

2235 Mayfair Avenue
Owensboro, KY 42301

TO: All Primary Care Physicians

FROM: Owensboro Health Weight Management

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 a process during which four key points must be documented on the patient's office visit 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 is very important and should be included on the office visit note. Also, please note that these appointments must be documented for consecutive months, with no less than 28 days and no more than 35 days apart. If this requirement is not met, the patient will need to restart the entire weight loss trial from the beginning.

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