



Owensboro
Health

Surgical Weight
Loss Center

2235 Mayfair Avenue
Owensboro, KY 42301

TO: All Primary Care Physicians

FROM: Dr. Ravi Alapati, MD, FACS, FASMBS

RE: Supervised Weight Loss Trials

Thank you for helping our mutual patients as they undergo the insurance-mandated requirement of a supervised weight loss trial prior to bariatric surgery. This is usually a six-to-seven-month process involving several items which must be included on the patient's office visit note. **Four key points must be documented on the office note.**

First, the office note must include the **patient's height, weight, and body mass index**. The number of pounds lost or gained should be noted. A comment should be included if there is failure to lose weight or a weight gain is recorded.

Second, there must be documentation of a **low-calorie diet with the number of calories** listed on the office encounter form (ex. 1,000-2,000 calories per day).

Third, the **type and duration of exercise** the patient is attempting must be recorded. For example, if the patient is walking 30 minutes a day, or swimming 10 laps in a pool, you would document this in the patient's note.

Fourth, **behavior modification** must be attempted during the supervised weight loss trial. This too must be documented in the patient's chart. Examples include parking further away from store; putting fork down in between bites, chewing each bite thoroughly before swallowing; using stairs instead of elevator; walking instead of taking bus, etc.

Your comments on the patient's progress and further instructions are very important and should be included on the office visit note.

Again, thanks so much for your assistance in this matter. If you have any questions, please contact Christie Smith at 270-688-1500.

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