability					
Poor Grooming					
Panic Attacks					
Phobias					
Obsessions/Compulsions					
Binging/Purging					
Anorexia					
Paranoia					
Delusions					
Hallucinations					
Aggressive Behavior					
Sexual Dysfunction					
Grief					
Feelings of Hopelessness					
Feelings of Worthlessness					
Guilt					
Hyperactivity					
Anger/Rage					
Self-harm Behaviors					
Thoughts of Suicide*					
Thoughts of Homicide*					
Verbally/Emotionally Abusive Towards Others					
Physically Abusive Towards Others					
Sexually Abusive Towards Others					
Other					

***\*If you are currently having thoughts of harming yourself or someone else, please contact our Crisis Intervention Hotline immediately at 417-347-7720 or 1-800-247-0661***

**MENTAL HEALTH AND READINESS FOR SURGERY QUESTIONS**

PLEASE RESPOND TO ALL ITEMS

1. Have you been hospitalized for any psychiatric reason (i.e., suicide attempt, severe depression, ect.)
- |                               |     |    |
|-------------------------------|-----|----|
| a. Within the past 12 months? | YES | NO |
| b. In the past 2 years?       | YES | NO |
| c. In the past 5 years?       | YES | NO |

2. In the last 12 months, have you experienced (**circle one**)
- |  |     |    |
|--|-----|----|
| a. Auditory hallucinations<br>(i.e., do you hear voices other people cannot hear?) | YES | NO |
| b. Visual hallucinations<br>(i.e., do you see things that other people cannot see) | YES | NO |

3. Have you ever been **diagnosed with and/or treated for** mental or emotional concerns including (**circle all that apply**)
- a. Depression/mood disorder
  - b. Anxiety/panic disorder
  - c. Eating disorders
  - d. Schizophrenia/schizoaffective disorder
  - e. Alcohol or substance use disorder
  - f. memory impairment

If **yes** to any, please list the name of the provider or organization, dates you were treated and diagnosis (if you are aware of it).

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4. Have you ever done any of the following to lose weight: (**please list if past or current**)

- |  |     |    |      |         |
|--|-----|----|------|---------|
| a. Purge (i.e., self-induced vomiting)                       | YES | NO | PAST | CURRENT |
| b. Use laxatives or diuretics                                | YES | NO | PAST | CURRENT |
| c. Engage in excessive exercise<br>(i.e., over 1 hour a day) | YES | NO | PAST | CURRENT |

5. If applicable please list the name and organization of the mental health provider/psychiatrist/nurse practitioner who prescribes your mental health medications.

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Please complete the following.

Alcohol use:  None  Rare (1-2/month)  Occasional (3 or less/week)  Frequent (4+/week)

Tobacco use:  None  Rare (1-2/month)  Occasional (3 or less/week)  Frequent (4+/week)

Packs per day (Cigarettes)  Chew  Y  N If no, when did you quit? \_\_\_\_\_

E-cigarette  Nicorette Gum

Substance Abuse:  Y  N

If yes, describe substance \_\_\_\_\_ Quit Date \_\_\_\_\_

Marijuana  Cocaine  Crack  Meth

Other recreational drug \_\_\_\_\_

Do you have any religious or cultural beliefs that affect what you eat?  Y  N

If yes, please describe \_\_\_\_\_

**PATIENT INFORMATION: (Please Print)**

First Name: \_\_\_\_\_ Middle Intl: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Mobile Phone: \_\_\_\_\_ Misc. Phone 1: \_\_\_\_\_ Preferred Contact Method: \_\_\_\_\_

Email: \_\_\_\_\_ Preferred Statement Method: (E) Electronic (P) Paper

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ S.S#: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ SEX: M F Marital Status: S M D W

Race: Unknown Black, African American Asian White American Indian, Alaska Native  
Native Hawaiian, Other Pacific Islander Other Primary Language: \_\_\_\_\_

Ethnicity: Hispanic Non-Hispanic Unknown

Employer: \_\_\_\_\_ Employer's Address: \_\_\_\_\_

Employer's Phone: \_\_\_\_\_ Position (Job Title): \_\_\_\_\_ How long employed?: \_\_\_\_\_

If Minor, Patient lives with: MOTHER / FATHER / GRANDPARENT / FOSTER PARENT / OTHER \_\_\_\_\_ (circle one)

**PERSON TO NOTIFY IN THE EVENT OF AN EMERGENCY: (Other than below)**

Name: \_\_\_\_\_ Relationship to Patient: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

**PERSON RESPONSIBLE FOR BILL: (If Minor, Parent or Guardian)**

Name \_\_\_\_\_ S.S. #: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Relationship to Patient: \_\_\_\_\_ Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Mobile Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Employer: \_\_\_\_\_ Employer's Address: \_\_\_\_\_

Employer's Phone: \_\_\_\_\_ Position (Job Title): \_\_\_\_\_ How long employed?: \_\_\_\_\_

**SPOUSE INFORMATION:**

Name: \_\_\_\_\_ SS#: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Phone: \_\_\_\_\_ Mobile Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Employer: \_\_\_\_\_ Employer's Address: \_\_\_\_\_

Employer's Phone: \_\_\_\_\_ Position (Job Title): \_\_\_\_\_

**INSURANCE INFORMATION:**

PRIMARY INSURANCE NAME: \_\_\_\_\_ ID#: \_\_\_\_\_ Group#: \_\_\_\_\_

Subscriber Name: \_\_\_\_\_ Employer: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ SS#: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

SECONDARY INSURANCE NAME: \_\_\_\_\_ ID#: \_\_\_\_\_ Group#: \_\_\_\_\_

Subscriber Name: \_\_\_\_\_ Employer: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ SS#: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

TERTIARY INSURANCE NAME: \_\_\_\_\_ ID#: \_\_\_\_\_ Group#: \_\_\_\_\_

Subscriber Name: \_\_\_\_\_ Employer: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ SS#: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

**REFERRED BY:** \_\_\_\_\_ **REFERRING PHYSICIAN:** \_\_\_\_\_

I acknowledge that I have had the opportunity to read and/or receive a copy of System's Notice of Privacy Practices. A complete copy Of the Notice is available at the Admissions desk.

Patient or Guardian's Signature: \_\_\_\_\_ Date: \_\_\_\_\_



# Authorization for Release of Information

All sections of this authorization form **MUST** be completed to be valid in accordance with 42 CFR Parts 160 and 164

roi@freemanhealth.com fax # 417-347-6842

Patient Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone: \_\_\_\_\_

**I request my protected health information (PHI) be released from:**

**Physician Office ↓**

\_\_\_\_\_  
 \_\_\_\_\_

**Hospitals ↓**

Freeman Hospital East and West  
 Freeman Neosho Hospital  
 Occumed

**ER and Urgent Care ↓**

Emergency Room (Joplin and/or Neosho)  
 Urgent Care - Joplin  
 Urgent Care - Webb City

**Other** (Specific Provider Location / Provider Name/ or Doc Type): \_\_\_\_\_

**I request my protected health information (PHI) be released to:**

Name: FREEMAN BARIATRIC CENTER E-mail: bariatric@freemanhealth.com

Address: 3302 MCINTOSH CIRCLE, SUITE 1 Phone: (417) 347-1266

City/State: JOPLIN, MO Zip Code: 64804 Fax (healthcare provider only): (417) 347-5107

**\* I authorize the following PHI to be released from my medical record(s):**

- Abstract/Pertinent Summary\*  Emergency Room Record  Itemized Billing
- \* dictated reports and test results  Laboratory Reports  Complete Billing
- Complete Medical Record (all pages)  Radiology Reports

**Other:** \_\_\_\_\_

**Covering the period of health care from:**

Specific Date(s): 01/01/2019 to 12/31/2024

**Purpose for requesting information:**

- Legal  Insurance
- Personal  Continuation of Care

**How Information is to be received (if not marked, paper is default)**

- US Mail - paper format  Fax (to healthcare provider only)
- CD - Secure electronic format  Pick up copies in the Department

**By signing this authorization form, I understand that:**

E-mail

- \* Requests for copies of medical records and/or non-document material may be subject to copying fees.
- \* I have the right to revoke this authorization at any time. Revocation must be made in writing and presented to the Medical Records Department at 1102 W. 32nd Street, Joplin, MO 64804. Revocation will not apply to information that has already been released in response to this authorization.
- \* Unless otherwise revoked, this authorization will expire on the following date/event/condition: \_\_\_\_\_  
If I fail to specify an expiration date/event/condition, this authorization will expire within 90 days of the date signed.
- \* Treatment, payment, enrollment or eligibility for benefits may not be conditioned on whether or not I sign this authorization.
- \* Any disclosure of information carries with it the potential for unauthorized redisclosure, and the information may not be protected by federal confidentiality rules.
- \* **I authorize the release of any information contained in the above records concerning treatment of drug or alcohol abuse, drug related conditions, alcoholism, psychiatric/psychological condition, psychiatric/mental health treatment and or HIV related conditions. Patient Initial Here:** \_\_\_\_\_

**\* I authorize the release of any info. pertaining to genetic testing to the person or organization described above. Patient Initial Here:** \_\_\_\_\_

Patient/ Authorized Representative Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Printed Name of authorized Representative: \_\_\_\_\_ Relationship to Patient: \_\_\_\_\_

Witness Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**\*If signed by a patient's authorized representative, supporting legal documentation must accompany this authorization form\***

MAIL TO: FREEMAN HOSPITAL  
ATTN: MEDICAL RECORDS  
1102 W 32ND STREET  
JOPLIN,MO 64804



## Test Questions for Online Bariatric Seminar

1. Freeman Bariatric Center is a Comprehensive Program meaning:
  - a. A program that includes nutrition, psychological support and support groups
  - b. Availability of services before and after surgery
  - c. Required both by the program and insurance requirements
  - d. All of the above
2. Freeman Bariatric Center is a Center Of Excellence accredited program through the MBSAQIP?
  - a. True
  - b. False
3. Comorbidities that insurance may acknowledge may include:
  - a. Hypertension (high blood pressure)
  - b. Diabetes-Type 1 and Type 2
  - c. Sleep Apnea
  - d. All of the above
4. Who is a candidate?
  - a. At least 18yrs old
  - b. BMI (body mass index) 35 with associated comorbidity conditions or a BMI of 40 or greater
  - c. Must be able to walk
  - d. Approved through evaluation with nutrition and psychiatric counselor
  - e. All of the above
5. Identify the types of bariatric surgeries offered at Freeman Bariatric Center:
  - a. Sleeve Gastrectomy (VSG)
  - b. Roux-en-Y (Gastric bypass)
  - c. Duodenal Switch (SADI)
  - d. All of the above
6. A liquid diet is followed before surgery for how long?
  - a. 2 weeks
  - b. 1 week
  - c. 3 weeks
  - d. All of the above
7. Risks following any Bariatric surgery can include:
  - a. Bleeding
  - b. Infection
  - c. Injury to the staple line causing a leak
  - d. All of the above
8. Nutrition requirements may include:
  - a. One-on-one session
  - b. Group sessions
  - c. Personal goals set with nutritionist
  - d. All of the above
9. After Bariatric surgery changes must include:
  - a. Making the protein portion of your meal the first priority

- b. Not using straws
  - c. Making hydration a priority
  - d. Taking vitamin supplements
  - e. Not drinking fluids 30 minutes before and 30 minutes after a meal
  - f. All of the above
10. Disciplinary habits to begin practicing include which of the following:
- a. Not using straws
  - b. Chewing food thoroughly
  - c. Logging you food and water intake
  - d. Starting an exercise regimen
  - e. All of the above
11. The purpose of the psychological evaluation is:
- a. To assess your readiness for Bariatric surgery
  - b. Ability to identify any mental health risk factors
  - c. To help you be successful
  - d. All of the above
12. The results of the evaluation can be:
- a. Cleared
  - b. Denied
  - c. Conditionally Cleared with recommendations
  - d. All of the above



**\*\*\* Do NOT schedule this until AFTER Initial Nutrition Class has been COMPLETED\*\*\***

## Local Organizations for Bariatric Psychological Evaluations

### **Applied Psychological Services, P.C.**

Jennifer Alberty, PSYD

1627 W. 26<sup>th</sup> St.

Joplin, MO 64804

Ph. (417) 627-9601

Fax (417) 627-9032

**Hours: Mon-Fri 8am-9pm**

*Insurance: Employer/Commercial, Medicaid, Medicare, Private pay, EAP; discounted/sliding fee schedule available for cash pay*

### **Community Health Center**

Brock Boekhout, PHD Psychology

3011 N. Michigan St.

Pittsburg, KS 66762

Ph. (620) 231-9873

Fax (620) 231-5062

**Hours: Mon-Fri 8am-5pm**

*Accepts Insurance*

### **Restore Counseling Center**

Heather Wadson

600 W Republic Rd. Suite A116

**Springfield, MO 65807**

Ph. (417) 319-6076

Fax (417) 374-7158

**Hours: Mon-Fri 10am-5pm**

*Cash Pay Only*